

September is **HUNGER ACTION MONTH**



**Take Action With TASK and
Turn Hunger Into Hope**
See our calendar on the back for
30 ways in 30 days you can help.



Learn how you can do more at:

www.TrentonSoupKitchen.org

Required content below:

- **1 headline** (3-5 words)
- **Subheadline** (10-15 words)
- **Paragraph** (40-60 words)
- **Logos** (.jpg at 300+ dpi resolution, .eps, or .ai file)
Organization & sponsor logos.
- **Photo/Graphic/Art Direction**
Supplied or an idea of what the client is looking for.

PRESENTED BY:

Hunger Facts

HUNGER ACTION MONTH

Please join us. Take action against hunger in our community.

- Hunger Action Month is a national awareness campaign that highlights hunger and food insecurity in the United States.
- Created in 2008 by Feeding America, the nation's leading hunger relief, advocacy and education organization Hunger Action Month is a call to mobilize and educate the public to take action to end hunger.
- "Hunger" and "food insecurity" are not the same thing? Hunger is the belly pain felt on an empty stomach and the result of food insecurity - "a household-level economic and social condition of limited or uncertain access to adequate food." (USDA).

SAVE THE DATE

SEPTEMBER

10

HUNGER ACTION DAY

The mayor's office presents a proclamation at TASK declaring the second Thursday of September Hunger Action Day in Trenton. Don't forget to wear orange - the national color for hunger relief!

SEPTEMBER

22

TASK TRIVIA NIGHT

Join TASK on social media for HUNGER ACTION MONTH trivia and a chance to win prizes. Games start at 8pm.

#TASKSoupKitchen

SEPTEMBER

27

TASK RECIPES

Tune in to TASK social media for a live cooking show featuring helpful how-to's and cooking tips from TASK chefs.

#TASKSoupKitchen

Did You Know?

- 40,000 people experience hunger and food insecurity in our area.
- Trenton is a "food desert" meaning its residents have limited access to affordable and nutritious food. (USDA)
- There are only three supermarkets in Trenton to service more than 80,000 residents? (Trenton Health Team)
- TASK provides nearly 350,000 meals each year - that's more than 6,000 meals each week.
- TASK provides free hot meals at our headquarters at 72 ½ Escher Street in Trenton and 16 satellite locations in Mercer and Burlington counties.

Give us a call for more information:

(609) 695-6456



Trenton Area Soup Kitchen

Act with **TASK**
and Turn Hunger Into Hope

NON-PROFIT TEMPLATE pg2

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- **Paragraph** (150-200 words)
- **Contact Info** (20-30 words)

HUNGER ACTION MONTH



See **TASK's** calendar next page!

September is a time when soup kitchens and food banks across America stand together to spread the word and take action against hunger.

In our area almost 40,000 people suffer from hunger and food insecurity and nearly 10,000 are children.

Act with **TASK** and Turn Hunger Into Hope



Donate...
Make a financial contribution that will provide food for TASK's meals. Any amount will help!



Take Action...
Post our calendar in your home or office. Whether it's making a donation or helping from home, find a way that's right for you to make a difference.



Volunteer...
Serve meals - Work in the kitchen - Organize the food pantry - Volunteer with family and friends!



Like Us...
We'll keep you up to date with new opportunities to help fight hunger @TASKSoupKitchen



See **TASK'S** calendar on the back for 30 ways you can help.

Give us a call for more information
(609) 695-6456



Trenton Area Soup Kitchen
72 1/2 Escher Street, Trenton NJ

Learn how you can do more at:

TrentonSoupKitchen.org See page 4

Hunger Action Month is Presented By:



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TAKE ACTION WITH TASK!

SEPTEMBER IS HUNGER ACTION MONTH

30 WAYS IN 30 DAYS CALENDAR

DO ONE OR DO THEM ALL • EVERY ACTION MATTERS!

