

# Family Action Plan

## Let's Learn Together!



Dear Parents,

Did you know, 1 in 6 children don't have enough to eat in the United States? People go through hard times that impact their ability to get food, this can change on a weekly/monthly basis. Food insecurity can be short-term or long-term and anyone can experience this. Life can throw a curve ball at any given time, forcing people to make difficult choices due to hardships they are facing. Despite the severity of this issue, it often gets overlooked.

This guide will help you and your family talk about the problem of hunger, and how to address it. Here's what is included:

- Read & Reflect (page 2)
- Picturing Hunger Activity (page 3)
- Community Ideas (page 4)
- Family Action Checklist (page 5)
- Follow The Food (page 6)

### ABOUT US

The Food Bank for Central & Northeast Missouri is a regional disaster and hunger relief network that distributes millions of pounds of food annually to partner agencies across a 32-county service area. It is one of the few food banks in the nation that provides food at no charge.

The Food Bank is dedicated to its vision of ending hunger in our communities by leading and collaborating with partners. Many people including seniors, children, veterans and families, face food insecurity. This means they lack the nutrition needed for a healthy life. We work to get them the help they need.

As a member of Feeding America, The Food Bank is able to partner with manufacturers, wholesalers, processors, growers, retailers and restaurants to secure donations and food at reduced costs.

**visit: [sharefoodbringhope.org](http://sharefoodbringhope.org)**

# Read and Reflect

Read the following questions together and discuss the answers .

## Questions:

1. What words come to mind when you think of someone who doesn't have enough food and is feeling hungry?

GOOD ANSWER:

- Feeling empty, sad, angry
- Can't focus, tired
- Lack of money for groceries
- Hungry
- Tough times



AVOID: Homeless, Poor, Needy

(Not everyone that is food insecure fits these stereotypes. It can happen to anyone, so we must be kind and considerate of those going through hard times.)

2. What things might be harder to do while hungry?

ANSWER:

- Playing with friends
- Talking to friends
- Doing school work (hard to focus)
- Lunchtime (if you don't have lunch)



3. How should we treat people who are hungry and food insecure?

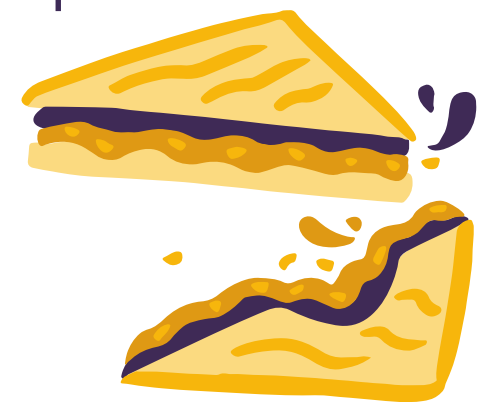
ANSWER: No different than how you would treat a friend! People who are food insecure are just like everyone else. They are going through a hard time that impacts their ability to get food.

The Egg Concept: If we crack 2 eggs, can you tell the difference between them based on the yolk? No! We all look different on the outside and come from different places but are the exact same on the inside. We should always treat everyone the same.



4. Imagine if you could only eat Peanut Butter & Jelly sandwiches, how would you feel?

ANSWER: You would get tired of eating the same thing everyday! You would feel hungry for something else. Some kids don't have an option to eat their favorite foods. It's important to be kind to everyone because we never know what someone is going through.



5. What would you do if you noticed your friend didn't have lunch at school?

ANSWER: They would feel sad, tired and have trouble focusing. It doesn't feel good to be hungry! Maybe you could talk to the teacher about helping them!

6. What is the connection between a parent's job and the food on the table?

ANSWER: Food costs a lot of money. Mom or dad receives money from working. When there is not enough money available, it is hard to buy food. Discuss other things that cost money: clothes, toys, school supplies, etc. Mention how some of these things are a necessity and some aren't.



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# Picturing Hunger

Sometimes it can be difficult to talk about such a big issue with your child. Complete the activity with your child below to help them better understand food insecurity and the purpose of donations.

In the space below, work together to draw what it feels like for those who are facing hunger. Think about coming home from school or work and there wasn't any food for a snack or dinner. Consider how you would think and feel.

WHAT DOES IT FEEL LIKE TO BE HUNGRY?



