

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# 2023 LENTEN CALENDAR



FEBRUARY 22

### ASH WEDNESDAY

#### DID YOU KNOW?

1 in 7 children and 1 in 10 people in Central PA live with hunger. We never know the burdens our neighbors carry.

FEBRUARY 23

**Start your day with an act of kindness!** Skip your morning coffee purchases and donate the money to the Central Pennsylvania Food Bank. Challenge yourself and fellow church members to see if they can make it the whole month!

FEBRUARY 24

**View the latest stats on hunger in your county** [map.feedingamerica.org](http://map.feedingamerica.org)



FEBRUARY 25

Visit our YouTube page to learn how the Food Bank works, hear stories from our neighbors in need, and much more!

[Youtube.com/@CentralPAFoodBank](https://www.youtube.com/@CentralPAFoodBank)

FEBRUARY 26

Jayden, 10, knows he needs healthy food to be the best soccer player! **"I couldn't concentrate or listen to the coach if I was hungry. I'd be confused and I'd need energy."**

FEBRUARY 27

**CPFB works with 35 school pantries and 87 Backpack programs** to provide food to children and their families.

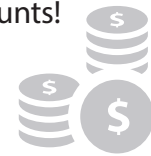


FEBRUARY 28

\$6 a week can fill a backpack to feed a child when they are not in school. **Start a collection! How much can your church collect to fill backpacks?**

MARCH 1

**Save your change for the month.** Start a church penny war and donate the change to the Central Pennsylvania Food Bank. Every penny counts!



MARCH 2

#### DID YOU KNOW?

The Central Pennsylvania Food Bank serves more than 144,000 neighbors in need each month.

MARCH 3

**Virtual Food Drive (VFD)** Organize a VFD with friends, family and co-workers, near and far. For more information visit: [centralpafoodbank.org/virtualfooddrive](http://centralpafoodbank.org/virtualfooddrive)

MARCH 4

**Visit our website to learn about Crunch the Food Bank apple** as they go on their journey from the orchard to the Central Pennsylvania Food Bank to the tables of our neighbors in need. [centralpafoodbank.org/crunch/](http://centralpafoodbank.org/crunch/)

MARCH 5

**"The best kept secret about volunteering...as a volunteer, you always get way more than you give"**  
- Neil and Dixie Burke, volunteers for three years.

MARCH 6

#### VOLUNTEER

Volunteer as a group or individually. To schedule a time to volunteer, contact Kir at [kevancho@centralpafoodbank.org](mailto:kevancho@centralpafoodbank.org)

MARCH 7

#### #HELPIE

Take a selfie volunteering (#helpie) and share it on social media. Don't forget to tag the Central Pennsylvania Food Bank!

MARCH 8

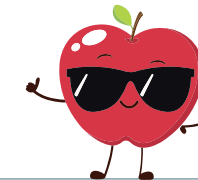
#### SUPPORT WHILE YOU SHOP!

If you find yourself at the checkout at your local CVS, you can round up at the register to help support the Central Pennsylvania Food Bank.

MARCH 9

#### DID YOU KNOW?

CPFB is thankful to have over 16,000 volunteers who annually contribute 77,000 hours of volunteer time.



MARCH 10

**Reach out to Kir to schedule a time for her to speak** about the Central Pennsylvania Food Bank and the impact your church has made in our community! Email [kevancho@centralpafoodbank.org](mailto:kevancho@centralpafoodbank.org)

MARCH 11

**SHARE YOUR STORY** Tell us why you choose to support the Central Pennsylvania Food Bank! Share your story with us at: [centralpafoodbank.org/share-your-story-donor](http://centralpafoodbank.org/share-your-story-donor)

MARCH 12

**"I usually max out on my bills during the month. This is beautiful. God sent you. It's great."**  
- Gia, a senior living on a fixed income

MARCH 13

**Many seniors in central PA experience food insecurity.** Through our Senior Programs, we feed more than 7,500 seniors each month.



MARCH 14

**VOLUNTEER** Volunteer with one of our local partners right in your community.

To find an agency near you: [kevancho@centralpafoodbank.org](http://centralpafoodbank.org)

MARCH 15

Many seniors experience transportation challenges, especially in rural counties. **The Food Bank provides home delivery for seniors who cannot come to our program sites.**

MARCH 16

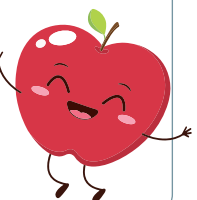
**We currently provide home delivery to more than 1,500 seniors in 13 counties.** We will offer home deliveries to every senior across our 27 counties by 2027.

