



JUNIOR LEAGUE

GREATER PRINCETON HUNGER ACTION MONTH

Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Wear orange for hunger awareness and tag @Jlgprinceton	Sign up for the Hunger Free NJ newsletter	Organize a virtual or in-person food drive in your community	Drop off a canned good at a JLGP partner org	Watch this video on <u>Food Waste</u>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Watch this video on <u>Indigenous food security practices</u>	Volunteer today at the YES We CAN Food Drive	Visit <u>FRAC.org</u> & post one fact about hunger on social media	Sign up for team JLGP at the Homefront 5K (10/29) or JFCS Wheels for Meals (10/13)	Social Media Post: 1 in 10 Mercer County Residents are food insecure
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Volunteer a shift at a local partner- the next JLGP shift is 11/16 at Arm in Arm	Read this <u>article</u> on food insecurity in Trenton	Order off the Too Good to Go app & reduce food waste locally	Participate in today's gleaning event at Rolling Harvest	Post for Hunger Action Day
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Listen to an episode of Add Passion and Stir or Elevating Voices, Ending Hunger	Donate any dollar amount to a local food security organization	Watch this video about <u>Soul Fire Farm</u>	Find the Good Day	Read/buy a kid-friendly book on food security
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch <u>Empowering Women in Farming</u>	Follow our local food security orgs on social media: TASK, Arm in Arm, PMFP or RISE	Locate a mini food pantry and make a donation. <u>Littlefreepantry.org</u> is a great resource	Social Media Post: 40% of food is wasted in the United State	Sign up for the NJ Food Security Advocate's newsletter
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Sign up for Hunger Action Book Club this November	<u>Register</u> to become a virtual delegate to the World Food Forum	Visit Chubby's Luncheonette to support food security	Complete a virtual shift with Hunger Free America	Visit the <u>feedingamerica.org</u> action center and advocate

HUNGER ACTION MONTH CHALLENGE

About the Challenge:

September is Hunger Action Month!

This year, to encourage individual leadership, JLGP is launching a Hunger Action Month Challenge. Our goals are to:

- Amplify and promote JLGP's work in food security via social media
- Galvanize Member leadership and engagement during Hunger Action Month in their own social circles
- Raise Member knowledge and awareness of organizations working in food security

How it Works:

- Complete any of the 30 actions and tag @jlgpinceton or email community@jlgp.org. We also encourage you to tag @juniorleague and use the hashtag #JLGPhungeraction.
- Each action is one entry for a small prize (Starbucks gift card, t-shirt, etc) drawn every Monday
- The JLGP Member with the most hunger actions will receive a larger prize to be revealed at our October GMM
- Please note that Hunger Action Day (9/15) and Find the Good Day (9/19) must be completed on that day to receive credit.

Questions? Contact Jackie Schiffer, Community Manager, community@jlgp.org

Video Links:

- **How This Indigenous Farmer Is Solving Food Insecurity:**
<https://www.youtube.com/watch?v=B-yscXAxSMs>
- **Soul Fire Farm: Feeding the Soul, Growing Community:**
<https://www.youtube.com/watch?v=StygQm6YlwQ>
- **Empowering Women in Farming:** <https://www.youtube.com/watch?v=-HBcfrRvTQo>
- **Food Waste: Last Week Tonight with John Oliver (HBO):**
<https://www.youtube.com/watch?v=i8xwLWb0ILY>

Resources

Local Orgs:

- RISE
- TASK
- Share My Meals
- Rolling Harvest
- Cornerstone Kitchen
- Project KIND
- HomeFront
- America's Grow-A-Row
- NJ Farmers Against Hunger

Books for Kids:

- The Last Stop on Market Street (Matt de la Peña)
- José Feeds the World (David Unger)
- The Good Garden (Katie Smith Milway)
- Lulu and the Hunger Monster (Erik Talkin)
- Saturday at the Food Pantry (Diane O'Neill)