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| Share tips for preparing healthy school lunches | Share a hunger fact via email | Send a donation appeal | Share on social why you partner with us | Invite a local legislator to tour FBSJ |
| Re-post an FBSJ social post | Drop off a community donation box | Share a post from Feeding America on social | Tell someone new about FBSJ | Donate allergy-friendly foods to FBSJ |
| Wear orange & take a selfie on September 10 - Hunger Action Day | Raise \$1000 in your Virtual Food Drive |  | Cook an H&W recipe | Recruit a new donor |
| Attend an H&W class | Create a HAM social post | Contact a local school about Students Change Hunger | Volunteer at FBSJ | Attend a HAM event |
| Share FBSJ's newsletter with your office | Give a shout out to a food banker on Ntl Food Bank Day (Sep 6) | Recruit at least 5 new volunteers | Send an advocacy message | Visit an agency distribution |