



HUNGER ACTION MONTH SEPTEMBER 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hunger Action Month Box Start your donation box for Hunger Action Month and collect all the food items until the end of the month. You can bring donations to WFCM Monday-Friday 8-10 am or the 2nd Saturday of each month 9-11 am.	2 	3 Toiletry Tuesday Toiletries are not covered by SNAP benefits. Add to your donation box toilet paper, soap, shampoo, deodorant, and/or feminine pads.	4	5 Thursday Do you know that WFCM provides weekend meals for FCPS students as part of the Free Food Fridge Program? Consider donating funds for us to purchase shelf stable milk. We stock 12 refrigerators weekly during the school year that are part of our Free Food Fridge program with FCPS.	6 	7
8	9	10 Hunger Action Day Wear orange and tell people why.	11	12	13 	14 Stock the Market Saturday WFCM is accepting food donations from 9-11 am today at our warehouse (4511 Daly Drive Suite H, Back Door). Stop by to donate items you purchased this week.
15 What is food insecurity? It is a household's inability to provide enough food for every person to live an active, healthy life.	16 	17 Tuna Tuesday Please consider adding tuna and other canned meats such as salmon, chicken or sardines to your donation box.	18	19 	20 Walk With Us Wednesday Walk To End Hunger is a one-mile family-friendly walk during the Centreville Day Parade to raise awareness about food insecurity in our community and fund solutions. Register here: https://www.wfcmva.org/walk	21 Be a Social Media Ambassador: Post about what you are doing to help end hunger this month. Don't forget to tag us and use #HungerActionMonth and #EndHungerHere
22 Hunger Facts Many households that experience food insecurity do not qualify for federal nutrition programs and rely on their local food banks/food pantries for support. Help us #EndHungerHere	23	24 	25 Volunteer with us! Learn more about volunteering with WFCM to help sort food donations, stock shelves or bag groceries. Email volunteer@wfcmva.org or learn more at wfcmva.org/volunteer-details .	26 Tomato Thursday Add canned tomatoes to your box such as: Tomato Paste, Tomato Sauce, Diced Tomato, Crushed Tomato, or Tomato Puree	27	28 Client Fair Our Client Fair is today offering WFCM clients resources and information from many community providers.
29 Culturally Appropriate Food Consider a monetary donation to help us buy culturally appropriate food. Access to preferred food helps recognize and empower our communities and can even strengthens the food system.	30 		Connect with WFCM Follow WFCM on Facebook or LinkedIn to learn more about partnering with us to serve the community. Sign up for our monthly e-news at wfcmva.org/news under Newsletters.	Contact Us: Chantilly Free Food Market is located at 4511 Daly Dr. Suite J Centreville Free Food Market is located at 5948 Centreville Crest Lane 703-988-9656 wfcmva.org	Thank you for partnering with us to take action to increase food security in Fairfax County!	