NON-PROFIT TEMPLATE pg4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>TELL YOUR FRIENDS</p> <p>As the COVID-19 outbreak exacerbates hunger in vulnerable communities across the nation, access to food matters now more than ever.</p> <p>Share our "30 Ways in 30 Days" calendar with friends, post it on your fridge or in your workspace to spread the news - SEPTEMBER IS HUNGER ACTION MONTH.</p>	<p>2</p> <p>SIGN UP</p> <p>Visit our website Trentonsoupkitchen.org and sign up to receive our TASK newsletter to learn more ways you can help fight hunger throughout the month.</p>	<p>3</p> <p>DID YOU KNOW?</p> <p>"Hunger" and "Food Insecurity" are two different things. While certainly related, hunger refers to those pangs we get on an empty stomach. Food insecurity refers to a household's lack of financial resources to buy food.</p>	<p>4</p> <p>DAILY GRIND</p> <p>Skip today's coffee run and put that cash toward a good deed. Donating \$5 to a local soup kitchen or food bank can help feed someone for a day.</p>	<p>5</p> <p>CLEAN YOUR CABINETS</p> <p>Take a few minutes to organize your cabinets. Consider donating canned and packaged goods (that have not expired) to a local food bank or pantry.</p>		
<p>6</p> <p>CONNECT WITH TASK</p> <p>Find us on Facebook, Instagram, Twitter @TASKSoupKitchen. Keep in touch and share your actions!</p>	<p>7</p> <p>LABOR DAY</p> <p>If you plan on hosting or attending a small barbecue today, SPREAD THE WORD and let your family and friends know that September is #HungerActionMonth</p>	<p>8</p> <p>DOUBLE YOUR IMPACT</p> <p>Does your employer match your charitable contributions?</p> <p>Contact your HR department and find out whether your company matches donations or volunteer hours.</p>	<p>9</p> <p>SNAP A SELFIE</p> <p>Snap a photo of you and your favorite spoon (really any eating utensil will do), tag us and use #HungerActionMonth</p>	<p>10</p> <p>HUNGER ACTION DAY</p> <p>Wear Orange. In support of HUNGER ACTION MONTH and help raise awareness of hunger in our community.</p>	<p>11</p> <p>BROWN BAG IT</p> <p>Instead of buying a lunch today, pack a lunch instead and treat someone to a meal by donating \$5 to a local soup kitchen or food pantry.</p>	<p>12</p> <p>SNAP CHALLENGE</p> <p>Can you feed yourself on \$5 a day? That is about how much the monthly stipend boils down to for a family of four on the current Supplemental Nutrition Assistance Program. If you are up to it, try it and tell us about your experience.</p>
<p>13</p> <p>WATCH AND SHARE</p> <p>To kick off "STOP FOOD WASTE WEEK" watch "Wasted: The Story of Food Waste" and learn how you can keep food on your plate and out of our landfills.</p>	<p>14</p> <p>DINE IN!</p> <p>Invite friends to a virtual lunch or dinner. Estimate the cost and donate that amount to a local soup kitchen or food pantry. Donations of any size make a big difference!</p>	<p>15</p> <p>VOLUNTEER</p> <p>Sign up to volunteer for our HUNGER ACTION food distribution Saturday, October 3rd with RISE and help hand out groceries.</p>	<p>16</p> <p>START A FOOD DRIVE</p> <p>Set up a collection box at your house, school or office and collect nonperishable items. When full, donate them to your local soup kitchen or food bank.</p>	<p>17</p> <p>ZERO FOOD WASTE DAY</p> <p>Today is Food Waste Prevention Day in New Jersey. Join hunger advocates from around the state, head to social media and spread the word and remember to eat everything on your plate.</p>	<p>18</p> <p>FAST FACT FRIDAY</p> <p>More than 40% of wasted food in the US ends up in landfills contributing to the buildup of methane gas - a chemical compound that contributes to climate change</p>	<p>19</p> <p>GIVE FOOD FOR A WEEK</p> <p>Donate \$50 to TASK and help feed a family of four for a week. Your donation will support our Hunger Action Food Distribution with RISE on October 3rd.</p>
<p>20</p> <p>WRAP CUTLERY</p> <p>Volunteer to wrap flatware for TASK meals. Wrap a fork and knife in a napkin and tie it with a twisty tie. TASK serves more than 8,000 meals each week - make as many as you'd like.</p>	<p>21</p> <p>MULTI-CULTURAL MONDAY</p> <p>SEND TASK YOUR RECIPE! Share a recipe with us that reflects your heritage and tag us @TASKSoupKitchen, and we will share it with our friends!</p>	<p>22</p> <p>TRIVIA NIGHT WITH TASK</p> <p>Tune in to TASK Social Media at 8pm for Hunger Action Trivia Night and a chance to win prizes!</p>	<p>23</p> <p>KIDS DAY</p> <p>Nearly 10,000 children in our area experience hunger. Today, get the kids involved by asking if they have any ideas on how to end hunger. Whether its coloring a picture or giving food, there are creative ways to make a difference.</p>	<p>24</p> <p>PASS THE PB&J</p> <p>Make peanut butter and jelly sandwiches with your friends and family and donate them to TASK. In addition to hot meals we give out nearly 10,000 sandwiches each year!</p>	<p>25</p> <p>FRIDAY FUNDRAISER</p> <p>Head to social media and host a fundraiser to support TASK. Set a goal and tag us and we will help from afar - every little bit helps.</p>	<p>26</p> <p>GET TO THE MARKET</p> <p>This Saturday, visit your local farmers market for fresh, local produce. Consider picking up a few extra items to donate.</p>
<p>27</p> <p>TUNE IN FOR TASK RECIPES</p> <p>Join us on social media for a live cooking show featuring helpful how-to's and cooking tips from TASK chefs.</p>	<p>28</p> <p>WALK-4-TASK</p> <p>Have you heard of the Charity Miles app? Visit your App store to download the app today and start turning your exercise miles into money for your favorite charities.</p>	<p>29</p> <p>SHARE YOUR STORY</p> <p>Tell us about how you took action against hunger this month. Share your story with us @TASKSoupKitchen</p>	<p>30</p> <p>KEEP IT UP!</p> <p>Hunger is an ongoing issue in communities across our country. Whether its making a donation, giving a gift of food, or talking with friends, little actions add up to make to make a big impact - keep the positive momentum going all year long!</p>	<p>SEPTEMBER IS HUNGER ACTION MONTH</p> <p>IN OUR AREA MORE THAN 40,000 PEOPLE SUFFER FROM HUNGER OR FOOD INSECURITY - NEARLY 10,000 OF THEM ARE CHILDREN</p> <p>TAKE ACTION this month and JOIN TASK in the nation-wide battle against hunger and TURN HUNGER INTO HOPE</p> <p>WWW.TRENTONSOUPOPKITCHEN.ORG</p>		

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