CENTRAL PENN COLLEGE

KnightQuest 2020: Combat Hunger

Post Your Achievements on the CPC App Using #CPCCombatHunger

Raise $25 (cumulative team total)	Collect/Donate 10 Food Items (cumulative team total)	Volunteer One Hour at One of the 10 Approved Food Banks	Collect/Donate 25 Food Items (cumulative team total)	Raise $50 (cumulative team total)
Post One Idea To Combat Food Waste	Spend 30 Minutes Researching Food Insecurity Effects on Ages 60+ ----- Post One Fact You Learned	Take and Post a "Helpie" (Selfie) of You Volunteering at One of the 10 Approved Food Banks	Spend 30 Minutes Researching How Hunger Effects Ability to Learn ----- Post One Fact You Learned	Spend $10 or Less on a Meal Containing 1 Protein, 1 Veggie, 1 Fruit – Then Post Photo & Comment
Set an Empty Plate at Your Table to Raise Hunger Awareness – Then Post Photo & Comment	Post Why You Joined the Combat Hunger Campaign	FREE SPACE: Join a KnightQuest Combat Hunger Team	<u>November</u> Post about Your Overall Positive Experience with This Campaign	Post a Selfie of Yourself Wearing Your Combat Hunger Lanyard
Eat Only Cold Meals for One Week ----- Post Updates on Experience	Share One Fact about Hunger Stats from Your Home County	Post a photo of yourself dropping off a food donation on Summerdale campus or Lancaster Center	Post One "Did You Know" Fact Related to Food Insecurity	Google and Read DHS Hunger in PA Plan (PDF document) and Post One Fact Learned
Raise $75 (cumulative team total)	Collect/Donate 40 Food Items (cumulative team total)	Post about Your Team's Campaign to Generate Interest	Collect/Donate 65 Food Items (cumulative team total)	Raise $100 (cumulative team total)