

| SUN. | MON. | TUE. | WED. | THU. | FRI. | SAT. |
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| <p>Help raise \$500k in 30 days!</p>  | <p>1</p>  <p>Share this calendar with friends & family.</p> | <p>2</p> <p>VOLUN-TUESDAY. Sign up in our WAREHOUSE at refb.org/volunteer.</p> | <p>3</p> <p>Visit Avid Coffee — in-store donations are matched, up to \$500!</p>  | <p>4</p> <p>Set up a jar to collect spare change. Donate it at the end of the month.</p>  | <p>5</p> <p>Watch and share our "Journey of a Meal" video:</p>  | <p>6</p> <p>Follow us on social: @redwoodempirefoodbank</p>  |
| <p>7</p> <p>Join our Second Helping Society. Set up a Legacy Gift at refb.org/legacy.</p>  | <p>8</p> <p>See if your employer will match donations! Get the whole office to give.</p> | <p>9</p> <p>HUNGER ACTION DAY! WEAR ORANGE FOR AWARENESS</p> | <p>10</p> <p>Collect food donations! Scan code to print flyer.</p>  | <p>11</p> <p>Join the Volunteer Facebook Group & introduce yourself.</p>  | <p>12</p> <p>Spread awareness: for every \$1 received the REFB can provide \$3 worth of food.</p> | <p>13</p> <p>Host a Ding-Dong Donate! Print flyers & canvass your neighborhood for food.</p> |
| <p>14</p> <p>Venmo \$5!</p>  | <p>15</p> <p>Watch this video to learn how to get free groceries.</p>  | <p>16</p> <p>VOLUN-TUESDAY. Sign up at a DISTRIBUTION at refb.org/volunteer.</p> | <p>17</p> <p>Spread awareness: The REFB provides food assistance to 142,000 people.</p> | <p>18</p> <p><i>Oliver's</i> Real Food. Real People! Get an Oliver's Community Card. 3% of purchases will be donated.</p> | <p>19</p> <p>Spread awareness: 3,000 veterans rely on food support from the REFB.</p> | <p>20</p> <p>Become a monthly donor. When you do, you'll become a Full Plate Partner.</p> |
| <p>21</p> <p>Do you remember the 21st night of September? Donate \$7 and we'll turn it into \$21 to feed our neighbors in need!</p>  | <p>22</p>  <p>Join our newsletter at refb.org/signup.</p> | <p>23</p> <p>VOLUN-TUESDAY. Sign up for an IMMEDIATE NEEDS shift</p>  | <p>24</p> <p>Sip & Shop! Treasure House will donate 20% of sales today from 3-6:30 PM.</p>  | <p>25</p> <p>Watch all the ways you can volunteer at REFB!</p>  | <p>26</p> <p>Grab your fave fall drink at Avid Coffee! Donations matched up to \$500.</p>  | <p>27</p> <p>Host a \$5 donation drive. \$5 = \$15 worth of groceries.</p>  |
| <p>28</p> <p>Take action. Write to your local officials & urge them to support hunger relief programs.</p>  | <p>29</p> <p>Continue fighting hunger all year long! Learn how at refb.org/ways-to-give.</p> | <p>30</p> <p>Get ready for Project Pasta—our October food drive! Start collecting pasta.</p> | <p>Hunger Action Month is a nationwide call to raise awareness and take action to end hunger. Your voice and support help ensure our community has the food it needs to thrive.</p> | | | <p>Scan QR code & TAKE ACTION!</p>  |