

FIGHTING HUNGER

FAMILY ACTIVITY GUIDE



Hi, I'm Hope! By joining me in the fight against hunger, you can become a SUPERHERO!

Dear Parents,

Did you know that **1 in 6 kids** in Central Florida is at risk of going to bed hungry tonight? It's likely that kids in your child's class are impacted by hunger.

This Activity Guide will help your family **talk about the issue of hunger** and introduce simple, kid-friendly ways to help your neighbors receive the food they need to thrive.

Becoming a hunger-fighting family is a fantastic way to **make a lasting impact** on the community — and your child's life.

In this guide, you will find:

- Talking About Hunger
- Picturing Hunger
- A Box of Full of Hope
- Family Action Ideas
- Activity Sheets
- A Healthy Snack Recipe

Download this guide online at:
FeedHopeNow.org/family

Talking about hunger.

Read this passage together and discuss the questions that follow.

“My mom lost her job, and it is very hard for my family to afford all the things we need, including food. I get free breakfast and lunch at school, which makes my parents happy. If my mom couldn’t visit the local pantry to get food, we might not be able to eat dinner, and we would all be very hungry. Sometimes I am sad that I can’t get new toys or clothes, but I am grateful to have a place to live and food to eat.”

What is the connection between the mom’s job and food on the family’s table?

Answer: Food costs money, and when a parent loses a job, there might not be enough money available to pay for all the things a family needs. Food is perhaps the biggest necessity of all. When a family can’t afford food, it causes many problems.

Talk about other things that cost money—for example: clothes, toys, entertainment and school supplies. Which of these things are necessities, and which aren’t?



What do you think might happen if the child couldn’t take advantage of the free lunch program?

Answer: They would be sad because they may experience hunger more often, and it doesn’t feel good to be hungry.

Where does Second Harvest get food and where does it go?

Second Harvest gets food from farmers, grocery stores, food drives, and people like you. After the food arrives at the Food Bank, it is distributed to more than 750 partner feeding programs in our community, such as food pantries, meal programs, shelters, and daycares.

The mom in the story above visited her local food pantry to get groceries for her family.



Picturing Hunger

When you're hungry, your stomach might hurt or make funny noises, but hunger affects more than just your tummy.

Being hungry can make you tired and grumpy. It can also make it hard to concentrate in class.

How would you feel if you missed lunch or couldn't have snacks?

What would you do?



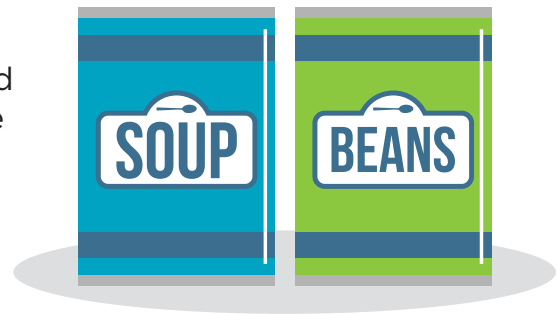
In this box, write a story about someone experiencing hunger or draw a picture of what hunger feels like.