A food bank is a place that collects and stores food, along with other useful items for those in need. Donations are the key to success! What can you think of that you use every day that would be good to donate? Draw some items below that you would like to share!

WHAT DONATIONS CAN YOU BRING?



visit: [sharefoodbringhope.org](https://sharefoodbringhope.org)



# Community Ideas

By encouraging empathy at home and in your community, you can inspire your kids to take action. Use this sheet to explore ways you and your family can help fight hunger.

Just for fun! Get creative and color your favorite way to help fight hunger!



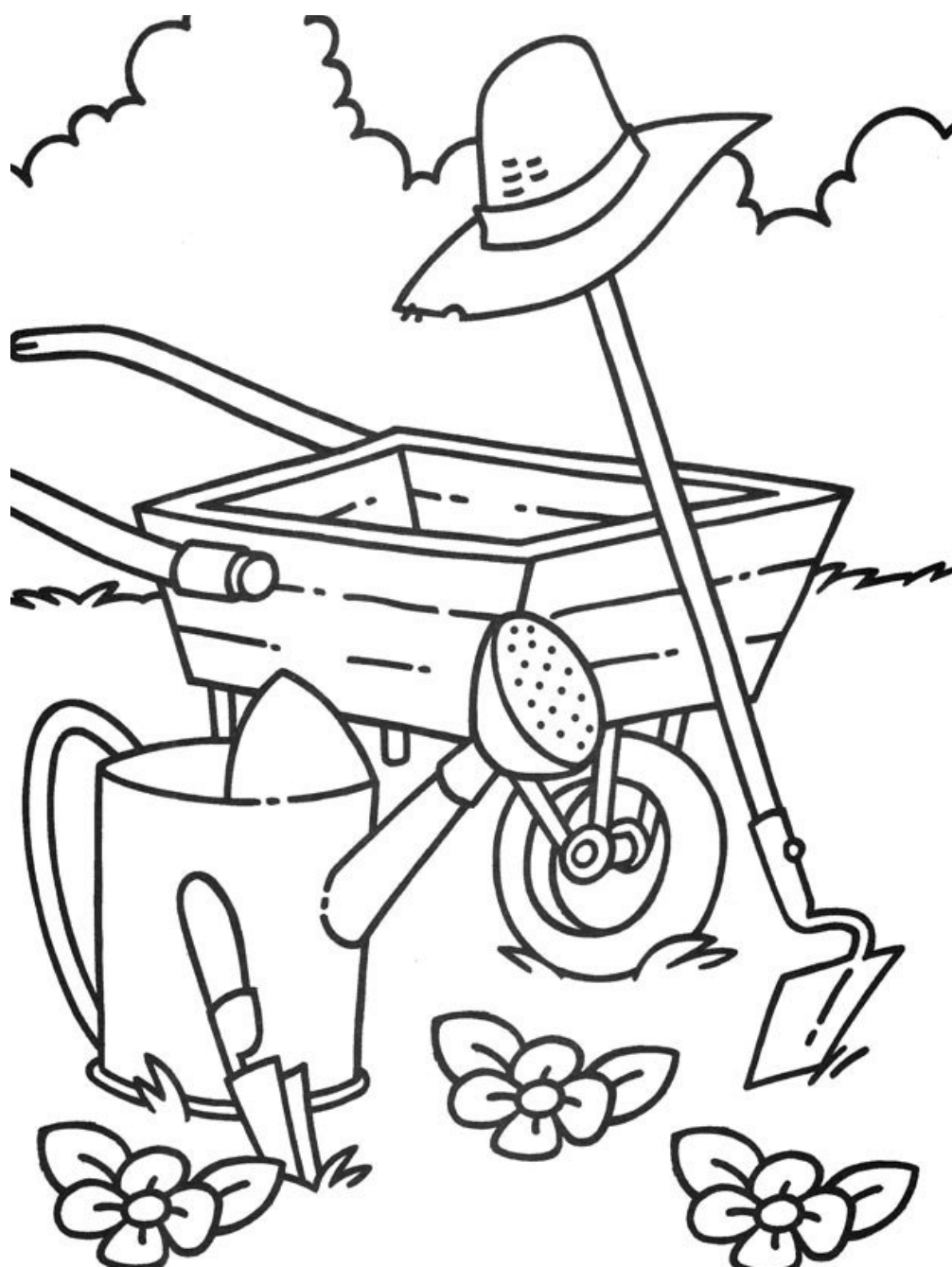
### 1. Start a donation jar

Find a spot to put out a jar for collecting donations for your local food bank or pantry. Make it fun by decorating the jar!



