



One Meal • One Day

BUILD COMMUNITY. RAISE FUNDS. HAVE FUN!

WHEN YOU TAKE PART IN ONE MEAL ONE DAY, you're serving up big helpings of love and nutrition for children living in extreme poverty. You're also uniting with people who share your desire to take action and make a real difference in the world.

The following ideas will help you get your One Meal One Day experience in full gear!

✓ UNIFY – BUILD COMMUNITY AROUND YOUR EVENT

- **Napkin Ringleader** – On the day you've chosen to skip a meal, tuck a napkin in your shirt. It could be plain, patterned, or paper – whatever suits your style. When people ask what it's all about, tell them you're hungry for change. Invite them to skip a meal and join the cause!
- **No Meal March** – If you are skipping a meal with others in your workplace, church or neighborhood, go for a walk together over your selected no-meal time. It's a healthy act of solidarity that will mark your participation in this meaningful campaign.
- **Potluck Pre-Fast** – Bring more supporters to the table! Host a potluck at your office, church or in your home before you intend to skip a meal. Encourage people to bring their favorite dish and share it together. Challenge everyone to skip a meal with you and help children in poverty.
- **Pancake Break-Fast** – After you've skipped a meal, break-your-fast with a pancake breakfast! It could be an event at your church, or simply meeting up at a local pancake house for a chance to celebrate the completion of your experience with friends and plan for next year!

✓ FUNDRAISE – HAVE A LITTLE FUN RAISING FUNDS

- **Bakeless Bake Sale** – Send an email or letter to everyone you know, inviting them NOT to bake a cake, cookies or cupcakes. Encourage them NOT to drive, shop, mix, bake, decorate, wrap, clean up or deliver. Suggest that they CAN make a donation instead to help children in extreme poverty who need nutritional help.
- **Marshmallow Golf Contest** – Hit hunger as hard as you can with a friendly longest drive contest. Pick up a few bags of oversized marshmallows. Participants buy individual marshmallows, then tee them up and see who can hit them the farthest for a prize; we suggest a giant Rice Krispy bar.
- **Best Seat in the House** – Find a sofa or recliner, then raffle tickets for the winner to receive the best seat in the house. The premium seat could be positioned in a conference room in your office, in the front row at church or on the sidelines at a school game. (Don't forget to get permission first!)
- **Food Chain** – This works best in a church or large office setting. Sell colorful strips of paper for 50¢ or \$1. As people buy the strips, start building a paper chain. Display the growing food chain in a public space, challenging people to extend it and help children suffering from malnutrition.