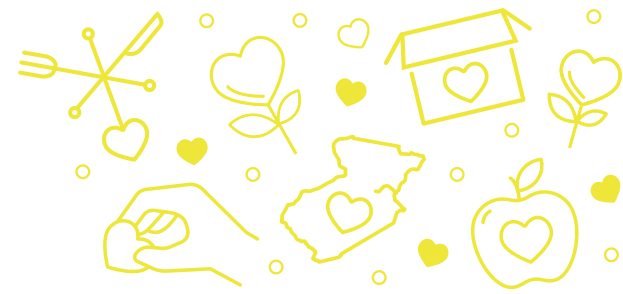




RePLENISH

NOURISHING NEIGHBORS



SEPTEMBER 2022 **30 WAYS IN 30 DAYS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
#HungerActionMonth				1 Meet our <u>Hunger Hero Awardees</u>	2 Follow REPLENISH on <u>Facebook</u> , <u>Instagram</u> and <u>Twitter</u> !	3 Hunger Action! Wear orange and make an orange-colored meal. Post on social media!
4 <u>Labor Day Concert & Food Drive</u> 4pm at Roosevelt Park	5 <u>Mozzarella Monday</u> Bring cheesy treats to REPLENISH M-F 6am – 2pm	6 <u>Learn how to read food dates to reduce food waste</u>	7 <u>Sign up for our “Volunteer Day”</u> on 10/1 at Rows for the Hungry Gardens	8 Enjoy a <u>“Dine to Donate”</u> meal at <u>Fiddleheads</u> in Jamesburg	9 <u>Learn about inflation’s threat to food security</u>	10 Host a <u>Dine Below the Line</u> dinner party. Discuss our food system.
11 Set an empty plate at your table for those at risk of hunger.	12 Check out our REPLENISH & Feeding Middlesex County websites	13 Share a recipe on social media that can feed 4 for <\$10 or <u>cook one of ours</u>	14 <u>Gift Card Wednesday!</u> Make a donation to Feeding Middlesex County	15 Join REPLENISH for a special <u>Storytime at East Brunswick Library</u>	16 Learn how <u>Share Tables</u> can reduce hunger in schools	17 <u>Stuff the Truck Food Drive</u> 10am – 2pm at all Middlesex County Stop & Shop’s!
18 Start a <u>compost pile</u> to recycle your food scraps	19 Plan a <u>food drive</u> with your school, business, club, or religious group!	20 Got a garden? Donate extra produce to REPLENISH M-F 6am – 2pm	21 Join in the Middlesex County <u>Senior Health & Fitness Walk</u>	22 Celebrate our Hunger Heroes at <u>Feeding Middlesex County</u> Cocktail Party	23 <u>Baby Friendly Friday</u> Donate diapers, formula, first foods	24 <u>GMC Charity Soccer Festival and Food Drive</u> at Metuchen HS
25 Ask if your library is a year-round drop-off for <u>individual donations</u>	26 Use our <u>Healthy Food Map</u> to find healthy food resources near you!	27 <u>Tuna Tuesday</u> Donate cans of fish at your local library	28 How does it feel to have only one small meal today? Try it, share your opinion.	29 Find current events on food insecurity & repost on social media	30 What did you learn during Hunger Action Month? Leave us a comment!	1 REPLENISH Volunteer Day at <u>Rows for the Hungry Gardens</u>



Monetary donations are also accepted online at feedingmiddlesexcounty.org or by checks made payable to Feeding Middlesex County and mailed to PO Box 781, Edison, NJ 08818.



Thank you for your support and generosity!



To learn more and locate food pantries, scan the QR code or visit middlesexcountynj.gov/replenish
732.729.0880

