

ACTIVITIES FOR CHILDREN

We all have a role to play in solving. Children of all ages can make a big difference in the lives of people in need across the United States. Here are some activities designed to help you get involved in the fight against hunger.

HUNGRY FOR CHANGE: MAKE YOUR OWN COLLECTION BOX

Make your own donation collection can and use it to collect donations for people facing hunger. You can keep the can at home for your family, or get permission to leave it at a supermarket, office building, congregation or other public space to encourage others to donate as well.

MATERIALS NEEDED:

- Empty container with a soft plastic lid (coffee canisters work especially well for this)
- Popsicle stick
- Small piece of cardboard
- Scissors
- Paper
- Crayons/markers
- Glue

Cut a small hole in the center of the lid of the container—wide enough for change or dollar bills to go through. Wrap one piece of paper around the can, gluing it down and covering the entire can. Then, on another piece of paper, use bright-colored crayons or markers to write or draw words related to hunger (plates of food, empty plates, the Feeding America logo—get creative!). You can also write out facts and statements, such as:

- 16 million children in the U.S. struggle with hunger
- 1 in 5 kids do not always have enough to eat
- Your change can help make a positive change in the lives of children in need
- Together, we can solve hunger
- Fight hunger in America!

After writing and drawing on your cardboard, cut out what you've created and glue them to your can. When the entire can is covered in your collage, print out the label below:



KIDS FOR CHANGE

Please donate your spare change.
I will take the money collected and
donate it to our local food bank.

Thank you for your support!

Color in the label, sign your name on the line, and glue the label to a small piece of cardboard. Glue the cardboard to the popsicle stick to create a flag and finally glue the popsicle stick "flag pole" to the back of the canister.

VOLUNTEER, COLLECT, CONNECT!

Ask your parents and teachers about volunteering at a local food pantry, meal program or food bank. If you are involved in a community group—such as Girl Scouts, Boy Scouts or 4-H, see if your group might be able to volunteer together, collect food or plan an event to raise awareness about hunger in America.

ACTIVITIES FOR CHILDREN

COLOR FOR CHANGE!

Use the coloring sheets below. Color the sheets in and share them wherever you would like. You could display them on your fridge, give them to your teacher to hang up at school or to your parents to share at their office. Color a few and share them everywhere!

READ ALL ABOUT IT!

Another way to take action against hunger is to learn more about hunger, and read books that explore community building and helping others.

There are a lot of great books out there for kids of all ages about the realities of hunger—here are just a few of them:

- *A Kids' Guide to Hunger & Homelessness: How to Take Action!* by Cathryn Berger Kaye
- *Uncle Willie and the Soup Kitchen (Reading Rainbow Book)* by Dyanne Disalvo-Ryan
- *Beatrice's Goat* by Page McBrier
- *The Peace Book* by Todd Parr
- *Stone Soup* by Marcia Brown

WRITE ALL ABOUT IT. (POEM OR STORY)

How does someone become hungry or homeless? How does being hungry make a person feel? Write a poem or story describing hunger, and then consider sharing your story or poem at school, with your family, or even sending it to a local newspaper or to a children's magazine.



WRITE ALL ABOUT IT. (LETTER TO THE EDITOR)

No matter how old you are, or how young you are, your voice is an important one. Write a letter to the editor of your local newspaper expressing your thoughts and how you feel about hunger in America.

Whether you read a book, volunteered, have been collecting donations, or whatever action you're taking—share your experiences! Here is a template to help you get started with your letter—it's just a starting point, feel free to use it as a guide or create your own letter.



**KIDS
FOR
CHANGE**

Dear Editor,

My name is _____ and I am in the _____ grade at _____
WRITE YOUR NAME HERE
YOUR GRADE
WRITE YOUR SCHOOL NAME HERE

I am writing this letter because hunger is a serious issue worldwide, including right here in the United States. In America today, 49 million people struggle with hunger. We all have a role to play in solving hunger, and I want to do my part. I am pledging to _____
WRITE YOUR ABOUT WHAT YOU PLAN TO DO TO HELP END HUNGER
 _____ this month to help fight hunger in the U.S. It is my hope that other people will take action as well.

Working together, we can solve hunger and truly make a difference.

Sincerely, _____

CONVERSATION STARTERS

We all have a role to play in getting food to those in need. Sharing information and raising awareness about hunger is a great place to start. Here are some conversation starters that can be used at dinner parties (consider placing them as placards/in place of name cards at sit-down dinners), in classrooms or at book clubs—anywhere people are gathering and up for discussing an important issue.

FOOD INSECURITY IN AMERICA.

It may be difficult to believe that in America—a nation of plenty—millions face hunger. In our country today, 49 million people are food insecure, meaning they do not always know where their next meal is coming from. Yet, it does not have to be like this. Hunger is solvable, and the Feeding America network of food banks is fighting it in every county in the United States. Discover how you can help by finding and connecting with your local food bank through the food bank finder found on feedingamerica.org.

