

SEPTEMBER IS
**HUNGER
 ACTION MONTH.**

				1 TLC is going orange at 8 pm!	2 Host a virtual food drive for TLC yougivegoods.com They deliver!	3 Visit the Monument Hill Farmer's Market and support our local growers!
4 Take the Food Stamp Challenge! Can you eat on \$4 a person per day? Tell us: info@tri-lakescares.org	5 LABOR DAY Host a Food Drive Cookout! Invite friends and family to bring food donations	6 Purchase tickets to Monument Hills Kiwanis' Empty Bowls Dinner and Silent Auction!	7 Call Christine, our Development Manager to speak at your business or organization 481.4864 x110	8 HUNGER ACTION DAY! Wear orange in support of the 1 in 4 people who experience hunger	9 Support our Buy It Forward program at King Soopers (1070 W. Baptist Rd.) 70 bags available	10 Sanitizing Saturday Donate cleaning supplies - items that SNAP recipients can't buy with EBT
11 Give thanks and shop our food rescue partners! List is on the website	12 CLIENT APPRECIATION DAY - Burgers, Brats and Broncos!	13 Sign up for TLC's eBlast newsletter . It comes out 2x a month.	14 Advocate for the Child Nutrition Reauthorization Act	15 Toiletry Thursday SNAP recipients can't buy personal items with EBT	16 Fish Friday! Hold a canned fish drive – tuna, salmon – at your office.	17 Volunteer at Care and Share's Sort Out Hunger event!
18 Bring your Sunday paper coupon inserts in to help our clients save \$	19 Join the Tri-Lakes Lions Club for their 3 rd Ann. Golf Tournament!	20 Write "On an empty stomach, I can't..." on a plate and tag Tri-Lakes Cares on Facebook!	21 Take a tour of Tri-Lakes Cares! Call Christine 481.4864 x111	22 Sign up to volunteer at TLC's Hangers to Hutches!	23 Movie Night! Watch "A Place At The Table" on Netflix or Hulu	24 STAT-urday: 1 in 5 El Paso County citizens are food insecure
25 Clean out your pantry and drop off your donation at Tri-Lakes Cares tomorrow!	26 Spoontember Take a selfie with a spoon and tag us on Facebook!	27 Participate in the Poverty Simulator , hosted by TLC & Pikes Peak United Way	28 Save the date! Next Wednesday, October 5 th is Empty Bowls Dinner & Silent Auction!	29 Attend the Hunger Action Month Wrap Party at The Depot in Palmer Lake	30 Bring snacks to the PPYMCA's Creepy Crawl 5k & 1-mi kids run for TLC's snack pack program!	