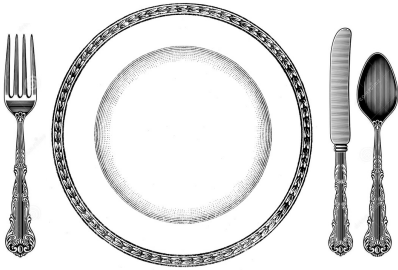




You and Your Family Can Help the Hungry



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 pledging to try one or more of the service ideas below, you and your family can make an immediate difference for those who are hungry. For more ideas and further instructions visit www.doinggoodtogether.org/bhf/fight-poverty

Pledge to adopt a food shelf.

Make regular donations to the local food shelf and make a difference for people facing tough times.

- Decorate a dedicated donation box.
- Store it in your kitchen as a reminder.
- Pick up a few extra groceries (especially good staples when they go on sale) each time you go to the store.
- When your box is full, take it to the food shelf together. Then, start a new one!

Pledge to repackage rice and beans.

Feed the hungry in your community by downsizing inexpensive bulk goods into meal-sized portions.

- Contact your food shelf and discuss your donations.
- Purchase bulk quantities of rice and beans to downsize.
- Scoop them into quart-sized, resealable bags.
- If you like, print a simple recipe on a sticky label for each bag.

Pledge to make sandwiches for a shelter.

Homeless shelters appreciate having a supply of sandwiches on hand to give to their residents for lunch.

- Contact a local shelter and discuss your donation.
- Gather sandwich supplies, bags, and sticker labels.
- Decorate sticker labels with cheerful messages and place them on the outside of each bag.
- Make sandwiches and deliver to the shelter.

Pledge to cook a meal at a shelter.

Few service projects do as much immediate good or offer such a meaningful, personal experience as volunteering to prepare and serve a meal to people in need.

- Contact the volunteer coordinator at a local shelter or soup kitchen to inquire about picking up a shift.

Dear _____

My family and I want to help. We pledge to:

Please do what you can to help hungry kids and their families. Did you know that one in five children in America is at risk of going to bed hungry? Below, I drew a picture of my wish for them:

Name, Age

What will you do to help?

