

## Spread The Meals

### 6 Success Tips

1. **Research first!** Having a plan and knowing what your goal will be is one of the most important first steps to participating in the Spread The Meals campaign. Get an understanding of what areas the unsheltered reside in your city. If you need assistance, contact your local homeless shelter or homeless resource center to see how and where your donations will be most helpful.
2. **Don't go alone!** Rally friends and family and plan for a day of fun and giving back together. If you are unable to go as a team, then please consider working to assist your local shelters and food banks instead!
3. **Shop smart!** Bring your list, shop at wholesale stores like Sam's Club or Costco. Have a budget in mind and purchase items that fit that budget.
4. **Fundraise!** Ask friends and families to help support your goal by donating. A group of 5 can donate \$10 each and get everything to feed 88 individuals!
5. **Be Safe!** Safety is of the utmost importance! Make sure you practice food safety when packing meals and situational awareness if you choose to hit the streets and deliver the meals. NEVER go alone!
6. **Capture the moment!** Help us spread the word about all the good happening through this campaign by uploading videos and photos of the process to your social media platforms and use #spreadthemeals and #spreadthecheerusa in your posts.