

## Strategies to End Childhood Hunger in Your Community

### 1. Put surplus food to better use.

Recent reports show that the U.S. wastes up to 40% of all food grown or prepared. Work with local farmers or gardeners to glean food, or contact local restaurants, schools, colleges or universities, sports venues, hotels, etc. to coordinate a food recovery program.

- Campus Kitchens Project: [www.campuskitchens.org/start-a-kitchen](http://www.campuskitchens.org/start-a-kitchen)
- USDA Let's Glean Toolkit: [www.usda.gov/documents/usda\\_gleaning\\_toolkit.pdf](http://www.usda.gov/documents/usda_gleaning_toolkit.pdf)
- USDA Know Your Farmer, Know Your Food: [www.usda.gov/knowyourfarmer](http://www.usda.gov/knowyourfarmer)
- National Restaurant Association - Food Donation Connections: [www.foodtodonate.com](http://www.foodtodonate.com)
- EPA: Feed People – Not Landfills Resource Page:  
[www.epa.gov/osw/conserve/materials/organics/food/fd-donate.htm](http://www.epa.gov/osw/conserve/materials/organics/food/fd-donate.htm)
- Ample Harvest: [www.ampleharvest.org](http://www.ampleharvest.org)
- Rock and Wrap It Up: [www.rockandwrapitup.org](http://www.rockandwrapitup.org)
- Don't Throw Away That Food: Strategies for Record-Setting Waste Reduction:  
[www.epa.gov/osw/conserve/materials/organics/pubs/throw/index.htm](http://www.epa.gov/osw/conserve/materials/organics/pubs/throw/index.htm)
- Putting Surplus Food to Good Use: A How-To Guide for Food Service Providers (PDF):  
[www.epa.gov/osw/conserve/materials/organics/pubs/food-guide.pdf](http://www.epa.gov/osw/conserve/materials/organics/pubs/food-guide.pdf)

### 2. Organize food drives or fundraisers for local food banks and food pantries.

Focus on collecting healthy food, as well as food that is appropriate for and considerate of the recipients' culture. Challenges and competitions between classes, schools, groups, or organizations can increase engagement and excitement for these activities.

- Share Our Strength Great American Bake Sale: [www.greatamericanbakesale.org](http://www.greatamericanbakesale.org)
- No Kid Hungry 2: Kids Kick Hunger Fundraising Ideas:  
<http://nokidhungry2.org/kids-kick-hunger>
- Feeding America Virtual Food Drive:  
<http://help.feedingamerica.org/site/PageServer?pagename=virtual.food.drive>
- Souper Bowl of Caring: [www.souperbowl.org](http://www.souperbowl.org)
- Schools Fight Hunger School Food Drive:  
[www.schoolsfighthunger.org/ways-to-fight-hunger/national-school-food-drive.html](http://www.schoolsfighthunger.org/ways-to-fight-hunger/national-school-food-drive.html)
- Schools Fight Hunger Raising Funds for Hunger:  
[www.schoolsfighthunger.org/ways-to-fight-hunger/raising-funds-for-hunger](http://www.schoolsfighthunger.org/ways-to-fight-hunger/raising-funds-for-hunger)
- Serve.gov Donating to Food Banks: [www.serve.gov/toolkits/food-bank/four.asp](http://www.serve.gov/toolkits/food-bank/four.asp)
- Super Food Drive: How to Host a Superfood Drive In Your Community:  
[www.superfooddrive.org/how-to-host-a-superfood-drive-in-your-community](http://www.superfooddrive.org/how-to-host-a-superfood-drive-in-your-community)
- National Restaurant Association & Share Our Strength - Dine Out for No Kid Hungry:  
[www.dineoutfornokidhungry.org](http://www.dineoutfornokidhungry.org)

### **3. Plan, plant, or support a school or community garden.**

Or, help families plan their own gardens, including container gardens for urban areas or for families who do not have yards.

