

Take a seat

at the table

a community effort to fight hunger

share on social media

Help us get the word out by sharing our posts about your Take A Seat event by using the hashtag **#TakeASeatTulsa** on Twitter and Facebook or share a photo on Instagram and tag **@OkFoodBank**

Share your own thoughts and ideas about the day or post a video telling people what you're planning using the hashtag **#TakeASeatTulsa** and **#OkFoodBank**. Once you've had your event, post pictures and tell the story of what happened.

ideas: 

Take A Seat for the Food Bank. Host a food and drink-related event with friends or family and guest donations will fight hunger. Contact **@OkFoodBank**. **#TakeASeatTulsa** **#OkFoodBank**

#TakeASeatTulsa to fight hunger in our community by hosting a food or drink-related event. More information at www.okfoodbank.org.

I just registered to host a Take A Seat Event with the **@OkFoodBank**. Will you join me to fight hunger in our community? **#TakeASeatTulsa** **#OkFoodBank**

Raise money by hosting an event for a few friends to raise money for **@OkFoodBank**. **#TakeASeatTulsa**

Proud to Take A Seat to fight hunger in my community with the **@OkFoodBank**. **#TakeASeatTulsa**