



→ We can end hunger one helping at a time!

- The month of September is set aside as **Hunger Action Month**. September 10th, 2020, is **Hunger Action Day**!
- Due to COVID-19, 1 in 3 New Mexico children are at risk of hunger. 1 in 5 New Mexicans are at risk overall.
- You and your friends and family can get involved!

HOW YOU CAN GET INVOLVED

You can get involved in **Hunger Action Month** in many unique ways. Here's a few ideas to get you started with raising awareness!



1

→ Host a Food and Fund Drive

- Visit www.rrfb.org/ofd to raise funds and collect non-perishable food items for the food bank during **Hunger Action Month**!
- Encourage your employees to use their social media channels to collect from their friends and family as well!

2

→ Raise Funds on Charity Miles

- Encourage your friends, family, coworkers, everyone you know to download the FREE Charity Miles app. When you walk for Feeding America, you earn funds for local member food banks like Roadrunner Food Bank. You can use the app to collect pledges from friends and family for walking and biking during **Hunger Action Month**.
- Get started at www.charitymiles.org

3

→ Use Social Media to Go Orange

- Orange is the official color of **Hunger Action Month**! We know it's not the most flattering color but wear orange for your profile pic and share facts about hunger to your social media. Keep an eye on Roadrunner Food Bank's social channels to
- Use [#HungerActionMonth](https://www.instagram.com/HungerActionMonth) on social media!

4

→ Volunteer

- The helping hands of volunteers is vital to feeding hungry New Mexicans! Grab a group of friends or come alone to volunteer at the food bank during **Hunger Action Month**!
- Get started at www.rrfb.org/volunteer

Need more ideas? Download our "30 Ways in 30 Days" calendar at www.rrfb.org.

