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Snap a selfie in FG merch

Move with a furry friend  

Attend the Move to End Hunger kickoff call

Wear bright color(s) while you move

Engage in a conversation about world hunger

Share your Move to End Hunger goal with friends & family

Wear a crazy hat while moving

Share a FeelGood moment of the week

Run with a group of 4+ people (socially distanced)

Move by swimming, roller blading or skateboarding

Donate to someone else participating in the campaign

Reach your fundraising goal!

FREE

Listen to the FeelGood playlist

Reach out to an old or new FeelGood friend

Reach a total of 15 hours of "moving" to end hunger

Send a photo of yourself moving to the FG IG

Post about Move to End Hunger on social media

Participate in the Feelgood "walk and talk"

Make a grilled cheese sandwich

Write a gratitude note and give it to someone

Move 7 days in a row

Move more than 8 miles in one day

Move with a friend who would be new to the FG movement

Follow The Hunger Project on 1 social platform