

ACTIVITIES FOR CHILDREN

BECOME A HUNGER HELPER



September is Hunger Action Month, and we're asking all Americans to play a role in ending domestic hunger. "All Americans" means kids, too! Here are some activities/ways that kids can become a Hunger Helper during Hunger Action Month (can be included in newsletters, emails, etc.)

Hungry for Change: Make Your Own Collection Box!

Make your own donation collection can, and use it to collect donations throughout Hunger Action Month! 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. How do you make your own donation collection can? It's easy! Here's how:

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 coffee canister – wide enough for change or dollar bills to get through. Wrap one piece of paper around the can, gluing it down and covering the entire can. The, on another piece of paper, use bright colored crayons or markers to write and draw words and images related to Hunger Action Month (plates of food, empty plates, the Feeding America logo – get creative!). You can also write out facts and statements, such as:

- Too many American children go hungry.
- 17.2 million children experience food insecurity
- Your change can help make a positive change in children's lives!
- Fight Hunger in America!

Then, cut out the words and images, and glue them all over your can (they should stick well to the paper base!). When the entire can is covered in this collage, print out the label below:

Kids for Change

Please donate your spare change during Hunger Action Month this September. At the end of the month, 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 the small piece of cardboard. Then glue the cardboard to the popsicle stick to create a flag, and then glue the popsicle stick "flag pole" to the back of the canister.

Volunteer, Collect, Connect!

Ask your parents and teachers about how you might be able to volunteer at a local soup kitchen, food bank or food pantry. If you are in a 4-H club, Boy Scout or Girl Scout troupe, youth group or any other club, see if your group might be able to volunteer to serve a meal, or collect food, or plan an event to raise awareness about hunger in America.

Color for Change!

Download the coloring sheet within this document. Color it in, then display it on your fridge... or take it to school and share it with your teacher and fellow students, or give it to your parents to display at their office... or color several coloring sheets, and share them everywhere!



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Read All About It!

Another way to take action during Hunger Action Month is to learn more about hunger, and 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)

_____. I am writing this letter because September is Hunger

(write your school name here)

Action Month. Hunger is a serious issue all over the world, including right here in the United States.

During Hunger Action Month, I am planning to _____

(write about what you plan to do / have been doing for Hunger Action Month – volunteering, reading, etc)

It is my hope that other people will take action, as well. All of us working together can really make a difference!

Sincerely, _____

(your name)