

# #ExchangeAMeal

## Instructions



### Take a Photo

Take a photo of our completed dish with the entire host family. We want to see your food and your smiling faces!

Accepted File Formats: .PNG and .JPEG



### Record a 20-second Video

Tell us about what you enjoyed about making a meal with your host exchange student. Why do you think food bridges cultures?

Accepted File Formats: .MOV and .MP4 Max Size: 500MB



### Email Your Photo & Video to [hostingforamerica@state.gov](mailto:hostingforamerica@state.gov)

If file size exceeds 15MB, please use WeTransfer.com to send us your photo and video. WeTransfer lets you send up to 2GB of files for free.

### Share Your Photo & Video on Social Media



Share your photo and video on social media and tag it with #HostforAmerica and #ExchangeAMeal

### If you have any questions email, [hostforamerica@state.gov](mailto:hostforamerica@state.gov)

