

# CHANGE THE WORLD ONE LUNCH AT A TIME



BAG A  
**LUNCH**  
HELP A  
**BUNCH**

## On October 17th, Hope is in the Bag

It's easy to participate in Table to Table's Bag a Lunch, Help a Bunch program. Just donate what you would normally spend on lunch, and you'll be helping us continue to deliver meals to those who need it most: some of the more than a million New Jersey citizens who are hungry right here in our own neighborhoods.



For more information, or to make additional donations, please visit: [www.tabletotable.org](http://www.tabletotable.org)