

Issue Areas:
Hunger



Smart Start – Breakfast Drive

A child's chance for a bright tomorrow starts with getting enough healthy food to eat today. But according to Feeding America, **1 in 6 children in America may not know where they will get their next meal.** For the nearly 13 million kids in the U.S. who experience hunger, getting the energy they need to learn and grow can be a daily challenge.

In the morning, kids need to fuel their bodies for the day ahead. Skipping breakfast can make kids feel tired, restless, or irritable. Help kids experiencing food insecurity to get a "smart start" to their day by collecting healthy breakfast items for your local food pantry or foodbank.

All you have to do is pick a location, post and distribute flyers to promote the event, and gather a few bins to hold your goods. It's a super easy way to make a big difference!

Items to Collect:

Dry breakfasts such as:

- Grits
- Cream of Wheat
- Oatmeal
- Cereal



What You Need

- Flyers, posters, and information about the need and collection of breakfast items
- Portable table and chairs for collection site
- Boxes or bins to collect donations



How You Do It

- 1 Contact your local food pantry or foodbank and ask them the following questions:
 - Do they provide a printable list of items they accept and need?
 - Do they provide collection bins?
 - Can they pick up the food you collect? When? How often?
 - If not, what are the drop-off hours?
 - Are there any other requirements or guidelines to follow?

- 2 Decide on your collection strategy:
 - A one-day event held in a well-known location with colorful signage and managed by enthusiastic volunteers creates excitement.
 - An ongoing effort with un-manned collection bins available could be done at a school or other community site and provides flexibility and allows you to collect food for a longer period of time.
- 3 Get the word out by posters and flyers that provide the details of who, what, where, when, how and why. Post your posters/flyers all over town and/or school (with permission, of course). If collecting in a public space, you could also e-mail copies and ask people to share them with friends or in their workplaces.
- 4 Recruit volunteers and give everyone a role. You should designate someone as the volunteer leader. If the food is not able to be picked up at the end of the collection, make sure you have help with moving and transporting.



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.