



HUNGER ACTION MINISTRY

Act on Hunger – Simple Everyday Actions

September is Hunger Action Month – a month where people all over America stand together with Feeding America and the nationwide network of food banks to fight hunger. It's a month to spread the word and take action on the hunger crisis, and dedicate ourselves to a solution.

Support national and local organizations that work to end hunger: national food drives like *Stamp Out Hunger*; vote with your pocket book and support restaurants and organizations that are local *Hunger Heroes* with St. Mary's Food Bank (SMFB) -- list: <https://www.firstfoodbank.org/hungerheroes/>. Educate: watch *A Place at the Table* movie available at your local library. Also SMFB [30 ways in 30 days](#) calendar.

End Hunger License Plate: Annually, the Hunger Relief license plate annual cost is \$25 plus postage and handling. Of the \$25, \$17 benefits food banks throughout Arizona. Visit the plates and placards page for ADOT <https://www.azdot.gov/motor-vehicles/VehicleServices/PlatesandPlacards/plate-selections>



Register for Fry's Community Rewards Program:

1. Go to: <https://www.frysfood.com/topic/community?activePage=community-rewards-2>
2. Select 'Sign-In.' and enter your email and password then select 'sign in' (**this will be the email and password you created in step 1**). Select 'My Account' then select 'Account Settings' from drop down menu.
3. Click 'edit' under Community Rewards. If prompted, enter personal information.
4. Under Find Your Organization: Enter St. Mary's Food Bank Alliance or enter the organization name of your choice and then select 'search'. Under *Select Your Organization*: select box next to your organization. Then select 'save changes'.
5. If you have registered correctly, you should now see your organization information listed under 'Community Rewards' on your Account Summary page.

Learn about hunger issues and share that with your family and friends. Try starting a conversation on social media by sharing one of the visuals <https://moveforhunger.org/visualize-hunger/>. And visit the Food Research and Action Center (FRAC) frac.org for current hunger information.

Pray: for example, Bread for the World prayers: <http://www.bread.org/library/daily-prayers-end-hunger>

Facebook Pages: Like these websites and stay informed.

- St. Mary's Food Bank Alliance
- St. Vincent de Paul
- Franciscan Renewal Center/Casa Hunger Action Ministry event on September 23
- Association of Arizona Food Banks

Communicating with your elected officials is the most effective action you can take. We need to express our support for policies that will alleviate hunger, and to voice our dissent when necessary.

Move for Hunger (<https://moveforhunger.org>) - Donate food when you move.

--OVER--



Franciscan Renewal Center
Peace. Renewal. Good.

5802 East Lincoln Drive
Scottsdale, Arizona 85253

480.948.7460 phone
800.356.3247 toll free

thecasa.org
All are welcome.

Feeding America and Feeding Ourselves *Raise a glass or a fork for hunger relief!*

September is Hunger Action Month – a month where people all over America stand together with *Feeding America* and the nationwide network of food banks to fight hunger. It's a month to spread the word and take action on the hunger crisis, and dedicate ourselves to a solution. Consider supporting these local restaurants or initiatives during September and *any month*. Why? Because they are about something more than profits.



Helpings, Cafe-Catering-Market Helpings Café, Catering and Market provides delicious, hand-crafted menu items, job training and hope. When you stop by for a sandwich or a salad, you help generate funding for programs and services for clients of UMOM New Day Centers. Helpings-3333 East Van Buren, Phoenix.

<https://umom.org/helpings/>



Joy Bus Diner Jennifer Caraway's non-profit restaurant supports The Joy Bus, which delivers chef-inspired meals to cancer patients. All revenue goes to the local charity. Much of the fresh food is donated. Joy Bus Diner- 3375 E. Shea Blvd., Phoenix. 602-595-5884, thejoybusdiner.com.

MISSION POSSIBLE Café This cafe serves up Southwestern-inspired cuisine and is part of the Phoenix Rescue Mission's vocational development program. Cafe employees receive four months of food-service classes and then work for four months, developing hands-on skills they can use in the working world to help get them back on their feet. Mission Possible Cafe-1516 W. Van Buren St., Phoenix. 602-688-6240, missionpossiblecafe.com.



Refuge Café Located off 7th Ave. in the Melrose Boutique District, The Refuge is a coffee shop by day and wine bar by night. Serving quality breakfast, lunch and dinner. Happy hour features outstanding food and drink specials, including local, artisanal beer and wine. Browse the hand-crafted art made by refugees from around the world. Proceeds fund much needed nonprofit services in the community.

(Supports Catholic Charities) **Refuge Cafe**-4727 N 7th Ave, Phoenix, AZ 85013 <http://therefugeaz.com>

During September only:



Shake Shack: For every CamelShack concrete at Uptown Plaza and Fashion Square - or a Campfire concrete at the Kierland Commons location, Shake Shack will donate 5% of the sale to St. Mary's Food Bank! [locations](#).

Cheba Hut Give Back Days: *Friday, Sep. 28th, All Day* - Cheba Hut will donate \$1 to St. Mary's for every sandwich sold at all AZ [locations](#).



The fight to end hunger begins at home.