



SEPTEMBER 2026

Hunger Action Month

Whole, **plant-rich food** delivered to families' doorsteps every Sunday.

Thirty days of small, specific things you can do — one for every day of the month. Do them all, or pick the five that suit you.

[SUNDAYLUNCHBOX.COM](https://sundaylunchbox.com)

WHY WE EXIST

Food inequity is not a personal failure. It is a systems failure.

Nearly 17% of Texans experience food insecurity. But food insecurity only captures part of the problem. Even families who have enough calories often lack access to the whole, plant-based foods that build healthy, thriving children.

Children in economic insecurity are often fed cheap, processed food by default. The options typically available to keep them fed are simply not good enough. Sunday Lunchbox exists to break the link between economic insecurity and nutritional inequity — not by solving economic insecurity, but by removing nutritional inequity as a symptom of it.

OUR MISSION

Empowering families facing economic insecurity with **access, tools, and agency** on their journey to cultivate lasting, plant-rich nourishment for thriving children.

Our vision: nutritional inequity is not an inevitable consequence of childhood economic insecurity.



HOW WE WORK

Access, tools and agency, in practice.

Hunger Action Month belongs to Feeding America, and in Central Texas the **Central Texas Food Bank** carries it across twenty-one counties. We are grateful for their work, and for **Keep Austin Fed**, who help us work out where rescued food ought to go.

Every Sunday we deliver a Market Box of fresh produce and whole-food, plant-based staples to families' doorsteps across Austin, Pflugerville, Round Rock and Manor.

Families enroll on our website, set their own preferences, and receive delivery for as long as they want it. Across a year our roster runs between 100 and 150 households.

WHAT WE DO DIFFERENTLY

Fresh and preserved produce.

Fresh produce every week, plus produce we freeze-dry or dehydrate ourselves so it keeps.

Families voice their preferences.

Families tell us what they would like to see, from more than ninety items, in English and Spanish.

Delivered to the doorstep.

No lines, no pantry hours, and no child singled out at school.

We measure whether it works.

We track how families move over time on access, tools and agency — not just how much food went out the door.

Nothing goes to waste.

Much of what we deliver is rescued from farms and grocers that would otherwise have thrown it away.



September 2026

Small and specific beats large and vague. Do one a day, or pick the five that suit you.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hunger Action Month begins. Read our mission — access, tools and agency for families on the journey to plant-rich nourishment.	2 Add one vegetable to a meal you already make. That is the whole assignment.	3 Follow @sundaylunchboxatx and share one post this month.	4 It's National Food Bank Day. Thank the Central Texas Food Bank — they feed this region at an enormous scale.	5 Visit a farmers market. Ask a grower what is actually in season right now.
6 Delivery Sunday. Around 200 children get a Market Box today. Picture it.	7 Labor Day. Ask someone where their groceries come from, and how far they travel for them.	8 Hunger Action Day. Wear orange. Tell one person that thriving children need more than calories.	9 Cook one meal that is entirely plants. Notice what it cost you.	10 Sign up for a packing shift. Two hours, and you will meet the food before it meets a family.	11 Nearly every family we surveyed named the same barrier to eating well: the cost. Not knowledge, not time. Cost.	12 Host a plant-rich dinner. Invite someone who would never cook one on their own.
13 Delivery Sunday. Come say hello at Dhaba Coffee Shop and try something we made from rescued produce.	14 Share our mission: nutritional inequity is not an inevitable consequence of childhood economic insecurity.	15 Rescue something. Use the wilting produce in your fridge before it goes in the bin.	16 Ask your employer whether they match charitable gifts. Most people have never checked.	17 Try a preservation shift — freeze-drying and dehydrating rescued produce into food that keeps.	18 Share this calendar with one person. Ask them to pick a day and do it alongside you.	19 Find us at Cedar Park Market Days . Buy a bag of Lunchbox Bananas — every sale funds a family's box.
20 Delivery Sunday. 10,842 lbs of produce rescued so far this year — past our entire 2025 total, in June.	21 Set up a monthly gift. \$25 a month is roughly the cost of a Market Box.	22 Look at what a Market Box holds. Families tell us their preferences from more than ninety items, in English and Spanish.	23 Cook with a child. Agency starts younger than most people think.	24 Post a photo of the best vegetable in your kitchen. Tag us.	25 Give. Cost of food is the barrier our families named more than any other.	26 What we need most this autumn is drivers — farm pickups, hub runs and doorstep delivery. Sign up for one.
27 Delivery Sunday. Our sixth year of Sundays, and the 257,000th serving is behind us.	28 Introduce us to someone — a school, a grocer, a funder. Introductions open doors.	29 Read a family's own words on our website. They say it better than we do.	30 Hunger Action Month ends. The Sunday after this one, we deliver again. That is rather the point.			

COME AND DO THIS WITH US

You are the operations engine.

Three hundred people gave 4,005 hours last year. There is no warehouse and no fleet — there is a cottage kitchen, a packing hub, and a lot of cars. Every one of these is a real gap this autumn.

What we need most right now: drivers.

Farm pickups, hub runs and doorstep delivery. It is the link in the chain that everything else depends on, and it is where an extra pair of hands goes furthest.



Drive

Collect from farm partners, run boxes between hubs, or deliver to doorsteps on a Sunday afternoon. Choose your own radius.



Pack

Sort, weigh and build Market Boxes at the Hub. Good for groups — and the shift where you see exactly what a family receives.



Preserve

Freeze-drying and dehydrating rescued produce into food that keeps. The shift that turns surplus into next month's snack.

Bringing a group? Corporate teams, service leagues and student chapters are how a lot of our work actually gets done — thank you to the UT Texas Bluebonnets, Young Men's Service League and National Charity League. Email us and we will build a shift around you.

SIGN UP FOR A SHIFT

signup.com/Group/587006975489692063

or contact@sundaylunchbox.com · 512-953-3551

SAY IT OUT LOUD

Three sentences worth repeating this month.

“Thriving children need more than calories.”

“The options typically available to keep children fed are simply not good enough.”

“Nutritional inequity is not an inevitable consequence of childhood economic insecurity.”

SHARE

Tag [@sundaylunchboxtx](#) and use [#HungerActionMonth](#). Wear orange on Hunger Action Day and tell one person why.

GIVE

\$25 a month is roughly the cost of a Market Box. Ask your employer whether they match — most people never check.

BUY

Find us at Cedar Park Market Days and Dhaba Coffee Shop. Every sale funds a family's box.

Sunday Lunchbox

[sundaylunchbox.com](#) · [contact@sundaylunchbox.com](#) · 512-953-3551 · Austin, Texas

Serving Austin, Pflugerville, Round Rock and Manor since 2021. Farm partners: Urban Roots, Farmshare Austin, Hope Full Farm, Lone Star Organics. Rescue partner: Keep Austin Fed. Delivery: volunteer drivers and DoorDash Project DASH.

