**National Blessings in a Backpack Day is Thursday, Sept. 21**

**Suggested caption to go with the Blessings in a Backpack Day image:**

Join us in celebrating National Blessings in a Backpack Day! 🎒✨ It's a day dedicated to honoring the work we do to feed kids on the weekends.

[Optional: Include info about your program]

**Easy social media ideas:**

* **Copy and Paste:** Post the Blessings in a Backpack Day picture to one or more of your social channels. Use the caption above about National Blessings in a Backpack Day.
* **DIY:** Post your own picture to one or more of your social channels and share why you believe in the Blessings in a Backpack mission.
* **#ThrowbackThursday:** Today is a prime day to use the hashtag #ThrowbackThursday and share pictures from a past memory, volunteer packing opportunity, or, if you’re a seasoned program, a past Blessings in a Backpack Day event!
* **Sharing is Caring:** Share a Blessings in a Backpack post on any social channel and include a comment from you about your program, our mission, *or* Blessings in a Backpack Day.

**Fundraising on social media:**

* **Put the "Fun" in Fundraising:** Host a Facebook fundraiser for Blessings in a Backpack in honor of National Blessings in a Backpack Day. If you want to raise money for a chapter/program, please include its name in the fundraiser title.
* **Be an Influencer:** Share your post (or Blessings in a Backpack's post) to your Instagram story and include a "Donate" badge for Blessings in a Backpack.

**Get kids and families involved:**

* **Go on a Backpack Adventure:** Print out your favorite Plane Jane/Even Stephen character and take a picture with it — at a local landmark, work, a packing or volunteer event, or at Red Robin restaurant, a national partner! The options are endless! Talk about your program or Blessings in a Backpack Day in the caption.

**In every post you make:**

Tag Blessings in a Backpack so we can share!

Use the hashtag: #blessingsinabackpack

* Facebook: <https://www.facebook.com/BlessingsinaBackpack/>
* Instagram: <https://www.instagram.com/blessingsinabackpack/>
* Threads: [https://www.threads.net/@blessingsinabackpack](https://www.threads.net/%40blessingsinabackpack)
* LinkedIn: <https://www.linkedin.com/company/blessings-in-a-backpack>
* Twitter (Now X): <https://twitter.com/BlessinBackpack>
* TikTok: [https://www.tiktok.com/@blessingsinabackpack](https://www.tiktok.com/%40blessingsinabackpack)