

# HOW CAN WE HELP THE HUNGRY?

LITTLE  
LESSONS FOR  
BIG-HEARTED  
FAMILIES

Food insecurity is the frightening sense of not knowing where or when you'll have your next meal. This is a very real situation for a shocking number of children and adults across the United States. Sadly, people in our own community sometimes don't have enough to eat. By volunteering together, your family can make an immediate difference for those who are hungry.

## DID YOU KNOW?

- Hunger affects people of all ages in communities all around the country.
- 1 in 5 U.S. children struggle with hunger.
- 1 in 7 people in the U.S. rely on food pantries for some of their nutrition.
- There are many reasons people are hungry, such as job loss, health issues, unexpected bills, poor access to nutritious food, and the lack of income needed to purchase healthy food.

“Proper **nutrition** is critical to a child's development. Not having enough of the right kinds of food can have serious implications for a child's **physical** and **mental** health, academic achievement and future economic **prosperity**.”

—Feeding America website

## READ WITH ME

The heart-warming book *Maddi's Fridge* by Lois Brandt is packed with important ideas to chat about.

- Why does Maddi tell Sofia not to tell anyone how empty her refrigerator is? How would you feel if you were in that situation?
- What should we do if, like Sofia, we discover a friend is hungry?
- This book tells us, “The more we talk about empty refrigerators, the fewer there will be.” Why is this true? How can you help spread the message?



## LET'S TALK

At mealtime or bedtime, or when you're on the way to help out, bring up these questions.

- Have you ever been hungry and not been sure when you'd get your next snack or meal?
- What did [or would] that feel like?
- Everyone experiences hunger some of the time, but what do you think would happen to your body and your feelings if you were hungry often?
- Why is it hard to imagine what it's like to be hungry when you always have plenty to eat?

## TELL US ABOUT YOUR EXPERIENCE!

DGT™ will use your story to...

- Inspire others to make a difference!
- Make giving back seem doable.
- Lighten hearts and open minds on social media.
- Build excitement for more big-hearted good deeds!

**SUBMIT YOUR GOOD STORIES TO:**

[www.doinggoodtogether.org/good-stories/](http://www.doinggoodtogether.org/good-stories/)

**MORE SIMPLE WAYS TO HELP THE HUNGRY:** Visit <http://www.doinggoodtogether.org/bhf/fight-poverty>

Help the Hungry Month

Adopt a Food Pantry

Use Our Hunger Curriculum

Repackage Rice and Beans

DOING  
GOOD  
TOGETHER™