



**September 17-19 2010**

### **Take Action**

- Pray and Fast!
- Participate in a *Stand-Up Event* in your community.
- Organize a *Stand-Up Event*. Download the planning guide ([English](#)) and poster.
- Contact your head of state or government and tell her or him that you expect your nation to keep its promises.
- Invite others to help put an end to poverty and accomplish the MDGs.
  - Sponsor a food drive.
  - Donate used-books and school supplies.
  - Plant trees.
  - Write letters to local media.
  - Post banners and posters or distribute pamphlets.
  - Send an instant message to your friends about poverty eradication and the MDGs.
  - Organize a religious procession.
- Wear and distribute white bands—symbols of support for the MDGs.
- Teach about the MDGs.
- Visit local officials and enlist their help to end poverty.



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