

**TAKE  
ACTION!**

# 30 Ways in 30 Days



## 30 ways you can help solve hunger in the Ohio Valley.

1. Start **collecting your spare change**. At the end of the month donate to a pantry near you. For a list of pantries, visit [urbanmission.org](http://urbanmission.org).
2. **Share this calendar** with friends, coworkers and family. Invite them to join you in an activity this month.
3. **Hunger Action Day!** Wear orange and show your support for hunger relief efforts. Turn your Facebook profile orange to show your support online!
4. Grocery shopping for the weekend? Say “yes” and round up your change at **Kroger**. Every “cent” helps feed one more person.
5. **Cancer Dietary Initiative** - Donate to this worthy cause and help support the hunger needs of cancer patients. Join this group every third Saturday when they distribute food at First Westminster Presbyterian Church in Steubenville.
6. Talk with your church or organization about inviting a speaker from the **Urban Mission** to share about hunger in the Ohio Valley.
7. **Labor Day:** Invite your BBQ guests to bring a canned good or two to give to one of these outstanding pantries: **Bell Chapel UMC in Steubenville, Church of the Cross UMC in East Springfield, & Empire UMC in Stratton.**
8. **Hope 68** – Join a great group of volunteers every Tuesday as they bag more than 800 bags of food for students to enjoy each weekend.
9. Find out more about the feeding programs supported by your local United Way by calling 211 or visiting their website: [www.unitedway-jc.org](http://www.unitedway-jc.org)
10. Join others who are passionate about ending hunger at the **Urban Mission’s Table** event. This month’s gathering will happen at 6pm at the Urban Mission church with a meal served.
11. Pray for those churches who provide weekly hot meals - **Holy Name Cathedral, Mt. Carmel Community Baptist, St. Paul’s Episcopal,** and the **Urban Mission’s Unity Kitchen**. Better yet, put your prayers in action and volunteer your time with them. For a list of volunteer activities, visit [urbanmission.org](http://urbanmission.org).
12. Be a good neighbor to **Wintersville Good Neighbors** by hosting a neighborhood potluck. Invite guests to share a canned good to give to the pantry.
13. It’s Grandparents Day! Consider donating in their honor to a senior feeding program such as **Prime Time** in Steubenville.
14. Today, chose to **carry a brown bag lunch** to work this week and donate your savings to a local pantry such as **WEBA** or **Saline Township**.
15. Attend the **Steubenville Salvation Army’s** Shepherd’s Table – a feeding program from 12 – 1pm on Tuesdays.
16. Lend a hand volunteering your time at **His Hands Extended** pantry in Toronto.
17. **Write a letter** to the editor of your local newspaper. Share your thoughts on ways to fight hunger in your community.
18. Bring a canned food item or a donation to the **Big Red/Massillon football game** and “kick it” to hunger
19. Youth obesity is on the rise. Encourage your kids to eat healthy and stay fit by attending the **Steubenville City-Wide Day of Play** at Belleview Park in Steubenville.
20. Talk with your pastor or mission representative to start organizing a Thanksgiving food drive for the **Urban Mission**. With your help, more than 2,000 families will be fed this holiday season!
21. **Meat Monday** – Meat & protein donations are always welcome at the Smithfield Food Pantry which serves more than 250 families each month.
22. **Texting Tuesday** – Text a hunger fact to your family and friends. Or give by text! Visit our website ([www.urbanmission.org](http://www.urbanmission.org)) to see how.
23. Support your local farmer’s market or grow your own! Check out the **U.N.I.T.Y. Garden** ([teamunity740.org](http://teamunity740.org)) for helpful tips & inspirational stories of life change through urban gardening.
24. **Turkey Thursday:** Start organizing a Holiday Food Drive at your business.
25. Experience hunger for a day. Share about your experience online or with a friend. Submit your story to the Urban Mission Facebook page.
26. How did you take action this month? **Tweet us** your favorite “helpie” pic to [@urbanmissioninc](https://twitter.com/urbanmissioninc).
27. Honor St. Vincent who worked tirelessly to help those in need by supporting your local **Catholic Charities**.
28. Save your shopping bags as well and donate them to **God’s Outreach** or the **Ministry of Salvation** food pantry in Steubenville.
29. Show some love to area shelters by donating food and household items to: **Agape Homeless Shelter, City Rescue Mission or the Urban Mission’s Hutton House**.
30. How much **spare change** have you collected since the 1<sup>st</sup>? Donate it today!

