

# One Meal • One Day

**SHARE YOUR STORY  
VIA SOCIAL MEDIA**

SOCIAL MEDIA is a great way to share your youth group's One Meal One Day experience. You can post details about your group's 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:

*<Insert church youth group name> is hungry for change! We need your support to help children in extreme poverty! <insert link to your group's online fundraising page>*

*What food could you snack-rifice for one day? Our group is not eating <insert your youth group's skipped meal & date> to help children in extreme poverty. Join us! <insert link to your group's online fundraising page>*

*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>*

*<Insert church youth group name> wants to be a good global neighbor to children in poverty who are suffering from malnutrition. Will you help us make a difference? <insert link to your group's online fundraising page>*

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

**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/>>*

We are skipping a meal so a child in poverty doesn't have to. Skip one with us.

#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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