



#EmptyFridge

# #FrigoVide

Let's take action together!  
16 to 27 February 2026

**Eating is not a luxury. It is a right.**

#FrigoVide is a movement that brings together **social services, food aid services and those who benefit from them**, to raise awareness of the situation and remind that food is a fundamental right.

Today, more and more people are unable to fill their fridges. Food aid services are also struggling to cope. While needs are increasing, public funding is decreasing.

**No one should have to choose between heating, healthcare and food.**

To learn more about the right to food, watch our video (in French), which is less than 2 minutes long. [www.fdss.be/caa-droit](http://www.fdss.be/caa-droit)



# #FrigoVide

## 2 weeks of action

Throughout Wallonia and Brussels.

**Posters and flyers** in food aid services  
to explain the situation.

An **online campaign** using the hashtag  
#FrigoVide (empty fridge).

**Media reports** to show the reality on the ground.

**Our services remain open** and are  
demonstrating their demands.

### What you can do to support the campaign

**Share posts on Facebook, Instagram or LinkedIn:** react, share or post a message with #FrigoVide to show that this reality exists.

**Spread the word:** explaining the movement to your friends and family is already a contribution.

More information on our website  
[www.fdss.be/frigovide](http://www.fdss.be/frigovide)



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