

ACTIVITIES FOR FAMILIES

We all have a role to play in fighting hunger. Participating in activities as a family is a wonderful way to get involved and instill the value of helping others in each member of your family. Here are some activities specifically geared toward families.



VOLUNTEER AS A FAMILY.

Contact your house of worship, community center, Boy or Girl Scout Troop, or other youth organization to see what volunteer opportunities are currently available in your community, and how your whole family might be able to volunteer together. You can also contact a hunger-relief agency directly—links to Feeding America food bank websites can be easily found by visiting www.feedingamerica.org/foodbank. After volunteering somewhere with your children, process the experience as a family. Discuss questions, like:

- How did you feel when you were (serving the meal at the soup kitchen, helping collect canned goods, etc.)?
- What was easy about the volunteer experience?
- What was challenging?
- Why do you think it is important for our family to help other families?
- What other actions could we take as a family to help other families?

SET AN EMPTY PLATE AT YOUR TABLE.

For your next family dinner (or for a week of family dinners), set an extra place at your table—and leave the plate empty. Let this be a reminder to everyone at the table that while you are fortunate to have the food you need, there are those going hungry and those who are at risk for hunger. Now is the time to take action and help others fill their empty plates.

You can also take a look at the Feeding America Conversation Starters resource—dinner is a great time for discussion!

WEAR IT ON YOUR SLEEVE!

Pick up some blank t-shirts, and some iron-on letters, fabric paint or other decorative materials. Use these to design your own T-shirt with statements about hunger, such as **“Hunger is a reality for nearly 1 in 5 American children”** or **“Together we can solve hunger.”**



Wear your shirts with pride to raise awareness of hunger!

ACTIVITIES FOR CHILDREN—OF ALL AGES!

Check out the Feeding America Activities for Children overview. Choose some of those activities to do as a family—and consider inviting other families to join you for some or all of these projects!

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?

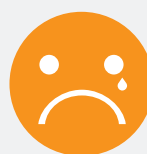
Is it easy to concentrate and come up with answers at school?

OR Are you thinking about lunch?

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



HAPPY



SAD



ANGRY



ANXIOUS



SCARED