



Hunger Action Month Facebook

How to ensure you are seeing Community Food Bank of Eastern Oklahoma Facebook posts more frequently:

- Navigate to the [Community Food Bank's page](#)
- If you are on a desktop, click the "Following" drop down and navigate to "See First."
- If you are on a mobile device, click the ellipses next to the Facebook Messenger Icon:
- On the next window, click the "See First" icon.



Adding the Hunger Action Month Frame to your profile picture:

- Navigate to your profile Click on your profile photo. and click "Update Profile Picture."
- On the next window, click "Add Frame."
- In the search bar, type "Oklahoma HAM" and press enter.
- You will find individual frames for Community Food Bank and the Regional Food Bank. Pick whichever you would like!
- If needed, adjust your profile picture, we don't want the frame to block your face!
- Click the blue "Use as Profile Picture" button at the bottom right of the window

Facebook Option 1:

[Pair with this graphic.](#)

Every Action Counts. During September, #HungerActionMonth21, @RegionalFoodBank and @OKFoodBank ask you to join us with actions that help fight hunger in Oklahoma.

Facebook Option 2:

[Pair with this graphic.](#)

September is #HungerActionMonth21. Sharing, pledging to advocate, fundraising and donating are just a few of the ways you can help the @RegionalFoodBank and @OKFoodBank.

Facebook Option 3

[Pair with this graphic.](#)

Medicine should never come at the cost of food. This is just one of the impossible choices that millions of people are forced to make every day. Take action at okfoodbank.org. #HungerActionMonth21

Facebook Option 4:

[Pair with this graphic.](#)

Food or electricity? It shouldn't be a choice. This Hunger Action Month, choose to end the impossible choices of hunger. Join @OKFoodbank and @RegionalFoodBank as they take action at okfoodbank.org. #HungerActionMonth21

Facebook Option 5:

[Pair with this graphic.](#)

Nobody should be forced to choose between food and childcare. Take action with @OKFoodBank and @RegionalFoodBank this #HungerActionMonth21. Learn more at okfoodbank.org.

Facebook Option 6:

[Pair with this graphic.](#)

September is #HungerActionMonth21. Sharing, pledging to advocate, fundraising and donating are just a few of the ways you can help the @RegionalFoodBank and @OKFoodBank.

Facebook Option 7:

[Pair with this graphic.](#)

This #HungerActionMonth2021, make a difference while you dine during the 15th Annual @TulsaRestaurantWeek. Participating restaurants offer a variety of dining opportunities, including a family-style to-go meal. During September 10-19, you can safely dine while supporting both local businesses and families struggling to put food on their tables. Learn more and check out a list of participating restaurants at okfoodbank.org/restaurant-week

Facebook Option 8:

[Pair with this graphic.](#)

One in four Oklahoma children live with food insecurity. This #HungerActionMonth2021, help us fight hunger one action at a time. Donations to the @OKFoodBank's Food for Kids Programs are matched through Oct 15: okfoodbank.org