**GATHERING GOODNESS EXPERIENCE**

**VOLUNTEER HOURS TO BE AWARDED**
To earn volunteer hours for your Gathering Goodness Experience, you must register your experience, post about it on social media, and submit a summary of your learning experience. Volunteer Hours will be awarded as detailed below upon completion of these tasks.

**LEARN - Experiences to learn about hunger in our community.**

**Kate Video Discussion**  
*Recommended for: Students (hs/college), civic/religious, individual/family*  
Volunteer Hours Awarded: 1 hour.

**Kids' Video Discussion**  
*Recommended for: Kids K-8*  
Volunteer Hours Awarded: 1 hour.

**Food Movie Night**  
*Recommended for: Students (hs/college), civic/religious, individual/family*  
Volunteer Hours Awarded: 2 hours for the host/organizer, 1 hour for a participant.

**ADVOCATE - Experiences to advocate in the fight against hunger.**

**24-Hour Fast**  
*Recommended for: Civic/religious, individual/family*  
Volunteer Hours Awarded: 6 hours per participant. Earn extra by hosting a video discussion or movie night (see “Learn” section). BONUS: Earn 1 extra hour for gathering any food or monetary donations during your fast, and an additional hour for food donations totaling 200 pounds or more, or financial donations totaling $500 or more.

**SNAP Challenge**  
*Recommended for: Civic/religious, individual/family*  
Volunteer Hours Awarded: 6 hours per participant. Earn extra by hosting a video discussion or movie night (see “Learn” section). BONUS: Earn 1 extra hour for gathering any food or monetary donations during your challenge, and an additional hour for food donations totaling 200 pounds or more, or financial donations totaling $500 or more.

**Social Media Advocate**  
*Recommended for: Students (hs/college)*  
Volunteer Hours Awarded: 1 hour.

**SUPPORT - Experiences to support Food Gatherers’ hunger relief efforts.**

**Donate Your Birthday**  
*Recommended for: Students (hs/college), individual/family*  
Volunteer Hours Awarded: 2 hours for the birthday boy or girl. BONUS: Earn 1 extra hour for hosting a video discussion (see “Learn” section), and an additional hour for food donations totaling 200 pounds or more, or financial donations totaling $500 or more.

**Host an Event**  
*Recommended for: Students (hs/college), civic/religious, individual/family, corporate*  
Volunteer Hours Awarded: 2 hours for the host/organizer, 1 hour for a participant. BONUS: Earn 1 extra hour for hosting a video discussion (see “Learn” section), and an additional hour for food donations totaling 200 pounds or more, or financial donations totaling $500 or more.

**Take on a Challenge**  
*Recommended for: Students (hs/college), Individual/family*  
Volunteer Hours Awarded: 2 hours for the host/organizer, 1 hour for a participant. BONUS: Earn 1 extra hour for hosting a video discussion (see “Learn” section), and an additional hour for food donations totaling 200 pounds or more, or financial donations totaling $500 or more.