

Issue Areas:
Hunger,
Homelessness



Snack Sacks

Whether it is a homeless person or a child experiencing food insecurity, snacks can provide energy and help decrease hunger. There are several options for donating the snack sacks:

- *Delivering to the homeless:* If you live in or by an area where you see homeless people and are comfortable distributing the snack sacks, you could carry the bags with you and deliver in person. Always make sure to ask if they would like one first. If this isn't possible or you don't feel comfortable, you can arrange to donate the snack sacks.
- *Donating to local pantry:* Many food pantries have programs that provide a sack full of nutritious weekends snacks for children to prepare at home on the weekend. Contact your local food pantry to see if this option is available and be sure to ask what items they put in their sacks.



What You Need

- Bottled water
- Juice packs
- Granola bars or cereal bars
- Fruit snack or applesauce cups
- Crackers with peanut butter or cheese
- Paper bags or zip lock bags
- Paper and markers (Optional – include a note)



How You Do It

- 1 If donating to a food pantry, contact the organization to inquire about the programs available and the items they include in their weekend snacks.
- 2 Assemble the snack sacks.
- 3 Optional: Include a handwritten note with a simple message such as "Have a good day!"
- 4 Deliver the snack sacks either to the homeless in your community or to a local food pantry.



Before the
project

READ ONE OF THESE BOOKS.

Uncle Willie and the Soup Kitchen by Dyanne Disalvo-Ryan

A gentle and age-appropriate introduction to two key issues of our time—hunger and homelessness—from a kid's point of view. While walking in New York City, a young boy becomes interested in the people who live on the streets. Luckily for him, his Uncle Willie volunteers at a local soup kitchen where working together, he learns about the issues of hunger and homelessness.

Maddi's Fridge by Lois Brandt

Best friends Sofia and Maddi live in the same neighborhood, go to the same school, and play in the same park, but while Sofia's fridge at home is full of nutritious food, the fridge at Maddi's house is empty. With humor and warmth, this storybook addresses the issues of poverty and hunger. A call to action section, with six effective ways for children to help fight hunger and information on antihunger groups, is also included.
