


30 Days to End Hunger

**Volunteer Opportunity
Fun/Educational Event**

On your own

Wilmington College
Grow Food Grow Hope
Pyle Center #1145
1870 Quaker Way
Wilmington, OH 45177

Sun	Mon	Tue	Wed	Thu	Fri	Sat
October 10	11 Pledge to End Hunger! Contact Jessica @ CSCE to learn how!	12 Call or have a meal with or in honor of your Grandparents then research local senior	13 Start a Team! Get a team together for this weekend's Hunger Walk and collect food	14 Write a blog, tweet, or post on facebook about what you're doing to end hunger	October 15	16 1st Annual Don Barlow Hunger Walk @ 9am Meet at Denver Park
Kids Care Week →	18 Skip the coffee or soda today (or this week) and donate the money saved to a local organization	19 Composting Workshop 7pm WC Thomas Lounge	20 Contact GFGH to help with our upcoming food-centric kid events	21 Sign up for the Huddle to fight Hunger with Kraft foods at kraftrecipes.com/	22 Skip Friday night dinner out and donate the money saved to an organization to help the hungry	23 Make a Difference Day Meet at Sugartree at 1pm to clean the garden beds
24	25 Sign-up for the Eat Local Challenge with GFGH	26 WC Goodies 4 Goblins Consider passing out something more healthy than a candy bar	27 Eat a week on a food stamp budget (\$3/day) be ready to talk about it	28 Learn about hunger locally by checking out Feeding America's Hunger Study at	29 Freestore Truck comes to Sugartree Ministry 12pm	30 1st Winter Market at Swinder & Sons 9am-noon
Eat Local Challenge Week →	31 November 1 Call 2-1-1 or go to the CSCE to find out how to help out at a local org	World Kindness Week → Read about Child Nutrition Reauthorization and call your congressmen to tell	3 30 Days: Minimum Wage 7pm WC Mason Center	4 Write a letter to the editor or your congressman about what should	5 Going to the Farmer's Market tomorrow? Buy fresh produce to donate	6 Winter Farmer's Market at Swindler & Sons
7 FALL BACK- Change your clocks!	8 Serve dinner at Sugartree Ministries starting at 5:30pm	9 Take the Hunger Quiz at feedingamerica.org and share the results	10 Call home and talk to your family about Growing a Row for the Hungry	11 Think about a veteran or hero in your life...is someone in need a hero	12 Wallace & Grommitt Movie Night-7pm WC McCoy Room	13 Volunteer to help with the construction at the Homeless Shelter
	Hunger & Homelessness Awareness Week →		17	18 Serve Dinner at Homeless Shelter	19 Share your experiences: post a blog, a photo, a status, let people know what you've learned .	20 Read & Seed 10am-CSCE Winter Farmer's Market at Swindler & Sons
	Don't waste food! RECYCLE those leftovers and eat them tomorrow.	Chat with a Homeless Guy WC McCoy Room 7pm	Gather all the money you saved from sacrificing this month and donate it			