

FEEDING MIDDLESEX COUNTY

PARTNERING TO END HUNGER

Dear {FIRST_NAME|Friend},

September is National Hunger Action Month, which was started in 2008 by Feeding America to bring awareness to an issue that was plaguing communities around the country: food insecurity. 11 years later, we still recognize Hunger Action Month in an effort to continue the fight to eliminate hunger in Middlesex County once and for all!

Join us this month in helping to raise awareness of food insecurity in Middlesex County and what FMC is doing to combat it. Make sure to follow us on [Facebook](#) to help share our #30Waysin30Days posts with friends and family.

Regards,
Jane Brady

#30Waysin30Days Social Media Challenge

MIDDLESEX COUNTY, NJ HUNGER ACTION MONTH FEEDING MIDDLESEX COUNTY

SEPTEMBER 2019 #30 Ways in 30 Days!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Attend MC Labor Day Concert at Roosevelt Park @ 4 pm and bring a food donation	2 Go "Orange" For Hunger!	3 "Take Action Against Hunger" - Share your actions on social media #HungerActionMonth	4 Check out our MCFOODS & Feeding Middlesex County website!	5 MCFOODS & our partners will be recognized by the Board of Chosen Freeholders	6 Make a recipe that includes orange ingredients, and share it on social media!	7 Can you live on a SNAP Budget of \$4 a day? Try it out!
8 Hand out 10 orange MCFOODS bags to friends & family who might donate	9 Middlesex County Board of Chosen Freeholders lunch event at MCFOODS Distribution Center featuring Assembly speaker Craig J. Coaglin	10 Do you have a garden? Donate your extra produce to MCFOODS	11 What can't you do when you are "hungry"? Show a photo or video with us answering that question	12 "Tomato Thursday" Donate sauce and pasta to MCFOODS	13 Share our social media pages with friends and raise awareness about what we do!	14 Host a dinner with family or friends and ask them to bring a donation
15 Set an empty plate at your dinner table to remember those who are at risk of hunger	16 Bring your coworkers oranges and tell them about MCFOODS & FMC	17 "Tuna Tuesday" Donate cans of tuna fish at a local library	18 Share a recipe on social media that feeds a family of four for under \$10	19 Start a compost pile to reduce food waste	20 Talk to your school about creating share tables in the cafeteria	21 Plan a food drive with your business, school, church, club or group!
22 Check out our MCFOODS volunteer website	23 "Mac & Cheese Monday" Donate boxes of Mac & Cheese to MCFOODS	24 Share your ideas on reducing food waste and extending the life of fresh produce	25 Create a recipe for matzah that can be distributed to food pantry recipients	26 Come Celebrate The 25th Anniversary of MCFOODS With Us!	27 Make a monetary donation to FMC	28 Sign up to volunteer on Oct 12 at the Murren Fall Harvest Food Drive event
29 Host a donation party with your family and friends	30 What did you learn during Hunger Action month? Share with us!	#HungerActionMonth		FOLLOW US    Email: js@mcfoods.com		

Our #30Waysin30Days social media challenge provides 30 opportunities (one for each day) to support FMC and MCFOODS, whether it be making a donation, making plans to volunteer or just making a social media post encouraging friends and family to like our [page](#)! Make sure to share every action you complete and hashtag it #30Waysin30Days.

Join Us for a Gala Celebrating MCFOODS 25th Anniversary

Feeding Middlesex County is hosting a fundraising gala in honor of the 25th anniversary of MCFOODS and there are still tickets available! Tickets and full tables can be reserved [here](#). Sponsorships are also available! Please e-mail feedingmiddlesexcounty@gmail.com and we will send you a copy of our sponsorship packet.



Elected Officials Visit MCFOODS Distribution Center



New Jersey Assembly Speaker Craig Coughlin and Assemblywoman Nancy Pinkin took a tour of the MCFOODS distribution center on September 9th which included a briefing on current programs and processes for distributing food to those in need, as well as a discussion of the state assembly's efforts to combat food insecurity and local efforts to improve the lives of residents. Also in attendance was Freeholder Deputy Director Charles Tomaro and Freeholder Leslie Koppel.

"When you come to a place like MCFOODS and you realize how many people genuinely want to make a difference, you recognize that this is a fight worth fighting for and one that we can win," said Speaker Coughlin. "It is experiences like today and meeting the people at the grassroots level who do the work day to day that reinvigorate my colleagues and I to continue to address food insecurity."

Behind the Scenes at MCFOODS



In honor of #HungerActionMonth and MCFOODS' 25th Anniversary, Middlesex County created a behind the scenes video of MCFOODS and what goes on at the warehouse. [The video can be viewed here](#). Make sure to give it a watch and share on your favorite social media channels!



[View the 2018 Annual Report](#)

[Donate Now!](#)

Feeding Middlesex County (FMC) financially supports organizations that feed the hungry. We are a registered 501(c)3 nonprofit organization.

We raise funds to purchase food and equipment to assist qualifying agencies in procuring, storing, preserving and transporting food and other necessary items to our food insecure neighbors.



