



What: Feds Walk In Support of Health and Hunger (Relief) - FedsWISH

When: September 17th-30th 2023

Where: Virtual Walk – location is determined by you!

Who: All Federal Employees

This event can be done **independently during the date range above**. Just pick your favorite location to walk, run, skate, or roll. Commit and complete a minimum of 1 30-minute physical activity from September 17 to September 30.

You can further support the FedsWISH by donating 2 cans of food to a local food bank/pantry and then visit the FFF Hub to record your donation [Recording and Results | Feds Feed Families \(usda.gov\)](#)

Want to do more? You can host a FedsWISH in your area. Here are some recommendations:

Recommendations for Hosting a Successful Event

- Choose a date from the range above to communicate to your prospective participants.
- Find a safe location to host your walk or roll (i.e. neighborhood with sidewalks, public track, trail, etc.)
- Use promotional materials both provided by Feds Feed Families (FFF) National Campaign and materials you create specific to your local event.
 - [Tools | Feds Feed Families \(usda.gov\)](#)
- Communicate with your local foodbank on where donations will be received.
 - Refer to websites such as Feeding America or AmpleHarvest.org for food banks and pantries in your area.
 - Ask for a list of top requested donation items and share with participants.
 - Schedule a time for drop off for donations.
 - Consider if a member of your local food bank could pick up items post event.
- Request a table and tent to store items and enhance the aesthetic of the event.
- Encourage participants to wear orange
- Hang signage and promotional material to raise awareness of FFF and the 5 Ways to Give.
- Enjoy the event and take time to meet with your colleagues. You are making a difference!

Other Considerations:

- Weather could impact the success of your event. Create a backup plan that can be communicated with your divisions which could include:
 - Hosting the walk at an alternate date;
 - Transitioning to a virtual event; and
 - Providing a tent and water for participants.
- Refer to the public health and safety guidelines for your local area as you prepare for and host your event.
 - [Centers for Disease Control and Prevention \(cdc.gov\)](#)
 - [Coronavirus Disease 2019 \(COVID-19\) | CDC](#)
- Take photos of your event or your participation for FFF social media and future promotional opportunities.
 - Share your event in the FFF [Success Stories | Feds Feed Families \(usda.gov\)](#) or by writing an article for the FFF Newsletter.
 - Be sure to use **#FedsWISH** on your social media posts!