- USDA The People's Garden: [www.usda.gov/peoplesgarden](http://www.usda.gov/peoplesgarden)
- Let's Move Gardening Guide: [www.letsmove.gov/gardening-guide](http://www.letsmove.gov/gardening-guide)
- National Gardening Association Kids Gardening: [www.kidsgardening.org](http://www.kidsgardening.org)
- Extension Service Master Gardeners: [www.csrees.usda.gov/Extension](http://www.csrees.usda.gov/Extension)
- Schools Fight Hunger: Garden or Fresh Food Project:  
[www.schoolsfighthunger.org/ways-to-fight-hunger/garden-or-fresh-food-project](http://www.schoolsfighthunger.org/ways-to-fight-hunger/garden-or-fresh-food-project)

### **4. Volunteer with local food banks and pantries or community kitchens and shelters.**

In addition to sorting, cooking, and serving food, consider increasing the organization's capacity by working to provide capital, such as freezers and refrigerators that enable organizations to save more fresh and frozen food, or a mobile food bank that better serves people who do not have easy access to transportation. Or talk with staff about renovating the food pantry to make the experience more like going to a grocery store.

- Feeding America Food Bank Network Directory:  
<http://feedingamerica.org/foodbank-results.aspx>
- Why Hunger: <http://www.whyhunger.org/about/whatWeDo>

### **5. Start or support a school backpack feeding program.**

These programs ensure that kids have food after school and over the weekends.

- Backpack Food Program Starter Toolkit:  
[www.arhungeralliance.org/pdf/toolkit/back-pack-program-guide.pdf](http://www.arhungeralliance.org/pdf/toolkit/back-pack-program-guide.pdf)
- Blessings in a Backpack: [www.blessingsinabackpack.org](http://www.blessingsinabackpack.org)

### **6. Support and raise awareness of afterschool and summer feeding programs.**

Federally-supported afterschool and summer feeding sites serve families who qualify for free and reduced price meals. Help make sure your community has sites, and help make sure families know about them. Identify organizations that could offer an afterschool or summer

food program, conduct outreach to spread the word about the program in your community, or plan fun and educational activities that attract kids to the sites.

- Summer Food Service Program: [www.summerfood.usda.gov](http://www.summerfood.usda.gov)
- No Kid Hungry Center for Best Practices Summer Meals:  
<http://bestpractices.nokidhungry.org/summer-meals>
  - Tackling Summer Hunger: Ensuring No Kid Goes Hungry When School Is Out:  
[http://www.hungerfreecommunities.org/wp-content/uploads/2011/06/summer\\_meals\\_2010.pdf](http://www.hungerfreecommunities.org/wp-content/uploads/2011/06/summer_meals_2010.pdf)
  - Sodexo Foundation Summer Meals Outreach Toolkit:  
<http://bestpractices.nokidhungry.org/summer-meals/sodexo-summer-meals-outreach-toolkit>
- At-Risk Afterschool Meals Program: [www.fns.usda.gov/cnd/care/SupperFaqs.htm](http://www.fns.usda.gov/cnd/care/SupperFaqs.htm)
- No Kid Hungry Center for Best Practices Afterschool Snacks & Meals:  
<http://bestpractices.nokidhungry.org/Afterschool>
- Feeding America Kids Café:  
<http://feedingamerica.org/how-we-fight-hunger/programs-and-services/child-hunger/kids-cafe.aspx>

## **7. Raise awareness of and help families sign up for SNAP and/or Free and Reduced Price School Meals.**

Many eligible families don't receive benefits because they don't know about them or don't know how to sign up.

- Supplemental Nutrition Assistance Program (SNAP): [www.fns.usda.gov/snap/](http://www.fns.usda.gov/snap/)
- National School Lunch Program - Free and Reduced Price Meals:  
<http://www.fns.usda.gov/cnd/frp/frp.process.htm>
- No Kid Hungry Center for Best Practices: School Breakfast Guides  
<http://bestpractices.nokidhungry.org/school-breakfast/guidestoolkits>
- Chef's Move to Schools: [www.chefsmovetoschools.org](http://www.chefsmovetoschools.org)
- Farm to School: [www.farmentoschool.org](http://www.farmentoschool.org) and [www.fns.usda.gov/cnd/fzs/](http://www.fns.usda.gov/cnd/fzs/)

## **8. Help teach families about healthy eating and cooking.**

Offer tips on how to eat healthful foods on a budget.

- SNAP-Ed Recipe Finder: <http://recipefinder.nal.usda.gov/>
- Good Food on a Tight Budget:  
[www.hungerfreecommunities.org/resource-library/good-food-on-a-tight-budget](http://www.hungerfreecommunities.org/resource-library/good-food-on-a-tight-budget)
- My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
- USDA Team Nutrition Resource Library: [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)

## 9. Raise public awareness of childhood hunger in your community.

Organize a public education campaign to share the facts about childhood hunger in your community and let people know how they can help.

