



STEP UP... BECAUSE HUNGER MATTERS!



An average of 1 in 4 children in our area struggle with hunger.

Become a **HERO FOR HUNGER** by joining Hope Partners in our efforts to fight hunger here in the Inland Valley!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



For more information on any of our events, to donate or for more ways to get involved in our efforts to feed the hungry in the Inland Valley, visit our website at www.InlandValleyHopePartners.org

1 Hang this calendar at home, work, or school! Start a Penny/Change Drive for 40 days and donate to Hope Partners!

2 Visit our website (www.InlandValleyHopePartners.org) and create your online Walker Page.

3 Like us on Facebook for the latest news, events and happenings.

GREEN WEEK

4 **Green Veggie Week!** Start a Food Drive for Hope Partners! Ask neighbors to donate canned veggies.

5 Host a Labor Day BBQ—Ask friends and family to bring canned veggies for your food drive.

6 Take time today to pray for our hungry neighbors.

7 Let your social media friends know that you're a Hero for Hunger. Use the #HeroForHunger

8 Collect dollars at work, school, club or faith community. Offer an incentive such as a free casual day for those who give.

9 Attend the LA County Fair! Donate 5 cans in support of Hope Partners and receive free admission.

10 Shop our Pomona Valley Farmers' Market for your locally-grown produce! Located at Pearl and Garey in Pomona from 7:30—11:30 a.m.

SEPTEMBER

RED WEEK

11 It's Grandparents' Day! Make a donation to Hope Partners in honor of them.

12 Attend the Vince's Spaghetti Fundraiser. Simply present the flyer and Vince's will donate 20% of your bill to Hope Partners.

13 Check out our September newsletter available by email, on our website or by mail today!

14 Get 5 friends to form a Walk team with you for this year's Walk for the Hungry! Wear coordinated superhero costumes! (Costumes optional.)

15 **Tomato Thursday!** Donate spaghetti sauce (no glass please), canned or fresh tomatoes to Hope Partners' food pantries.

16 Enroll online in our monthly giving program. Your donation will be automatically charged to your debit or credit card each month.

17 Watch *Cloudy with a Chance of Meatballs* with your family or friends and collect pasta for Hope Partners' food pantries.

YELLOW WEEK

18 Volunteer or donate at the Stater Bros. La Verne Food Drive taking place between 10 a.m.—2 p.m.

19 **Mac-n-Cheese Monday!** Donate your favorite brand of mac-n-cheese for the hungry children we serve.

20 Don't forget to get your friends to support your Penny/Change Drive! The money you raise helps us provide 900,000 meals each year!

21 It's the Paper Plate Campaign! Draw or write your feelings about what hunger means to you, take a picture with it and share on social media.

22 It's the first day of Fall! Fall into giving by making a monetary donation to Hope Partners.

23 Ask friends and family to sponsor you for the upcoming Walk for the Hungry. Share on Facebook or by email.

24 Host a lemonade stand or bake sale and donate the proceeds to Hope Partners.

PURPLE WEEK

25 Host a Pew Hunger Walk! Speak to your faith community about Hope Partners and our Walk for the Hungry and hold a special collection in support of it.

26 **Peanut Butter Lovers Unite!** Donate peanut butter to Hope Partners.

27 **Tuna Tuesday!** Add cans of tuna to your growing collection of food drive items for the food pantries.

28 Perform a random act of kindness.

29 Share your Walk page on social media and ask friends and family from across the country to sponsor your efforts to feed our area's hungry residents!

30 Attend the El Rancho Fundraiser in Claremont. Present the flyer when you pay your bill, and El Rancho will donate 25% to Hope Partners.

1 Buy a Meal, Give a Meal—Go to a restaurant, match what you spend and donate to Hope Partners to feed our hungry neighbors.

BLUE WEEK

2 Take an evening walk with your family in preparation for next week's Walk for the Hungry.

3 Bring your lunch or morning coffee from home and donate what you would have spent to Hope Partners.

4 Share our Facebook page and ask at least 5 friends to like our social media page.

5 **Water Wednesday!** Donate bottled water for the homeless families and individuals we serve at our local food pantries.

6 Put the finishing touches on your superhero costume for this Sunday's Walk for the Hungry! (Costumes are optional to Walk.)

7 End your Penny/Change Drive. Match the proceeds and put it toward your sponsor total for the Walk.

8 Go for a morning walk to prepare for tomorrow's event. Give a final push to get your friends and family to sponsor you for the Walk.

9 It's here! Today's the 43rd Annual Walk for the Hungry at the Claremont Consortium! Registration at noon with the Walk starting at 1 p.m.

10 Celebrate your hard work and success! Continue to pray for our neighbors in need.

BE A HERO! FIGHT HUNGER!



OCTOBER



40 WAYS IN 40 DAYS CALENDAR

STEP UP AND BE A HERO FOR HUNGER!

Inland Valley Hope Partners has created this handy **40 Ways in 40 Days Calendar** to help you make the 40 days leading up to the **43rd Annual Walk for the Hungry** matter for our neighbors struggling with hunger. Each day has an idea or activity to help fight hunger right here in the Inland Valley. Print the calendar and share it with your family, friends and colleagues so everyone can get involved and be a Hero For Hunger. Some fun ideas to note:

September 4—10 = **GREEN WEEK**

Focus your food drive efforts on all things green! Veggies, both canned and fresh from your garden, are healthful additions to the foods offered at Inland Valley Hope Partners' food pantries.

September 11—17 = **RED WEEK**

Contribute tomatoes (paste or fresh), spaghetti sauce, ketchup, apple sauce, raisins and other foods with a red hue to your food drive collection.

September 18—24 = **YELLOW WEEK**

Mac-n-Cheese, pasta, cereals, oatmeal, rice, corn and other foods make for great yellow week food drive contributions.

September 25—October 1 = **PURPLE WEEK**

Purple Stands for Protein! Contribute peanut butter, tuna, canned chicken, spam and other proteins to help feed local children and their families.

October 2—8 = **BLUE WEEK**

Hope Partners' food pantries serve some 4,000 individuals each month. Approximately 10% of these clients are homeless. Help them by donating bottled water this final week.



Finally, don't forget to grab your superhero costume (costumes are optional) and join us at the **Walk for the Hungry** at the Claremont Consortium on Sunday, October 9th!

For more info, visit us at www.InlandValleyHopePartners.org.