

# SEPTEMBER is Hunger Action Month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Set up a jar to collect your spare change to donate at the end of the month!	<b>2</b> Read the <i>2017 Hunger Report</i> & learn about affordable housing & hunger.	<b>3</b> 'Like' & 'follow' House of Lazarus on Facebook: HouseofLazarus1/	<b>4</b> Learn about Linking Hands & the Green Food Box program in Dundas County.	<b>5</b> Join us for this week's HOL Dinner on the House community meal! It's free!	<b>6</b> Talk to your friends and family about hunger, food banks, & impossible choices.	<b>7</b> Research candidates for the October federal election and get ready to vote.
<b>8</b> Share your story of hunger with us. Email <a href="mailto:cashby@houseoflazarus.com">cashby@houseoflazarus.com</a>	<b>9</b> Visit FBC's website & try the <i>Living with Hunger Impossible Choices</i> activity.	<b>10</b> 'Like' & 'follow' us on Facebook: GreenFoodBoxDundasCo/	<b>11</b> Help out at the South Dundas GFB. We need packers from 9 am to 10:30 am!	<b>12</b> Volunteer to help at HOL's Dinner on the House & join us for dinner!	<b>13</b> Contact HOL to find out about our skills-based volunteer opportunities.	<b>14</b> Plan a food drive to help HOL's Food Bank & it's Operation Backpack program!
<b>15</b> Build community: share a meal with family, friends, or neighbours.	<b>16</b> Read the <i>2018 Hunger Report</i> & learn how hunger is affecting Ontario's seniors.	<b>17</b> 'Like' & 'follow' Linking Hands on Facebook: linkinghandsdundas/	<b>18</b> Order a bag (or two) from next week's GFB and donate the food to food bank.	<b>19</b> Invite family & friends to a delicious meal at HOL's Dinner on the House!	<b>20</b> Ask HOL Food Bank how you can help a family this Thanksgiving!	<b>21</b> Shop at HOL Stores! Get great deals and help support HOL at the same time!
<b>22</b> Read the House of Lazarus annual reports. You can find them on our website.	<b>23</b> Get the 'Hunger Facts' by visiting Food Banks Canada's website.	<b>24</b> Learn about HOL's many outreach programs. Visit our website: hol.community	<b>25</b> Help out at the North Dundas GFB. We need packers from 9 am to 10:30 am!	<b>26</b> Meet & talk to someone new at this week's Dinner on the House!	<b>27</b> Share what you've learned about hunger with your colleagues & family.	<b>28</b> Organize a fundraiser to help your local food bank and raise hunger awareness.
<b>29</b> Cash in the change you've collected and donate to your local food bank.	<b>30</b> Read some of Feed Ontario's blog posts and hunger stories on their website.	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <p><b>House of Lazarus</b>  <b>2245 Simms Street, Mountain ON</b>  <b>613-989-3830</b>  <a href="https://hol.community/">https://hol.community/</a></p> </div> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p><b>Other Links:</b>  <a href="https://www.foodbankscanada.ca/">https://www.foodbankscanada.ca/</a>  <a href="https://feedontario.ca/">https://feedontario.ca/</a>                      *Hunger Report can be found on Feed Ontario</p> </div> </div>				