

# Create Connection in the Lunch Room!

FEBRUARY 14, 2025



## What:

- Our leading national program, No One Eats Alone® (NOEA) is a positive prevention program (for grades 5-8) that encourages youth to sit with others, find new friends, and model ways to end social isolation in the lunch room. This year, our theme is Bridging Hands, Taking Flight - a nod to our recent integration with the organization, Sandy Hook Promise.
- Register by January 14th, 2025 to receive:
  - Lesson activities on social isolation, understanding our emotions, and how to take actionable steps to cultivate belonging
  - A Student Leader Guide with instructions on how to run a NOEA Day at your school
  - Free digital conversation cards and a Belonging Box that includes art supplies for up to 200 students to participate in a community-building mural shipped to you. Limit one box per school.



“  
**On No One Eats Alone Day, I found that I had a lot of shared interests with my peers and was able to start new friendships. It was a lot of fun - we focused on ending social isolation by being kind and participating in different activities.**  
”  
-Chloe, 8th Grade Student

**Join the over 2,500 schools that celebrate every year!** Register to secure your free Belonging Box and NOEA curriculum here:



To learn more, visit:  
[beyonddifferences.org/no-one-eats-alone/](https://beyonddifferences.org/no-one-eats-alone/)



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