$100 HFS - CONTACTS/NETWORKS/ORGANIZATIONS

ASKS	1	2	3	4	5	7	7	9
On-line Do the Math Survey www.putfoodinthebudget.ca								
Comment on YR Do the Math Facebook page								
Blog comment on www.putfoodinthebudget.ca home page								
Pick a Media Watchdog for your group								
Call / WRITE to your MPP								
Ask for a meeting with MPP								
Ask Everyone you know to write to their MPP re: HFS								
Complete Endorsement Pgs, for Ind., Org. or Board(s)								
Org. to put PFIB Logo and Link on web page or put logo and link in email signature								
Do the Math with a group you work with								
Write a Letter to the Editor about HFS								
Take the Diet Challenge								
Find someone to complete a page like this one with their network								
Twitter about HFS								