

IT DOESN'T TAKE A LOT OF TIME TO MAKE A BIG DIFFERENCE



FOOD DRIVE

WHY FAMILY VOLUNTEERING?

Volunteering as a family is a powerful way to teach children valuable real-life lessons about empathy and caring, build skills and provides positive ways for families to connect.

THE ISSUE OF HUNGER

One in seven Americans, more than 46 million people, including 12 million children, rely on food pantries and meal service programs to feed themselves and their families. Brighten the holiday season for locals who depend on food banks by organizing a food drive for them.

WHAT YOU'LL BE DOING:

Hosting a food drive to support the food banks and meal service programs in your area that help the hungry!

MATERIALS

- Boxes and bags for collecting donations
- Fliers and posters
- A food bank or meal service organization to donate to
- Transportation for the donations
- Partner organizations (schools, churches, etc.)

IDEAS TO CHAT ABOUT

- Who will you be helping?
- Why is it important to donate to food banks?
- What else can you do to help the hungry?

ADDITIONAL RESOURCES

- Check out [this](#) video on hunger in America



- Use [this](#) link to find your closest food bank

HOW TO KEEP THE GIVING GOING

People are hungry all year long, consider planning additional food drives for other times of the year.

PROJECT INSTRUCTIONS

1. Call a local food pantry or soup kitchen and find out what food items they need and set a donation date.
2. Design fliers announcing your family's neighborhood food drive. When designing the flyers, remember that it is the holiday season; try decorating with turkeys, Christmas trees, and menorahs! Remember to list the foods the food pantry requested, the collection date and information about who the food will be donated to.
3. Tape or staple the flier to a paper or recyclable grocery bag or box.
4. Deliver the bags or boxes to neighbors' houses so they can fill it with food items.
5. On the collection day, retrieve the bags.
6. Deliver the bags to the local food pantry or soup kitchen.

SAMPLE BUDGET

Item	Number of Items	Price
Cardboard Box	1	\$0.00 (Ask a local business)
Fliers	1	\$0.23
Gas for Transportation	4 gallons	\$10.00
Total		\$10.23

REFLECTION

Have participants come together after the project is over. Challenge each family member to come up with 5 words that describe the day's experience in response to the questions below. If more than one family is involved, consider forming teams!

- Why was it important to do this project?
- How did you help?
- What was it like to volunteer with your family?
- What was the funniest part of the experience?
- What volunteer activity would you like to do next?