

**30 Ways in 30 Days:** Every day during Hunger Action Month, you can participate and help end hunger!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Visit <a href="http://www.crowdrise.com/HungerActionMonth2016">www.crowdrise.com/HungerActionMonth2016</a> to set up your very own fundraiser! "Help fill a plate and an empty stomach"</p>				<p><b>1</b> "Like" Spooner House on Facebook: <a href="#">ACT Spooner House</a>. Look for and share our daily Hunger Action Month posts!</p>	<p><b>2</b> Help refill our shelves after the summer slump. Hold a food drive for our most needed items. Check out our website for our <a href="#">Wish List</a>.</p>	<p><b>3</b> Find us at the <a href="#">Shelton Farmers Market</a>, 9am-1pm, 100 Canal Street. Pick up a Hunger Action Month calendar or bring a food donation.</p>
<p><b>4</b> <i>Fact: The Valley Food Bank at Spooner House provides a 10 days' worth of food (30 meals) per client each month.</i></p>	<p><b>5 Labor Day</b> Collect food from picnic guests to donate for Hunger Action Month.</p>	<p><b>6</b> Follow Spooner House on Twitter: <a href="#">@SpoonierHouse</a>. Retweet our daily Hunger Action Month tweets!</p>	<p><b>7 Volunteer!</b> Call Spooner House &amp; set up a time to volunteer with your family, group, or on your own. 203.225.0453 x102</p>	<p><b>8 Hunger Action Day</b> Wear orange, the color of Hunger Action Month. Tell people why you are wearing orange. Get your office to wear orange too!</p>	<p><b>9</b> Visit the <a href="#">Common Bond Market</a> in Shelton any day this month to purchase one of our meal cards. \$3 = 1 meal</p>	<p><b>10 "Soup"er Saturday</b> Donate canned soup to Spooner House. It's needed, especially as the weather gets cooler!</p>
<p><b>11</b>  <b>Grandparents Day!</b> Give a donation in honor of a loved one! <a href="http://actspooner.org">actspooner.org</a></p>	<p><b>12</b>  Make coffee at home this week &amp; donate the money you save to Spooner House.</p>	<p><b>13</b> <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></p>	<p><b>14</b> Organize a brown bag lunch in your office or with your friends and donate the lunch money saved to Spooner House. <a href="http://actspooner.org">actspooner.org</a></p>	<p><b>15</b> Head down to the PCRC's "<a href="#">Food Trucks in the Valley</a>" event at Riverwalk Shelton, 4-8pm. Bring a non-perishable food donation for Spooner House.</p>	<p><b>16 Food Drive Alert!</b> Find us at the Ansonia Stop &amp; Shop and Shelton Adams &amp; Shop from 9:30 – 11:30 AM collecting food from our wish list, with help from UnitedHealthcare employees.</p>	<p><b>17</b> Find us at the <a href="#">Shelton Farmers Market</a>, 9am-1pm, 100 Canal Street. Pick up a Hunger Action Month calendar or bring a food donation.</p>
<p><b>18</b> Share your passion to help hungry Lower Naugatuck Valley residents with your faith community.</p>	<p><b>19 Macaroni Monday!</b> Donate pasta, pasta sauce, and mac &amp; cheese to Spooner House.</p>	<p><b>20 Tuna Tuesday!</b> Donate tuna to Spooner House. Canned protein is always a great donation for food banks.</p>	<p><b>21</b> <i>Fact: Fresh produce is often expensive &amp; lacking from diets of people who struggle with hunger.</i></p>	<p><b>22 Bertucci's</b> Dine-in or take-out from <a href="#">Bertucci's in Shelton</a> all day and 15% of your bill will support Spooner House. Print flyer from our website.</p>	<p><b>23</b>  Read "<a href="#">The Valley Hunger Study</a>" report on the Valley United Way's website: <a href="http://valleyunitedway.org">valleyunitedway.org</a></p>	<p><b>24</b> It's <b>Valley Day</b> at the Beardsley Zoo! Admission is \$5 for Valley residents. Visit our booth from 10am – 4pm and say hello!</p>
<p><b>25</b> <i>Fact: Spooner House provides over 130,000 meals each year to Lower Naugatuck Valley residents.</i></p>	<p><b>26</b>  Donate to one of our ongoing food drives at <a href="#">Starbucks in Shelton</a> and <a href="#">Stop &amp; Shop in Ansonia</a>.</p>	<p><b>27</b> Shop on Amazon? Use Amazon Smile! <a href="http://smile.amazon.com/ch/22-2653859">smile.amazon.com/ch/22-2653859</a> <b>amazon smile</b> You shop. Amazon gives.</p>	<p><b>28</b> 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</p>	<p><b>29</b> <i>Fact: The Valley Food Bank at Spooner House operates Monday-Thursday and serves 120-160 Valley households monthly.</i></p>	<p><b>30</b> Write a letter to a newspaper editor about hunger. 48 million Americans are affected, and 1 in 5 are children.</p>	