

# HUNGER ACTION MONTH BINGO



**Advocate**



**Donate**



**Volunteer**

## Show off

Wore Orange on Hunger Action Day 9/10/20 and tagged @GoBeyondHunger

## Dine Out for Hunger

Supported local restaurants and donated to end hunger —visit our website for list of participants

## Volunteer

Signed up to become a volunteer at Beyond Hunger

## Connect

Helped point someone who needs help to our social services team

## Advocate

Called or emailed to let our Senators know you have their backs for anti-hunger legislation



## Follow Us

Found and followed @gobeyonddunger on social media

## Donate Funds

Made a small donation to Beyond Hunger. Just \$1 is enough to provide 3 meals

## Engage

Attended Hunger Action Month virtual or drive-in events

## Dine Out for Hunger

Supported local restaurants and donated to end hunger —visit our website for list of participants

## Volunteer

Completed a volunteer shift

## Employee Match

Checked on employer matching programs for volunteer hours or donations

## Share

Informed your network about Hunger Action Month events and invited a friend



## Read a Book

Found anti-hunger reading inspiration at the Oak Park Public Library [oppl.org](http://oppl.org)

## Cook

Made a Beyond Hunger recipe using ingredients commonly found in the pantry

## Connect

Encouraged someone who is hungry to visit our food pantry for groceries

## Challenge

Took the SNAP Challenge—visit our website for challenge guidelines

## Donate Food

Dropped off a few cans of healthy low sodium vegetables

## Participate

Attended Hunger Action Month virtual or drive-in event

## Eat Green

Learned about SWAP the nutrition ranking system we use in the pantry and ate green rated foods

## Eat Yellow

Learned about SWAP the nutrition ranking system we use in the pantry and ate yellow rated foods in moderation

## Volunteer

Attended Volunteer Orientation

## Dine Out for Hunger

Supported local restaurants and donated to end hunger —visit our website for list of participants

## Challenge

Took the SNAP Challenge—visit our website for challenge guidelines

## Join Hunger Free 365

Signed up to become part of our monthly donor community



**GET BINGO AND GET BEYOND HUNGER SWAG!**

5 in a row (across, up & down, diagonal)

Visit [GoBeyondHunger.org](http://GoBeyondHunger.org) for information and event details.

