

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 York County is at risk of going to bed hungry tonight? It's likely that kids in your child's class struggle to get enough to eat.

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

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 Health Snack Recipe

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 York County Food Bank get food and where does it go?

York County Food Bank gets food from farmers, grocery stores, food drives, and people like you. After the food arrives at the Food Bank, it is distributed to 125 partner feeding programs in our community, such as food pantries, soup kitchens, shelters, and daycares.

The mom in the story above visited her local food pantry to get meals 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 learning very difficult.

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

What would you do?



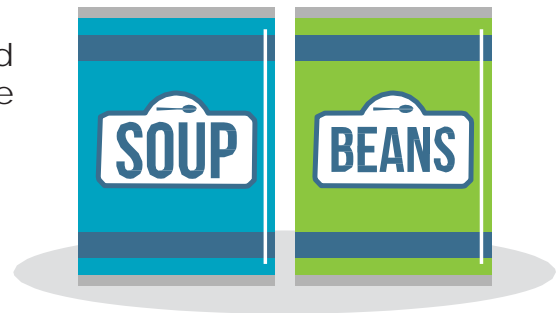
In this box, write a story about someone experiencing hunger or draw a picture of what hunger feels like.

A Box Full of Hope

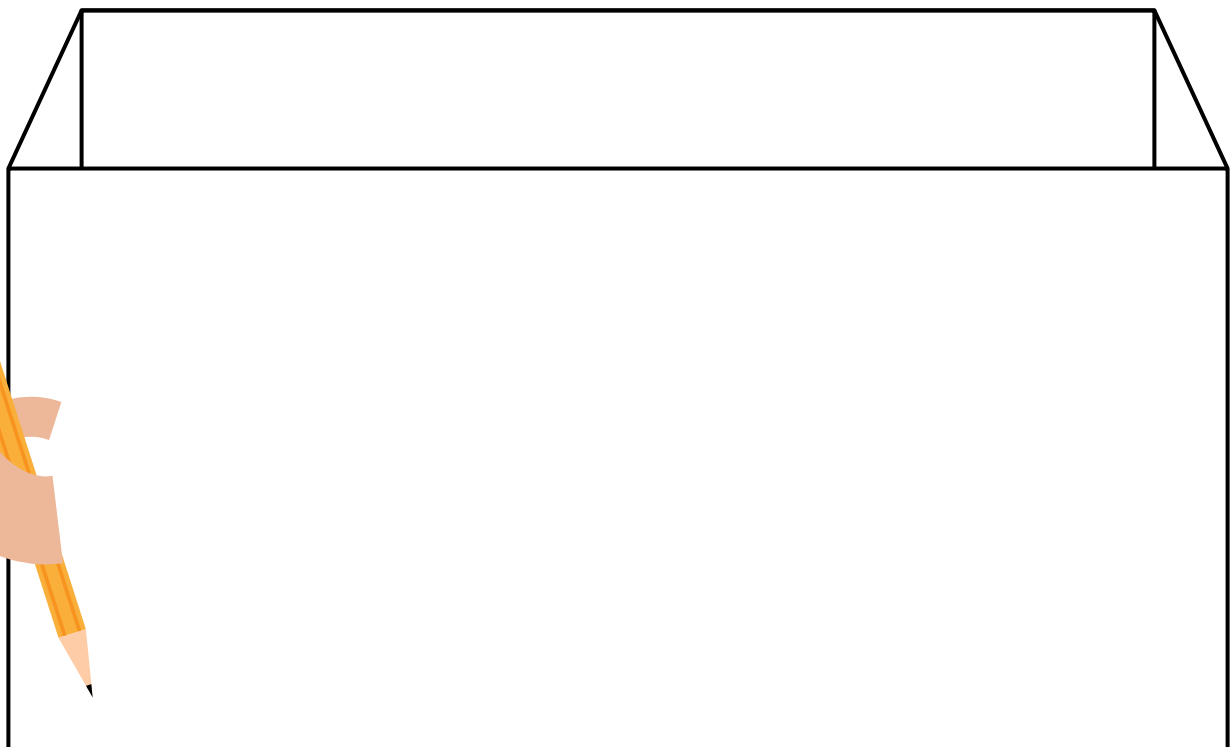
A food bank collects, stores, and distributes food to people in need. Last year, York County Food Bank provided more than **2 million meals** to families, kids and seniors in York County!

Caring people like you donate more than **50,000 pounds of food** 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 yorkfoodbank.org/food-drives

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 = 6 meals!
- Buy extra food items to donate.
- Share food with a friend.
- Take a family tour of the York County Food Bank.
- Invite a friend to volunteer with you at the Food Bank.
- Organize a food drive.
- Set up a fundraising page for a special occasion, like your birthday.
- Your family's own idea:



1 in 9 people in York County are food insecure.

