Did you know that 690 million people around the world go to bed hungry every night?

Show your solidarity by filming a cooking video without any ingredients. Share your #InvisibleMeal to say that hunger and famine have no place in our world.

Let's be the generation that ends hunger!

HASHTAG: #InvisibleMeal
TAGS: @WorldFoodProgramme
TIMELINE: 24 - 30 May 2021
#INVISIBLEMEAL

HOW TO GET INVOLVED

**STEP 1: Create.** Create your own invisible meal, using our suggested messages (next slide).

**STEP 2: Spread the word.** Post it to your TikTok channel using the hashtag #InvisibleMeal. Be sure to tag @WorldFoodProgramme.

**STEP 3: Encourage action.** Encourage your followers to join the challenge and be part of the movement to end hunger!

Here's an example. Click to play!
690 million people around the world go to bed hungry every night.

One in nine people worldwide do not have enough to eat.

34 million people are just one step away from famine.

Conflict and climate change are the main causes of hunger globally.

The United Nations World Food Programme (WFP) is the world's largest humanitarian organization delivering food assistance in emergencies, reaching 100 million people each year.

In 2020, WFP was awarded the Nobel Peace Prize for its efforts to combat hunger in conflict zones.
ARE YOU IN?

For questions, please contact
Jessica Andrews
jessica.andrews@wfp.org