- No Kid Hungry 2 - Hunger Facts: <http://nokidhungry2.org/hunger-facts>
- No Kid Hungry - Spread the Word: [www.nokidhungry.org/take-action/spread-the-word](http://www.nokidhungry.org/take-action/spread-the-word)
- Food Dessert locator: <http://www.ers.usda.gov/data/fooddesert/>
- Food Environment Atlas: <http://www.ers.usda.gov/foodatlas/>
- Map the Meal Gap:  
<http://feedingamerica.org/hunger-in-america/hunger-studies/map-the-meal-gap.aspx>
- Schools Fight Hunger: Hunger Awareness & Education:  
[www.schoolsfighthunger.org/ways-to-fight-hunger/hunger-awareness-education-program](http://www.schoolsfighthunger.org/ways-to-fight-hunger/hunger-awareness-education-program)
- SuperKids for SuperFoods: [www.superfooddrive.org/superkids-for-superfoods](http://www.superfooddrive.org/superkids-for-superfoods)

## 10. Advocate for policies and programs that will help end childhood hunger in your community.

- No Kid Hungry – Protect SNAP: [www.nokidhungry.org/snap/protect-snap](http://www.nokidhungry.org/snap/protect-snap)
- No Kid Hungry – Advocate: [www.nokidhungry.org/take-action/advocate/all](http://www.nokidhungry.org/take-action/advocate/all)
- Feeding America Hunger Action Center: <http://feedingamerica.org/get-involved/advocate.aspx>
- Hunger Free Communities Network: [www.hungerfreecommunities.org](http://www.hungerfreecommunities.org)
- USDA’s Community Food Security Assessment Toolkit

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### Engage youth volunteers on one of these upcoming days of service:

**National Hunger & Homelessness Week** -- November 10-18, 2012  
[www.nationalhomeless.org/projects/awareness/index.html](http://www.nationalhomeless.org/projects/awareness/index.html)

**Martin Luther King, Jr. Day of Service** -- January 21, 2013  
[www.mlkday.gov](http://www.mlkday.gov)

**Souper Bowl of Caring** -- February 3, 2013 (Super Bowl Sunday)  
[www.souperbowl.org](http://www.souperbowl.org)

**Sodexo Servathon** -- April 2013

**Global Youth Service Day** -- April 26-28, 2013  
[www.GYSD.org](http://www.GYSD.org)

## YSA-Recommended Hunger Organizations

	<p>Share Our Strength's No Kid Hungry campaign is ending childhood hunger in America by ensuring all children get the healthy food they need, every day. <a href="http://www.nokidhungry.org">www.nokidhungry.org</a></p>
	<p>Feeding America feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger. <a href="http://www.feedingamerica.org">www.feedingamerica.org</a></p>
	<p>Schools Fight Hunger brings together America's schools and school families around the cause of ending childhood hunger. <a href="http://www.schoolsfighthunger.org">www.schoolsfighthunger.org</a></p>
	<p>Souper Bowl of Caring uses the energy of the Super Bowl to mobilize youth in a united national effort to care for people in their local communities who are hungry and those in need. <a href="http://www.souperbowl.org">www.souperbowl.org</a></p>
	<p>The Campus Kitchens Project provides student-powered hunger relief and train the next generation of leaders to implement innovative new models to combat hunger. <a href="http://www.campuskitchens.org">www.campuskitchens.org</a></p>
	<p>SuperFood Drive changes the face of hunger by turning all food drives into healthy food drives. <a href="http://www.superfooddrive.org/">www.superfooddrive.org/</a></p>
	<p>USDA Nutrition Assistance Programs provide children and low-income people access to food, a healthful diet, and nutrition education. <a href="http://www.fns.usda.gov/fns/">www.fns.usda.gov/fns/</a></p>
	<p>The Alliance to End Hunger engages diverse institutions in building the public and political will to end hunger at home and abroad and hosts the Hunger Free Communities Network. <a href="http://www.hungerfreecommunities.org">www.hungerfreecommunities.org</a></p>

**How will you and your  
community implement the  
strategy?**

What is the specific  
community need?

**Childhood  
Hunger**

Which strategy would best  
address the need?

Personal Assets:

Community Assets:

Considerations unique to your  
community:

Your Project: