


















HUNGER ACTION MONTH

SEPTEMBER 2015

#HungerActionMonth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 “Like” Spooner House on Facebook: ACT Spooner House . Look for and share our daily Hunger Action Month posts! 	2 <i>Fact: The Valley Food Bank at Spooner House operates Monday-Thursday and serves 120-150 Valley households monthly.</i>	3 Hunger Action Day Wear orange, the color of Hunger Action Month. Tell people why you are wearing orange. Get your office to wear orange too!	4  Help refill our shelves after the summer slump. Hold a food drive for our most needed items. Check out our website for our Wish List .	5 Find us at the Shelton Farmers Market, 9am-1pm, 100 Canal Street. Pick up a Hunger Action Month calendar or bring a food donation. 
6 <i>Fact: The Valley Food Bank at Spooner House provides a week’s worth of food (21 meals) per client each month.</i>	7 Labor Day Collect food from BBQ guests to donate for Hunger Action Month. 	8 Follow Spooner House on Twitter: @SpoonierHouse . Retweet our daily Hunger Action Month tweets! 	9 Write a letter to a newspaper editor about hunger. 	10 <i>Fact: Summer is the season with the highest need for food assistance. Students do not receive free or reduced breakfast or lunch in school and thus there is increased reliance on food banks.</i>	11 National Day of Service Call Spooner House & set up a time to volunteer. 203.225.0453 x102	12 “Soup”er Saturday Donate canned soup to Spooner House. It’s needed, especially as the weather gets cooler! 
13  Grandparents Day! Give a donation in honor of a loved one! actspooner.org	14  Make <i>coffee</i> at home this week & donate the money you save to Spooner House.	15 <i>Fact: Spooner House provides over 130,000 meals each year to Lower Naugatuck Valley residents.</i>	16 Sign up to prepare the evening meal at Spooner House with your friends/kids. There is about 8 open meal nights a month. 203.225.0453 x102	17 Head down to the PCRC’s “ Food Trucks in the Valley ” event at Riverwalk Shelton, 4-8pm. Bring a non-perishable food donation for Spooner House. 	18 <i>Fact: The national average cost of a meal is \$2.74. In CT, the average cost of a meal is \$2.92.</i>	19 Read “ The Valley Now ”: A 2015 Snapshot report on the Valley Community Foundation’s website: valleyfoundation.org
20 Share your passion to help hungry Lower Naugatuck Valley residents with your faith community.	21 Macaroni Monday! Donate pasta to Spooner House. 	22 Tuna Tuesday! Donate tuna to Spooner House. 	23  First Day of Autumn	24 Organize a brown bag lunch in your office or with your friends and donate the lunch money saved to Spooner House. actspooner.org 	25  Read “ The Valley Hunger Study ” report on the Valley United Way’s website: valleyunitedway.org	26 Harvest House VI Volunteer to help the Valley United Way construct a house out of food on the Shelton Riverwalk.
27 Harvest House VI Harvest House is a 400 square foot house constructed out of over 100,000 non-perishable food items at the Shelton Riverwalk.	28 Donate to one of our ongoing food drives at Starbucks in Shelton , L2 Innovate Computers & Technology in Ansonia , and Stop & Shop in Ansonia .	29 <i>Fact: Fresh produce is often expensive & lacking from diets of people who struggle with hunger.</i>	30 	Take a “Spoon Selfie” 1. Place a spoon on your nose and take a photo. 2. Share to social media. 3. Tag it! #SpoonierHouse #HungerActionMonth #Spoonember 		

Contact Kate Pipa, Development Officer, to organize a food drive or group volunteer opportunity: 203.225.0453 x102 or kpipa@actspooner.org