

October is Hunger Awareness Month!

~ October 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Collect food from your pantry and donate to your local food bank.	2 Like our Facebook page and follow us on Twitter. 	3 Cooking Matters Recipe: Southwestern Black-eyed Pea and Corn Salad
4 This week, make coffee at home. Then donate the amount you save after 7 days. \$1 = 4 meals.	5 Check your cupboard and donate what you won't eat. Take it to your pantry as a family.	6 Ask your friends to follow us on Facebook, Twitter and Instagram. 	7 Volunteer - share a #WhyIVolunteer status on Twitter, Facebook or Instagram. 	8 Looking for a fun family event? Go to Idahofoodbank.org and schedule a volunteer shift together.	9 Have you considered repeat giving? Find out how you can help today.	10 Cooking Matters Recipe: Rolled Oats and Peanut Butter Cookies
11 Ask your friends to follow us on Facebook, Twitter and Instagram. 	12 Donate your garden veggies to your local pantry. You can't eat all that zucchini! Visit Ample Harvest	13 Organize a sack lunch with friends and Donate what you'd spend to go out as a group.	14 One in 5 Idaho kids won't have dinner tonight. Share this status to raise awareness. #solvehunger	15 Go to a store and buy a meal and Donate that amount to the IFB. Every amount helps.	16 Empty Bowls is coming up Friday November 27 in Boise. Paint a bowl and donate it to help feed the hungry this winter!	17 Cooking Matters Recipe: White Bean Basil Chicken Chili
18 Ask your friends to follow us on Facebook, Twitter and Instagram. 	19 Sign up for our volunteer newsletter to know what the different opportunities to help may be.	20 Write a letter to the editor or post a blog about hunger.	21 Go to idahofoodbank.org and schedule a volunteer shift for you and coworkers.	22 Sign up for our newsletter to stay in contact.	23 Invite your local representative or senator to visit us at the Foodbank and learn about hunger.	24 Cooking Matters Recipe: Sweet Potato Fries
25 Ask your friends to follow us on Facebook, Twitter and Instagram. 	26 Find out more about the Cooking Matters Program and how you can help.	27 Watch our videos about hunger and what you can do to help. 	28 Schedule a tour of The Idaho Foodbank for your family and volunteer to help solve hunger.	29 Make sure you follow us on Facebook and Twitter to stay in touch after Hunger Awareness Month.	30 Gather what food is in your pantry that you won't eat and donate it to your local pantry.	31 Halloween style recipe: Monster Eyeballs 

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