

**You can't do much on  
an empty stomach.**

**But you can help  
end hunger here.**



**September is HUNGER ACTION MONTH™ | FEEDING AMERICA**

- 1.** Print out the plate in this kit.
- 2.** Write what you can't do on an empty stomach.
- 3.** Then post and share to your social networks with [#HungerActionMonth](#) [#EndHungerHere](#) [@gr8bosfoodbank](#)

**Hunger Action Day 2018 is September 13.  
Join us and wear orange!**



**ON AN EMPTY  
STOMACH, I CAN'T**

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**HUNGER ACTION MONTH** | **FEEDING  
AMERICA**

**The Greater Boston  
FOOD  
BANK**  <sup>®</sup>  
**Feeding Eastern Massachusetts**