

SUNDAY



Scan the QR code to unlock daily Hunger Action Month resources, then check off each action as you go

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Share our free food calendar so someone can find help

2

Nearly 1 in 6 Alaskans faces hunger. Share this fact!

3

Wear orange and explain why reliable food access matters

4

Give on National Food Bank Day and double your impact

5

Share one reason you choose to give back to your community

6

Add one nutritious item from our most-needed list to your cart

7

Take a day of rest and recharge for the work of ending hunger

8

Choose a volunteer shift and invite someone to join you

9

Find and follow a food pantry serving your community

10

Wear orange and make time to share a meal with someone

11

Check your emergency food supply and replace one expired item

12

Choose an Alaska Grown item and support a local producer

13

Check in with a neighbor and remind them food help is available

14

Learn how reliable food access can support better health

15

Start a food drive featuring nutritious foods your community enjoys

16

Invite a colleague to tomorrow's Business After Hours

17

Wear orange and join us at Business After Hours tonight

18

Introduce someone to Food Bank of Alaska and invite them to get involved

19

Learn how SNAP helps Alaskans afford groceries, then share one fact

20

Enroll in Fred Meyer Community Rewards at no cost to you

21

Learn what goes into a monthly food box for an older Alaskan

22

Learn how Food Bank of Alaska responds to emergencies

23

Become a monthly donor and provide dependable support all year

24



Wear orange and tell us why ending hunger matters to you

25

Share Alaska 211 with someone who may need additional support

26

Sign up to help make Thanksgiving Blessing possible

27

Plan one meal around food you already have before buying more

28

Store one food item differently so it stays fresh longer

29



Give on Hunger Action Day and ask one person to match you

30

Choose one Hunger Action Month habit to continue after September

FOOD BANK of ALASKA



CROWLEY

has issued a \$10,000 matching challenge during Hunger Action Month. Will you help us meet our goal?



Wear orange



Double Donation



Social media Giveaway

HUNGER ACTION MONTH September 2026

30 WAYS IN 30 DAYS