### 2. Participate in school canned food drive

Find out what canned goods you can bring to your local food banks/pantries. Next time you go to the store, get extra goods you would want to share!



### 3. Plant a family or community garden

Plant seeds and collect a harvest to donate to your local food pantry. Consider working with your community to expand your garden!

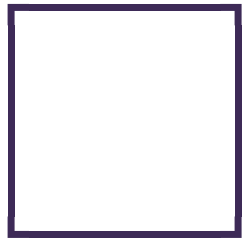


### 4. Volunteer at a local foodbank

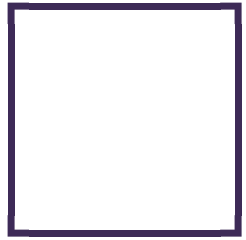
Reach out to your local foodbank/pantry to see how you can offer a helping hand.

**visit: [sharefoodbringhope.org/volunteer](https://sharefoodbringhope.org/volunteer)**

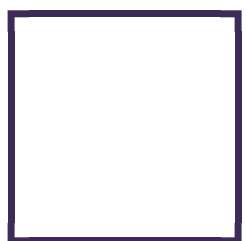
# Family Action



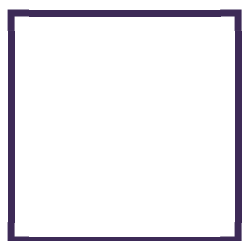
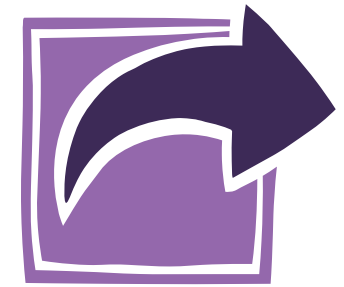
CREATE ways to contribute money (donation jar, lemonade stand)



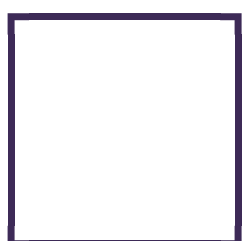
BUY extra dried/canned goods or household items to donate when you go to the store



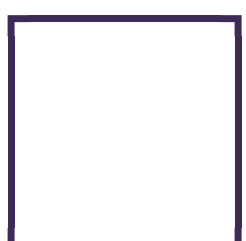
SHARE food with someone in need, whether its someone in your class or community



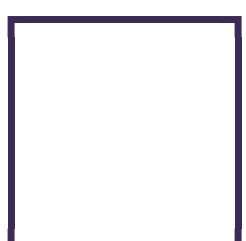
CONTACT your school to find out ways they donate. Reach out to your local food bank to see how you can help



INVITE friends and family to volunteer or donate with you at a food bank or pantry



ORGANIZE a community garden to donate produce to your local foodbank



Come up with your own ideas of how your family can donate!!!



Visit [sharefoodbringhope.org](https://sharefoodbringhope.org) to learn more about how we serve 100,000 people monthly in 32 counties. Research food insecurity and learn how you can help!

Feeding America is the largest domestic hunger-relief organization in the United States. Visit [FeedingAmerica.org](https://FeedingAmerica.org) to learn even more!

**visit: [sharefoodbringhope.org](https://sharefoodbringhope.org)**



# Follow The Food

How food and other items get into the hands of those who need it most.



**Donations are made:** The donations are secured from national and local retailers, food service locations, food companies and government agencies. Donations can vary from dried and canned goods, to household items!

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1



**Food is moved:** Donated food is moved to the locations that they are needed most

S  
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2



**Food is distributed and stored:** Food banks ensure the safe storage and reliable distribution of donated goods to local feeding programs

S  
T  
E  
P  
3



**Food reaches people in need:** Food banks provide food items to people in need at food pantries, soup kitchens, youth programs, senior centers, etc.

A child's chance at a bright tomorrow begins with having enough food today. With your support, The Food Bank for Central & Northeast Missouri can continue serving 7,500 children weekly during the school year. Access to nutritional foods is key to being healthy and strong.

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