

September is #HungerActionMonth in Northumberland

September 2026 - 30 Ways in 30 Days Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Top 10 Tuesday 1 Please donate fresh produce, peanut butter, canned fruit/vegetables, or soup.	Set up a jar to collect your spare change to donate at the end of the month. 2	Toiletries Thursday! 3 Donate toilet paper, toothbrushes, or toothpaste.	Fresh Friday! 4 Plan a fresh food drive next week and donate to your local food bank!	Share our Facebook page with your friends to help promote our work: @NCFood4All 5
Cook a meal with your children or friends and talk about fighting hunger. 6	Volunteer your time at a local community meal: Food Help Northumberland 7	Tuna Tuesday! 8 Donate canned tuna or other canned meat to Food 4 All or your local food bank.	Organize a virtual food drive this week and plan to donate to Food 4 All or your local food bank. 9	Check out our 2026 Feed the Change report, available on our Facebook page. 10	See our infographic about hunger and poverty and share on your social media feeds. 11	See your Sweet corn 12 or squash ready to harvest? Food 4 All will gladly accept your extras.
Learn more about how to reduce food waste at home: LoveFoodHatewaste 13	Do you or a friend need food help? Check out: Food Help Northumberland 14	Top 10 Tuesday 15 Please donate pasta sauce, canned tomatoes, canned pasta, or peanut butter.	Check out and share Food Bank Canada's " Fork in the Road " tool. 16	Toiletries Thursday! 17 Donate shampoo, soap, body wash or deodorant.	Fresh Friday! 18 Plan a fresh food drive next week and donate to your local food bank!	Post or tag a picture on social media and use #FeedNoCo or #HungerActionMonth 19
Start your own composter to help reduce food waste. County Composting 20	Contact a local school and find out about volunteering with their student nutrition program. Local SNP's 21	Tuna Tuesday! 22 Donate canned tuna or other canned meat to Food 4 All or your local food bank.	Want an easy way to give? Donate a retail gift card to your local food bank. Food Banks 23	If you are working from home why not donate your lunch money to your local food bank? 24	Fresh Friday! 25 Buy a little extra fresh food this week and donate it to a local food bank.	Learn more how to reduce food waste at home: LoveFoodHatewaste 26
Do you or a friend need food help? Check out: Food Help Northumberland 27	Donate a few non-perishable items to your local food bank this week—every item helps a neighbour in need. 28	Top 10 Tuesday 29 Please donate fresh produce, peanut butter, canned fruit/vegetables, or soup.	Cash in the change you've collected and donate it to a local food program. 30			

Share on social media using [#FeedNorthumberland](#) and check out [Northumberland.ca](#) for more information.