

# Before & on September 17th,

Spread the word about Connecting Kids to Meals & Hunger Action Day by posting on social media.

- ▶ Post a photo of you holding the Hunger Action Day pledge or share one of our pre-designed graphics with a personal message or one we've written.

Download Hunger Action Day Pledge [here](#).

Download social media graphics [here](#).

*On Hunger Action Day,*  
I'm donating my lunch money because 1-in-4 local kids faces hunger & we must meet this need.



## Example captions:

- ▶ On September 17th, I will be donating my lunch money to Connecting Kids to Meals, a local organization that provides free meals to local kids experiencing hunger. Providing healthy food to young people removes this stress from their lives so they can get back to being kids.

Join me in supporting our local young people by pledging to donate your lunch money:  
[www.connectingkidstomeals.org/hunger-action-month](http://www.connectingkidstomeals.org/hunger-action-month)

- ▶ Did you know that 1-in-4 kids in our local area experience hunger? We can't let that continue. Connecting Kids to Meals is meeting this need and provided 875,000 meals last year to kids via community partnerships.

I am supporting this work on September 17th, Hunger Action Day, and I invite you to join me.  
[www.connectingkidstomeals.org/hunger-action-month](http://www.connectingkidstomeals.org/hunger-action-month)