

One Meal • One Day

**SHARE YOUR STORY
VIA SOCIAL MEDIA**

SOCIAL MEDIA is a great way to share your One Meal One Day experience with your wider online community. You can post details about your fundraising activities and update your followers on progress made toward your fundraising goal. We have provided a few sample social media posts below, but first, here are a few other tips to keep in mind:

- Along with your posts, feel free to include the child photos that Compassion has available for download online.
- You can get more shareable content by following the One Meal One Day Facebook page.
- To be part of the larger conversation, include #OneMealOneDay in your Facebook and Twitter posts.

● A FEW SAMPLE POSTS TO GET YOU STARTED:

Hunger is something I don't experience very often. Especially TRUE hunger. I'm skipping 1 meal to help children in extreme poverty. Want to join me? *<insert link to onemealoneday.com>*

I love *<insert your favorite food>*! What food could you snack-rifice for one day? Check out this campaign to help children in extreme poverty. *<insert link to onemealoneday.com>*

1 out of every 3 people living in extreme poverty is a child. That's 400 million children! Let's do something about it! *<insert link to onemealoneday.com>*

Our neighbors aren't defined by borders. Let's help our most vulnerable neighbors suffering from malnutrition. *<insert link to onemealoneday.com>*

When hungry bellies are fed in Jesus' name, their spirits are nourished, too! Put your name on this worthy endeavor. *<insert link to your personal online fundraising page or onemealoneday.com>*

SKIP A MEAL, CHANGE A CHILD'S WORLD. AND YOURS!

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Truth, lies and poverty. What will it take to stop extreme suffering?

<link to <http://blog.compassion.com/can-we-defeat-poverty/>>

I am skipping a meal so a child in poverty doesn't have to. Skip one with me.

#OneMealOneDay

<link to <http://onemealoneday.com/>>

Imagine the difference you can make for children experiencing severe malnutrition, like these kids in Rwanda. #OneMealOneDay

<link to: <http://blog.compassion.com/a-ministry-that-makes-god-smile/>>

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