A Box Full of Hope

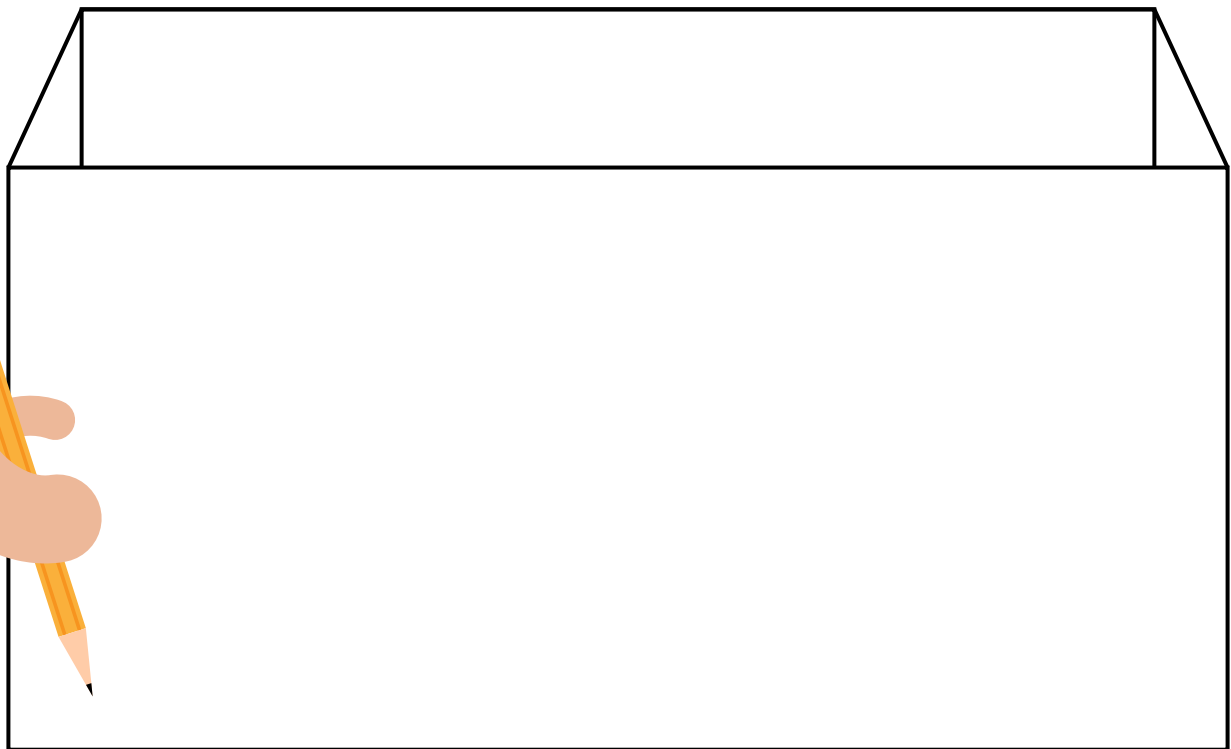
A food bank collects, stores, and distributes food to people in need. Last year, Second Harvest provided **76 million meals** to families, kids and seniors in Central Florida!

Caring people like you donate enough food for thousands and thousands of meals each year through community food drives.

Dried and canned foods, such as pasta and soup, are great items to donate. What else would be good to donate?



In the donation box below, draw the food items that you can donate to the food bank.



To view a list of our most needed items, visit [FeedHopeNow.org/List](https://www.feedhopenow.org/List).

Family Action Ideas

By encouraging empathy at home and in your community, you can inspire and empower your child to take action!

- Decorate a donation jar and start collecting money. Just \$1 = 4 meals!
- Buy extra food items to donate.
- Share food with a friend.
- Take a family tour of Second Harvest. Sign up: FeedHopeNow.org/tour.
- Invite a friend to volunteer with you during Family Day/Night. Sign up: FeedHopeNow.org/volunteer.
- Organize a food drive. Get started: FeedHopeNow.org/fooddrive.
- Set up a fundraising page for a special occasion, like your birthday. Get started: FeedHopeNow.org/vfd.
- Your family's own idea:

1 in 8 people in Central Florida experience hunger.

Visit FeedHopeNow.org to learn more about how you can help!



Activities

Connect the Dots

Second Harvest has 26 trucks that pick up and deliver food each day!



