

# HAVE YOU HEARD ABOUT SHAREWICH DAY? NOT YET? IT'S TIME TO CHANGE IT!

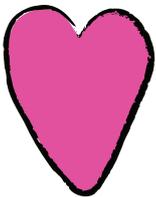
By something as simple as sharing a meal you can help **make a real change** in society!



**Moreover**, by sharing not only the meal, but also a **conversation**, you can meet the person you are sharing on the same eyelevel, and make them **feel upworthy!**



The coordination team of the EYCE's Campaign to Overcome Poverty "**Break the Chains!**" has decided to make a regular event on **16th of EACH month** to promote solidarity and raise awareness through sharing a meal with person in need, making the Sharewich Day real every month. We would like to show that an **act of solidarity** such as sharing meal with someone regularly **is** not just important, but **essential** to everyone since we want to make a real change in society! We also want to emphasize this day to stay in our minds as a sharing meal day. Therefore we invite you to **join us in your city, country, community or youth group!**



Here are some tips **how you can join us:**

- Prepare sandwiches! But not just for yourself - make an extra one to share with someone!
- Share the sandwich with a person in need!
- If you feel comfortable, have a small chat with person you are sharing the sandwich with!
- Let us know about your experience, share your feelings with us via facebook page **@Break the Chains // EYCE's Campaign to Overcome Poverty** or twitter **@Ecumenicalyouth!** If possible you can take pictures as well - that is completely up to you!



**Let us make a sandwich sharing day! Let us make a SHAREWICH DAY!**



The first Sharewich Day took place on 16th October 2014 and was inspired by the World Food Day, which is observed every year on the 16th of October. World Food Day was established by Food and Agriculture Organisation at its 20th General Conference in November 1945. It has since been observed every year in more than 150 countries, raising awareness of the issues behind poverty and hunger.