

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



INSTRUCTIONS:

1. Print and cut out the plates
2. Fill in the blanks (highly visible pen/marker recommended, i.e. Sharpie)
3. Hold the plate and take a photo
4. Share the photo on social media using #HungerActionMonth, mention @foodlinkny, too!
5. Thank you for participating!

BUT I CAN



**TO HELP
END HUNGER**

