

HUNGER AWARENESS MONTH

EXTRA TABLE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SEPT 2018

Did you know 679,750 people in Mississippi are food insecure.

Kids make up 29%.



And the Governor of the great State of Mississippi, the Honorable Phil Bryant, declares it **Hunger Awareness Month**

Off work for the holiday?
Challenge yourself to eat just one meal.
How does hunger affect your body?



Monthly contributions sustain our feeding efforts.

www.ExtraTable.org/donate

Download this calendar at ExtraTable.org & share it with a friend.



Spread the word.

How it works:

1. We fundraise
2. to purchase food
3. that is delivered
4. to our hungry neighbors.

*Tell a friend.

EXTRA TABLE IS...
1. Efficient
2. Healthy
3. Effective
4. Dependable



How do you explain hunger to a child?

ExtraTable.org has a list of books & resources (we added some in there for grown-ups too).

Grandparents Day

Honor your elders with a donation.

\$1 = 3+ meals for hungry Mississippians

Dine Out!

Eat at from 5-9 & Ed's will donate 10% to Extra Table.



Day of Service: Volunteer at a Food Pantry
Check out our online list of partner agencies.

Change your Facebook Photo to match Extra Table & show your support.

EXTRA TABLE HUNGER AWARENESS MONTHS

Watch Hunger in American.
Emmy award winning movie.

Narrated by James Denton, this powerful documentary tackles the hunger epidemic in America & will change your perception on hunger.

KENDRA SCOTT is donating 20% of ALL sales from 4-7 to Extra Table.
Shop until you drop.



September 14th is also Hunger Awareness Day.

Wear ORANGE all weekend!

Plan or host a fundraiser for Extra Table at your office, church or school.



Don't Forget!
Join the Sustainer's Circle.
Dollars feed folks.

Follow, post & tag @ExtraTable on Instagram.



Like Extra Table on Facebook.



Follow @ExtraTable on Twitter.



Are you using #HASHTAGS?
#ExtraTable
#ExtraTableFeeds
#NeighborsFeeding
Neighbors
#HungerAwarenessMonth

Let's give kuddos to our partner today:
bulk purchasing
low cost
healthy items
dependable delivery
great service



Sign Up for Extra Table's Newsletter.



Be a hunger advocate 365 days a year.

Ed's BURGER JOINT
Dine Out!
Eat at from 5-9 & Ed's will donate 10% to Extra Table.

Visit ExtraTable.org to test your knowledge...



Announcement!
Extra Extra... Read all about it...
Extra Table is EXPANDING!

Take a #SpoonemberSelfie!
(put a spoon on your noose & pose)
Raise a spoon to raise awareness & post your pic.

Reminder!
Steadfast support is critical for feed our hungry neighbors...
Sign up to be in the Sustainer's Circle.

Set your sights savings for Extra Table when shopping through Amazon.
Choose Extra Table. amazon smile