ONE IN 6

Based on statistics from the United States Department of Agriculture, we know that 1 in 6 Americans struggles with hunger each year. One out of every six people, right here in our own country. How many people work at your office? How many students are in your classroom? How many people belong to your church, synagogue or mosque?

What does the statistic “1 in 6” mean to you?
How many people do you think might be struggling with hunger in your community?

OLD AND YOUNG

Nearly 16 million—or 1 in 5—children in America struggle with hunger.* At the same time, 33 percent of the households Feeding America serves have a member age 60 or older.**

How does hunger impact our nation’s most vulnerable populations? What immediate effects might hunger have on older adults? What kind of long-term effects does hunger have on children? To learn more about the long-term impact of hunger on children, see “Child Hunger Facts” under the “Hunger Facts” link on feedingamerica.org.

WORKING—AND STILL HUNGRY

Fifty-four percent of the households served by the Feeding America network were employed within the last year.*** “Hungry” doesn’t equal “homeless” or “unemployed”—many people are employed and still not able to make ends meet. How does that change our perception about what it means to be hungry in America? How does that change our perception about what it means to be living in poverty?



* SOURCE: 2013 USDA Data

** SOURCE: 2014 Feeding America “Hunger in America” report

*** SOURCE: 2014 Feeding America “Hunger in America” report

CHILD HUNGER QUIZ



Did you know...?

Each year, millions of children (in fact, 1 in 5) can't get the food they need. Many of your classmates may not have enough to eat, and you may not even know it. It isn't always easy to see hunger. But it makes kids feel sleepy, sad and anxious, and it makes it hard for them to concentrate.

What does it feel like when you are hungry?

How does your body feel?

Do you feel like running, jumping and playing? or...Do you feel tired?

How does your head feel?

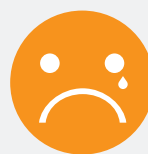
Is it easy to concentrate and come up with answers at school?

OR Are you thinking about lunch?

What kinds of emotions do you feel when you are hungry?



