

Food for Others Hunger Action Challenge

1. Take a photo and post on social media that you're participating in the #30dayhungeractionchallenge
2. [Read or share a children's book about hunger like Maddi's Fridge](#)
3. Follow Food for Others on Facebook, Instagram, Twitter, or LinkedIn
4. [Sign up to run the Food for Others Tysons 5K](#)
5. Plant an easy cool weather crop like spinach or lettuce to donate to needy families at FFO
6. Learn about hunger in our area from [CAFB's hunger report](#)
7. SNAP challenge: eat on a budget of \$48 per week / Try to buy 3 healthy meals with \$6 - 1 days' worth of SNAP
8. [Take a virtual tour of the FFO warehouse](#)
9. [Sign up to volunteer in our warehouse](#)
10. [Check out the % of kids receiving Free and Reduced Meals at the schools in your neighborhood](#)
11. Watch a documentary about hunger like ["A Place at the Table"](#)
12. Visit your local farmers market
13. Assemble and donate a [Power Pack](#)
14. Forgo the usual latte or lunch out, [and donate what you would have spent to Food for Others](#)
15. [Click this link to tweet a virtual paper plate to your congress member, letting them know you care about ending hunger in your district](#)
16. [Add Evicted to your book club's reading list](#)
17. Cook and eat a vegetable you've never heard of before
18. Host a "drop and go" food drive in your neighborhood
19. [Go apple gleaning](#)
20. [Learn more about the local food system](#) and plan to attend a [Fairfax Food Council Meeting](#)
21. [Send a food donation to FFO using our Amazon wish list](#)
22. [Educate yourself on the recently released "My Plate" guidelines](#)
23. Share one of Food for Others' posts on Facebook or Instagram
24. Fight food waste by eating leftovers all day
25. Donate the cardboard boxes from your online shopping orders to FFO
26. Complete your 5K & post photos on social media with the hashtag #Foodforothers5K
27. Buy a meal at a locally-owned restaurant
28. Offer to pick up groceries for a neighbor who may not be able to
29. Listen to a [podcast about hunger](#)
30. [Set up Food for Others as your designated charity on Amazon Smile](#)