*It’s the end of the month, but don’t let this be the end of your fight against hunger!*

For more information on any of the agencies and services listed, visit our website, [www.urbanmission.org](http://www.urbanmission.org).

**September is Hunger Action Month**



We are stronger working  
**TOGETHER.**



SEPTEMBER IS HUNGER ACTION MONTH

# 30 Ways in 30 Days

Hunger Action Month is your opportunity to get involved  
to help solve hunger in our community.

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**TAKE ACTION!**

**6** Invite the **Urban Mission** to speak to your church or organization about hunger issues.

**7** Fan the flame at one of these UMC pantries and invite your Labor Day BBQ guests to bring a donation. Bell Chapel, Church of the Cross, & Empire UMC.

**1** Start **collecting your change**. At the end of the month donate to a pantry near you.

**2** Share this calendar with friends, coworkers and family. Invite them to join you in an activity this month.

**3** Go orange for **Hunger Action Day!**

**4** Say "yes" and round up your change at **Kroger**. Every "cent" helps.

**5** Fill the shelves of the **Cancer Dietary Initiative** to help those facing health challenges.

**13** **Grandparent's Day!** Make a donation in their honor to **Prime Time Senior Services**.

**14** **Pack Lunch. Feed a Bunch.** Donate your savings to a local food pantry such as **WEBA** or **Saline Township**.

**8** Help pack bags with **HOPE 68** and feed a child for the weekend.

**9** "Live United" by serving others through your local **United Way**.

**10** Attend "the Table" **Urban Mission 6pm**

**11** Pray for churches serving weekly hot meals. **Holy Name, St. Paul's Episcopal** and the **Urban Mission Unity Kitchen**.

**12** Host a neighborhood potluck. Invite guests to bring a canned good or two for **Wintersville Good Neighbors**.

**20** Talk with your pastor to start organizing a Thanksgiving drive for the **Urban Mission**.

**21** **Meat Monday** Help beef up the **Smithfield Pantry** by donating protein products.

**15** Attend "Shepherd's Table" at the **Salvation Army** at 12pm.

**16** Lend a hand by volunteering your time at **His Hands Extended** pantry.

**17** Write a letter to your local newspaper editor about hunger.

**18** Bring a canned good to the **Big Red vs. Massillon** game and "kick it" to hunger.

**19** Encourage healthy habits. Bring your youth to the **City-Wide Day of Play**.

**27** Honor St. Vincent who worked tirelessly to help those in need by supporting your local **Catholic Charities**.

**28** Pick up an extra item or two at the store. Donate them to **God's Outreach** or **Ministry of Salvation**.

**22** **Texting Tuesday** Text your family and friends a hunger fact. Or, give a gift by text.

**23** Purchase veggies at your local **Farmer's Market** or grown your own. For helpful hints, check out the **U.N.I.T.Y. Garden**.

**24** **Turkey Thursday** Start organizing a **Holiday Food Drive** at your business.

**25** Experience **hunger** for a day. Blog about your thoughts and post them to Facebook.

**26** How did you take action this month? **Tweet us** your best volunteering "helpie" pic to @urbanmissioninc.

**29** Show some love to area shelters, **Agape Homeless Shelter**, **City Rescue Mission** & **Urban Mission's Hutton House**.

**30** How much **change** have you collected since the 1st? Donate it today!

*It's the end of the month, but don't stop taking action against hunger!*

**Urban Mission**

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**Together we can make a difference!**