

SUNDAY

MONDAY

TUESDAY

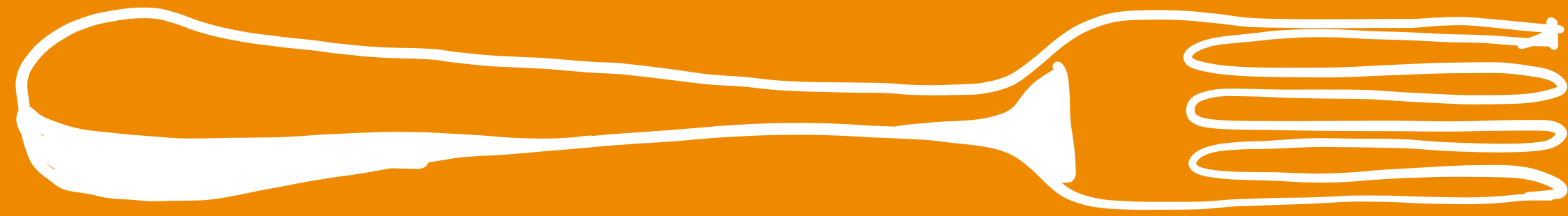
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Fighting Hunger - One Fork at a Time



5 Restaurant Week
The tastiest week of the year starts Friday! Look up our participating restaurants, study the menus and make your plans now.

6 Labor Day Take a food basket to someone you know who has lost employment or direct them to visit our Get Help page to find food assistance resources at okfoodbank.org/get-help.

7 Join us for **Family Night at the Food Bank!** Volunteers as young as 8 can help fight hunger. Contact Teressia Kehr at 918-936-4512 to [sign up!](#)

8 Join us for a [virtual tour](#) of the Food Bank! Take a closer look at different areas of the Food Bank and learn more about how you can help fight hunger. Watch now at okfoodbank.org/virtual-tour

9 Find excellent information and resources to fight hunger in your community on Feeding America's **Hunger Blog** at feedingamerica.org/hunger-blog

10 [The 15th Annual Tulsa Restaurant Week](#) officially begins today! Stop by Mother Road Market all day for the Kickoff. Merchants will donate 10% of their sales to fight hunger.

11 Today is 9/11 Remember our first responders, military personnel, and veterans by making a donation to our Veterans Nutrition Fund at okfoodbank.org/veterans-nutrition-fund

12 Wear orange this week to show your support of anti-hunger measures. When someone asks, be ready to talk about hunger and poverty issues. okfoodbank.org/get-involved/advocacy

13 Support a business, enjoy a meal and support hunger relief by dining at any participating Restaurant Week establishments. Visit tulsapeople.com/restaurantweek.

14 Help someone in need, help them register for the Drive-Thru Pantry at the Food Bank (9/16) at okfoodbank.org/drive-thru-food-pantry or refer them to okfoodbank.org/get-help.

15 Hispanic Heritage Month begins and the Food Bank has several Spanish speaking partners. Like to help one? Ask us how. Call us at 918-585-2800.

16 At 6:00 p.m. join **U.S. Rep. Stephanie Bice** as she moderates a **virtual town hall** panel focusing on food security issues. Go to okfoodbank.org/hunger-action-month for details.

17 It's **Hunger Action Day!** Display or wear the color orange and tell everyone you know to join the fight against hunger. Learn more at okfoodbank.org/get-involved/advocacy

18 Storytime Saturday offers an opportunity to share books and information related to families facing food insecurity with young readers. Find events and resources at okfoodbank.org/events/storytime-saturday

19 Post or Write a Letter Week Do your homework on a hunger or poverty related issue and post on social or write a local, state or federal legislator advocating on behalf of our hungry neighbors.

20 Fill a Cart, Fill a Need Participate in our virtual food drive by filling a virtual shopping cart with some of the items we need most! Visit okfoodbank.cheerfulgiving.com/p/virtual-food-drive to begin.

21 Join **Friends of the Food Bank**, our Young Professionals group, as we plan activities for the new realities, including the next Hops for Hunger. Visit okfoodbank.org/friends-of-the-food-bank

22 Sign up to be a Food Bank **Breadwinner!** Your monthly donation helps provide more than 464,000 meals each week.

23 Purchase your tickets for a **Chefs Club** dinner at the Food Bank this November. Local chefs will each prepare a delectable course for an incredible dining experience. okfoodbank.org/events/chefs-club.

24 Volunteer at one of our 350 Partner Agencies in every eastern Oklahoma county. Call us at 918-585-2800 for a partner near you.

25 Challenge yourself to walk, bike, or run while raising money for the Food Bank! You choose when, where, and how many miles. Learn more at okfoodbank.org/race-against-hunger

26 Skip a Lunch or Give Change Have your group or workplace "skip a lunch" or collect spare change to fight hunger. Drop off at the Food Bank by Oct. 15 and the leading group wins a prize!

27 Join **Harvesters of Hope**, the Food Bank's Womens Council and help your hungry neighbors through food and fundraising. More info at okfoodbank.org/womens-council.

28 Learn more about our Food for Kids programs at okfoodbank.org/what-we-do/food-for-kids. Thanks to the Masonic Charity Foundation of Oklahoma, your gift to FFK will double. okfoodbank.org/masonic-match

29 Create meaningful change with your spare change when you sign up for the **Spare Change Round Up** program at okfoodbank.cheerfulgiving.com/p/spare-change

30 Earn a degree in caring and advocacy with **Food Bank U**. Engage, educate and empower kids about hunger and encourage them to seek creative solutions. Go to okfoodbank.org/food-bank-u

For more information on any of our events, to donate or for more ways to get involved with Hunger Action Month, visit our website at okfoodbank.org!



#HungerActionMonth21

Follow us on Facebook and Instagram @okfoodbank to stay up-to-date on the latest news, events, happenings and more.