Favorite Foods

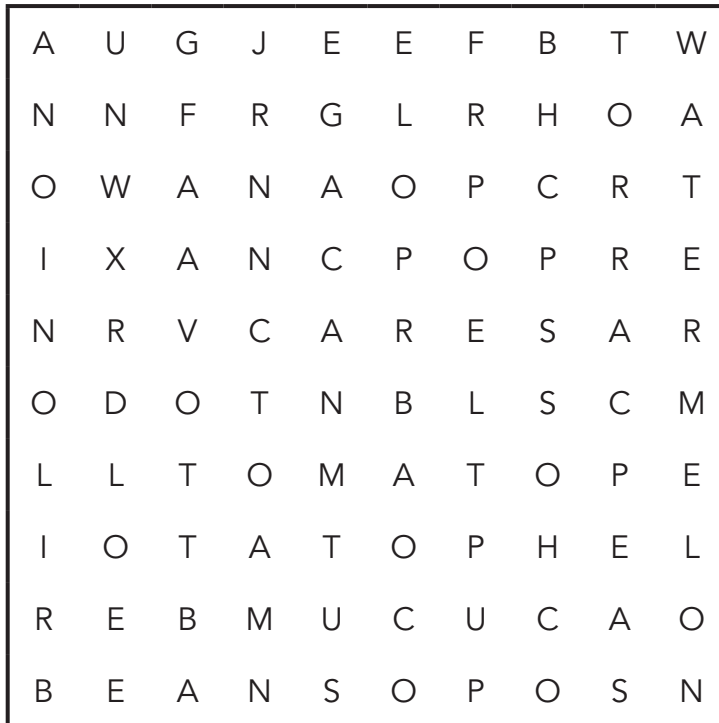
Hope is thinking about all of her favorite foods. Draw some of your favorite treats below and color in the picture!



Activities

Word Search

Can you find all 15 words?

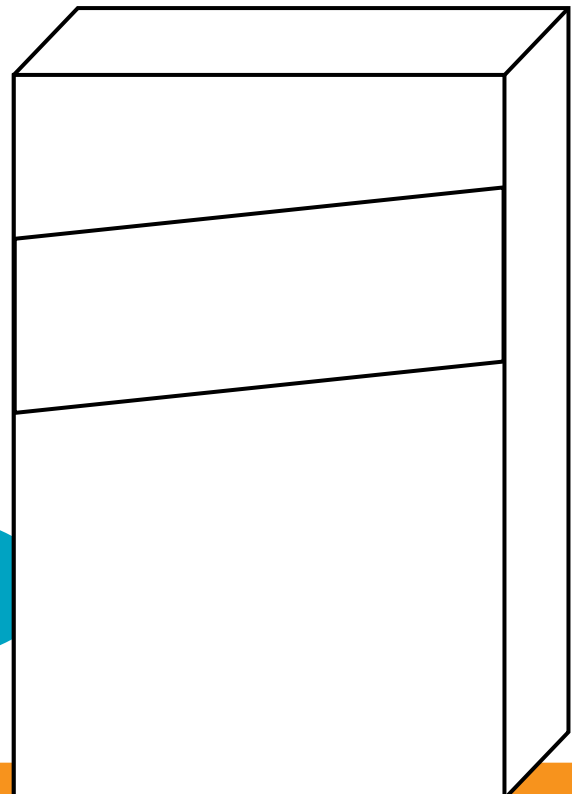


- APPLE
- BANANA
- BEANS
- BROCCOLI
- CARROT
- CORN
- CUCUMBER
- GRAPES
- ONION
- ORANGE
- PEAS
- POTATO
- TOMATO
- WATERMELON



Crazy Cereal Box

Carrot Crunch? Lucky Lettuce?
Onion O's? Kale Krispies?
Invent your own crazy cereal
and design the box!



Snack Break!



Peanut Butter Energy Balls

Prep Time: 20 minutes | **Makes:** About 35 balls

Ingredients

- 2 cups rolled oats
- 1 cup natural peanut butter or other nut butter
- ½ cup maple syrup
- ¼ cup raisins
- ¼ cup unsweetened shredded coconut

Instructions

1. Combine oats, peanut butter (or other nut butter), syrup, raisins and coconut in a medium bowl; stir well.
2. Using a 1-tablespoon measure, scoop out and roll the mixture into balls.
3. Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer.

Variations

- Make it a sweet treat! Replace the raisins with dark chocolate chips.
- Change it up! Use whatever dried fruit and nut butter combo you prefer. Some ideas include dried blueberries with almond butter and dried cherries with sunflower seed butter.
- Don't like coconut? Use different dried fruit, nuts or chocolate chips instead.
- Increase the protein! Try adding a scoop of your favorite protein or collagen powder.

