

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