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

Activities

Connect the Dots

York County Food Bank has a truck that picks up and delivers food each day!



Favorite Foods

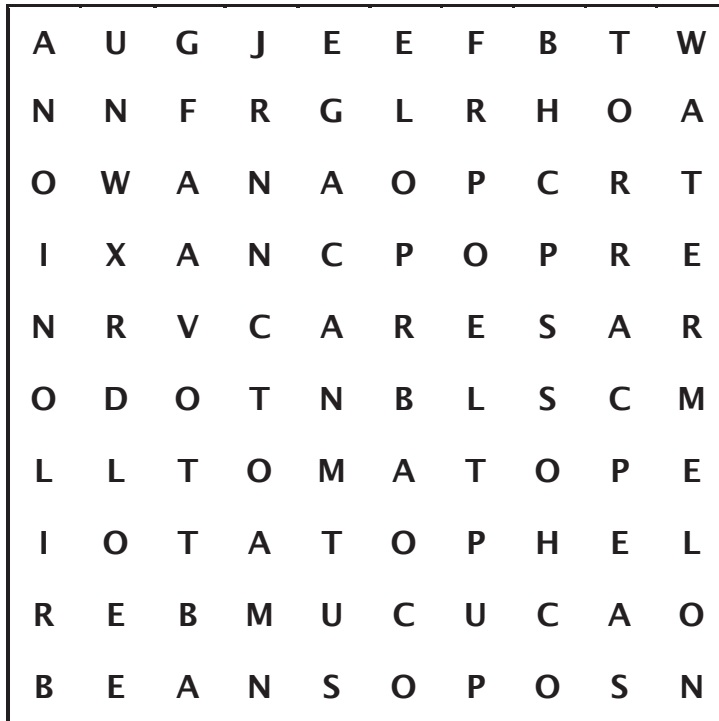
Hope is thinking about all of her favorite foods. Draw some of your favorite treats below and color in the picture!



Activities

Word Search

Can you find all 15 words?

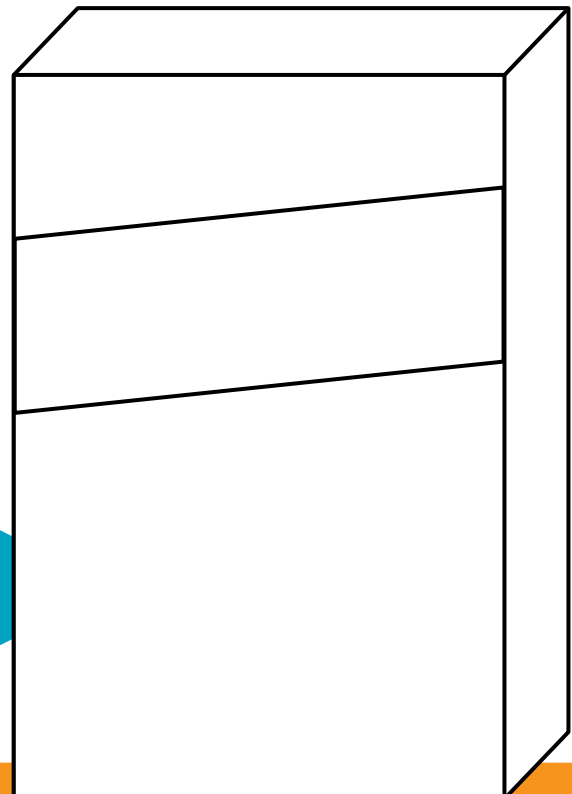


- APPLE
- BANANA
- BEANS
- BROCCOLI
- CARROT
- CORN
- CUCUMBER
- GRAPES
- ONION
- ORANGE
- PEAS
- POTATO
- TOMATO
- WATERMELON



Crazy Cereal Box

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



Snack Break!

No Bake Carrot Cake Bites

They're like having dessert for breakfast! Grab a few in the morning or enjoy them as a fun snack that the whole family will love.

Prep Time: 20 minutes

Cook Time: 2 hours 2 minutes

Makes approximately 24 Bites



Ingredients

- 3 cups quick-cook or minute oats
- 1 cup nut butter of your choice (peanut, almond, sunflower)
- 2/3 cup of honey
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/2 cup raisins
- 2 medium carrots ends removed and fine grated

Instructions

1. In the mixing bowl, stir together the rolled oats, peanut butter, honey, cinnamon, and nutmeg until evenly mixed (it's going to take a little muscle!). The mixture may seem too dry, but the water in the carrots will help balance things out.

2. Add the raisins and grated carrot to the bowl. Stir to combine.

3. Using your hands roll 1-teaspoon-sized balls from the oat mixture. Place the bites on a baking sheet lined with Waxed paper.

4. Refrigerate for 15 to 30 minutes or until the bites firm up a bit. Transfer to an airtight container and store in the fridge until ready to eat.

