

# BE A HERO! FIGHT HUNGER & HOMELESSNESS!

Inland Valley Hope Partners has created this handy **Be a Hero Calendar** to help you make the weeks leading up to the **44<sup>th</sup> Annual Walk for the Hungry and Homeless** matter for our neighbors struggling with hunger and homelessness. Each week has a focus so you can assist Hope Partners in our vision to heal our community of hunger and homelessness. Print this sheet and share it with your family, friends and colleagues so everyone can get involved and be a Hero For the Hungry and Homeless!



## September 10—16 = **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 17—23 = **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 24—30 = **YELLOW WEEK**

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

## October 1—7 = **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 8—14 = **BLUE WEEK**

Hope Partners' food pantries and emergency housing programs serve homeless individuals and families. Help them by donating hygiene items and/or 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 and Homeless** at the Claremont Consortium on Saturday, October 14<sup>th</sup>!

For more info, visit us at [www.InlandValleyHopePartners.org](http://www.InlandValleyHopePartners.org).