

COMMUNITY ACTION IDEAS

By encouraging empathy at home and in your community, you can inspire and empower your kids to take action. Use the list below to decide which actions are right for your family.

ENCOURAGE EMPATHY



1

“I’m Thankful” collage: Discuss what you and your child are grateful for. Be sure to help your child understand that not all children have the things that he or she may take for granted. Create an “I’m Thankful” collage based on what you discuss.

2

Recommended reading list: Reading stories are a great way for children to understand the complex realities of other people’s situations. Picture books that deal with hunger include:

- *Maddi’s Fridge* by Lois Brandt
- *One Potato, Two Potato* by Cynthia DeFelice
- *Uncle Willie and the Soup Kitchen* by Dyanne DiSalvo-Ryan

Consider adding them to your family’s read-aloud list.

3

Write for change: Have your child write a story from the perspective of someone who is facing hunger. Depending on your child’s age, he or she may want to rely on pictures as well as words to tell the story. Try the following writing prompts:

- What if you come home from school and there is not any food for a snack or dinner. What would you think and feel?
- What if your family did not have enough food for breakfast. What might you and your family have to do?

TAKE ACTION AT HOME



- 4 Create your own collection box:** Find a spot in your house to collect food items to donate to a local food pantry, as well as a donation jar for monetary contributions. Involve your child in the process by inviting him or her to decorate the box or jar and to help decide where the donations should go.
- 5 Create a fundraiser:** Raise funds for Feeding America or your local food bank with a lemonade stand or host a birthday party where guests are asked for donations instead of presents. Visit feedingamerica.org/fundraise for online tools to organize your own fundraiser, spread the word, and track your progress.
- 6 Plant a family garden:** Use your outdoor space to plant a garden and collect the food to donate to a local food pantry. This project will also engage your child in efforts to fight hunger as well as to promote sustainability. If your family would like to expand this idea, consider working with others in your area to create a community garden.

ENABLE ACTION



- 7 Draw for change:** Introduce your child to artists who use art to convey a message. Examples could include Frida Kahlo and JR's Inside Out Project. Invite your child to turn his or her hunger-fighting ideas into a drawing or a mural. Inspire others with your child's artwork by sharing on social media with @FeedingAmerica and #hungrytohelp.
- 8 Hold a community food drive:** Work together with a camp, church, or local supermarket to organize a community food drive. Your child will see the huge impact that a group of people working together can have.
- 9 Volunteer:** Find family volunteer opportunities through your local food bank. Your child will be able to see the effects of their hard work through the amount of food donations sorted or the number of meals served, as well as getting to know people directly affected by hunger. To find your local food bank, visit feedingamerica.org/foodbank.