HAPPY



SAD



ANGRY



ANXIOUS

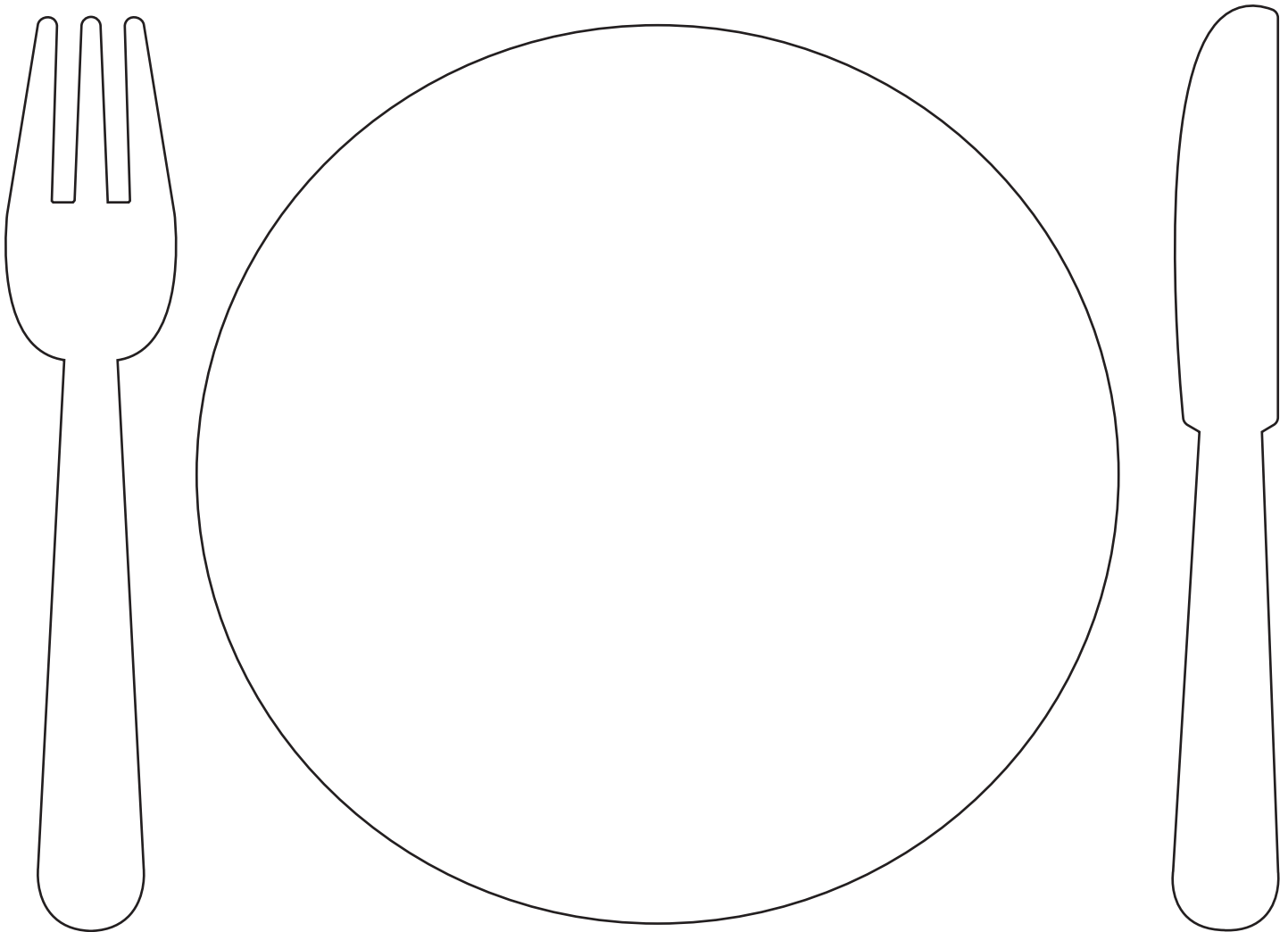


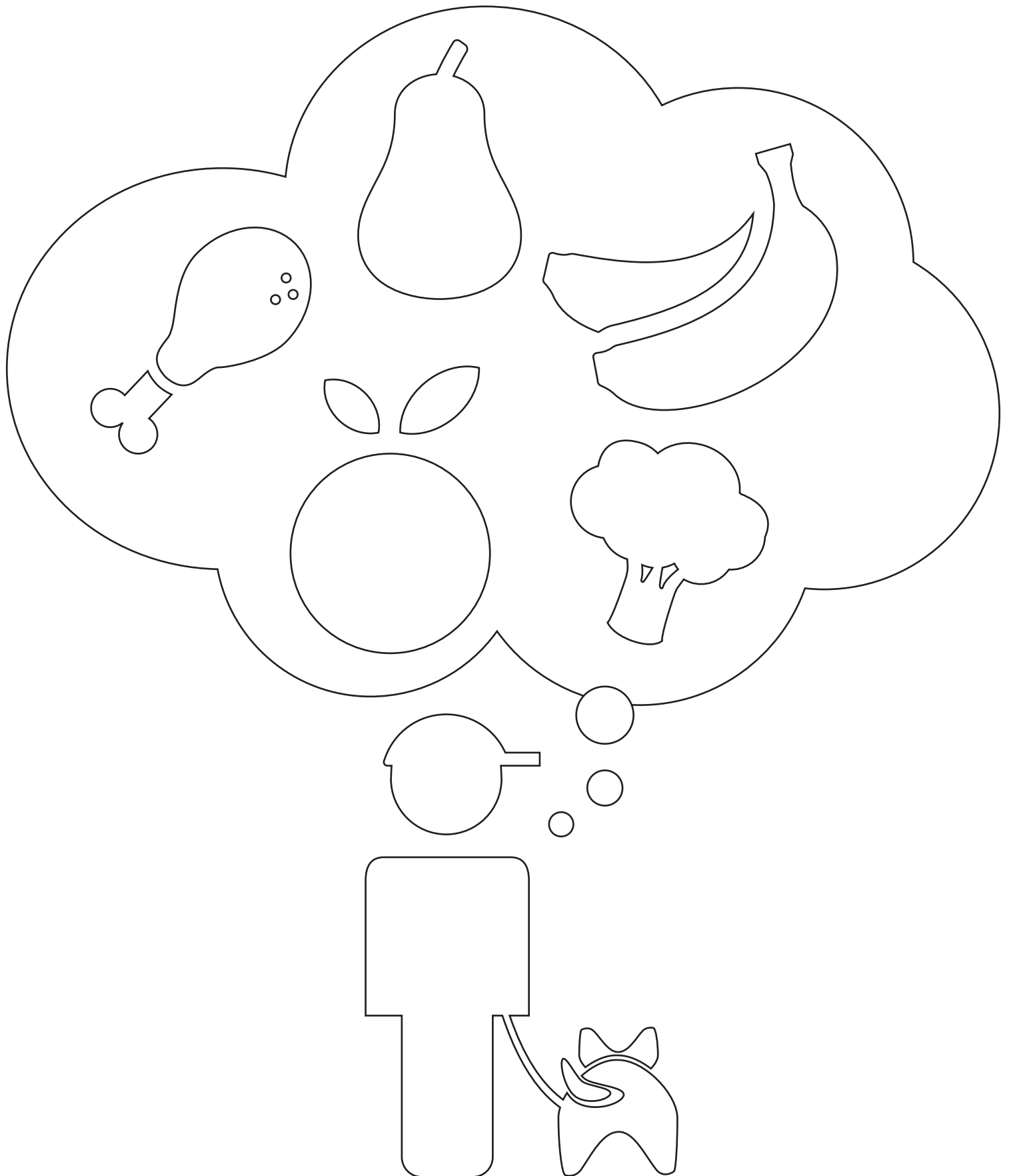
SCARED



WHAT DOES A MEAL LOOK LIKE TO YOU?

Draw a healthy meal on your plate.





together we can solve hunger.™

FEEDING
AMERICA