

Change the world in just your lunch break!



**1 minute to 30 minutes.
Easy, FREE, no commitment,
Bite sized actions!**

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*Help to fight cancer!
Help the homeless
Feed the hungry!
Plus so many more!*

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*See what you can do for the
world, in just your lunch break!*

www.HelpFromHome.org

Click on the Help From Work tab!