MARCH 17

**Visit our Cause Marketing page** to learn even more ways you can help to support the Food Bank with your regular shopping! [centralpafoodbank.org/upcomingevents](http://centralpafoodbank.org/upcomingevents)

MARCH 18


**Spend time writing a few friendly notes to your local senior center.** A kind word goes a long way!



**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY**

**MARCH 19**

**“So continue encouraging each other and building each other up, just like you are doing already.”**  
1 Thessalonians 5:11 NIV




**MARCH 20**

**FRESH FOOD**  
Tune into *Mondays with Maryann* for virtual real-time cooking demonstrations, play-along games, tips on food storage, and fun food facts! Email [kevancho@centralpafoodbank.org](mailto:kevancho@centralpafoodbank.org) for the Zoom link.

**MARCH 21**

**DID YOU KNOW?**  
Last year CPFEB distributed more than 13 million pounds of produce and 5.2 million servings of fresh milk.



**MARCH 22**

**ADVOCATE**  
Email elected officials in support of hunger relief efforts.  
[centralpafoodbank.org/take-action/advocate/](https://centralpafoodbank.org/take-action/advocate/)

**MARCH 23**

**TEXT TO END HUNGER**  
**Text PAFOOD to 243725 to donate**  
Set aside a few minutes at the end of a service and see who can text the fastest!

**MARCH 24**

**MOVIE NIGHT!**  
*A Place at the Table* is a great movie to learn more about the power we have to end hunger! Look for it on your favorite streaming service.

**MARCH 25**

**FOOD WASTE CHALLENGE**  
40% of food in our country goes uneaten every year while our neighbors go hungry.  
**Can you have zero food waste next week?**

**MARCH 26**

Living on a fixed income means Donald, an Air Force veteran, faces challenges in affording daily necessities.  
**Attending the MilitaryShare distribution, “gives us one less thing to worry about.”**

**MARCH 27**

**MilitaryShare is a program specifically designed to serve those who have served us.**  
26% of households receiving food assistance have a member who is currently serving or has served in the military.

**MARCH 28**

**SHARE YOUR STORY**  
Tell us how hunger has affected you or the people you love.  
Share your story with us at: [centralpafoodbank.org/take-action/share-your-story/](https://centralpafoodbank.org/take-action/share-your-story/)

**MARCH 29**

**TAKE A TOUR**  
See how the Central Pennsylvania Food Bank fights hunger.  
Reach out to Kir to schedule a tour: [kevancho@centralpafoodbank.org](mailto:kevancho@centralpafoodbank.org)

**MARCH 30**

**BE A SOCIAL MEDIA AMBASSADOR**  
Use your social media powers for good. Follow us and share Food Bank facts from our social sites.



**MARCH 31**

**Reach out to Kir to volunteer at your local MilitaryShare distribution!**  
To learn more about our program visit [centralpafoodbank.org/who-we-are/our-programs/militaryshare/](https://centralpafoodbank.org/who-we-are/our-programs/militaryshare/)

**APRIL 1**

**Write thank you cards for veterans at Veterans Affairs Hospitals or Veteran Homes.**  
Let them know their service has not been forgotten!

**APRIL 2**

**PALM SUNDAY**  
**“Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.”**  
Luke 3:11 NIV

**APRIL 3**


**KEEPING UP THE KINDNESS!**  
Food is connection and community.  
**Invite someone to share a meal with you!**

**APRIL 4**

**DID YOU KNOW?**  
More than 40% of households do not have enough income to meet their household needs.

**APRIL 5**

**Bake some yummy treats to host a bake sale for Easter Sunday and donate the proceeds to CPFEB!**



**APRIL 6**

**HUNGER CHALLENGE**  
**Can you live on \$4 a day?**  
Take the challenge and post on social media. Tag us!



**APRIL 7**

**GOOD FRIDAY**  
**“And do not forget to do good and to share with others”**  
Hebrews 13:16 NIV

**APRIL 8**

**To prepare for tomorrow’s day of renewal and celebration, share on social media and with Kir all of the fun activities you did this Lenten season.**  
**Thank you for being a Hunger Hero!**

**APRIL 9**

**EASTER SUNDAY**  
As you move out of Lent, please continue to partner with the Central Pennsylvania Food Bank to uplift our neighbors in need!




Contact Kir Evancho for more information: [Kevancho@centralpafoodbank.org](mailto:Kevancho@centralpafoodbank.org) | 717-547-6339 | [centralpafoodbank.org/lent](https://centralpafoodbank.org/lent)