

MUNCHKIN FUN THANKSGIVING KINDNESS CHALLENGE




PART 1: EXPLORING HUNGER



for what is thoug
to be best in any
point of view.

Kindness

of being kind. t
much compas
moving in for
t is th



**"IF YOU CANNOT
FEED A HUNDRED
PEOPLE, THEN
FEED JUST ONE."**

MOTHER TERESA

ISSUE OVERVIEW:

HUNGER IN AMERICA



FACTS

- 44 million people in the US are food insecure
- 13 million children in the US are food insecure
- 49 million people turned to food programs in 2022
- 100% of US Counties have food insecurity
- 1 in every 5 kids may not know where they will get their next meal
- Children facing hunger are more likely to be hospitalized. As they grow up, kids who missed meals are more likely to have problems in school and other social situations



TAKE ACTION:

PLAN A NEW KIND OF FOOD DRIVE

1 in 7 people in the United States count on food pantries for some of their nutrition. You can play a meaningful role in stocking shelves.

- **Gather Food.** Go grocery shopping as a family. While at the market, discuss the importance of good nutrition and the consequences of not getting enough of the right foods
- **Visit.** Make a family trip to your local food pantry. Take a tour & ask staff about their work and how you can help. [Click here to find a nearby food pantry.](#)
- **Write a Letter.** Handwritten letters and drawing urging elected officials to visit their local food bank are powerful. Learn about anti-hunger advocacy and find contact information for your representatives [here.](#)

TAKE ACTION

LOCAL RESOURCES



LOCAL FOOD BANKS & HUNGER ORGANIZATIONS

- Broward: Feeding South Florida
- Central Florida: Second Harvest Food Bank of Central Florida
- Jacksonville: Feeding Northeast Florida
- Miami: Feeding South Florida
- PBC: Palm Beach County Food Bank
- Tampa Bay: Feeding Tampa Bay

ASK QUESTIONS

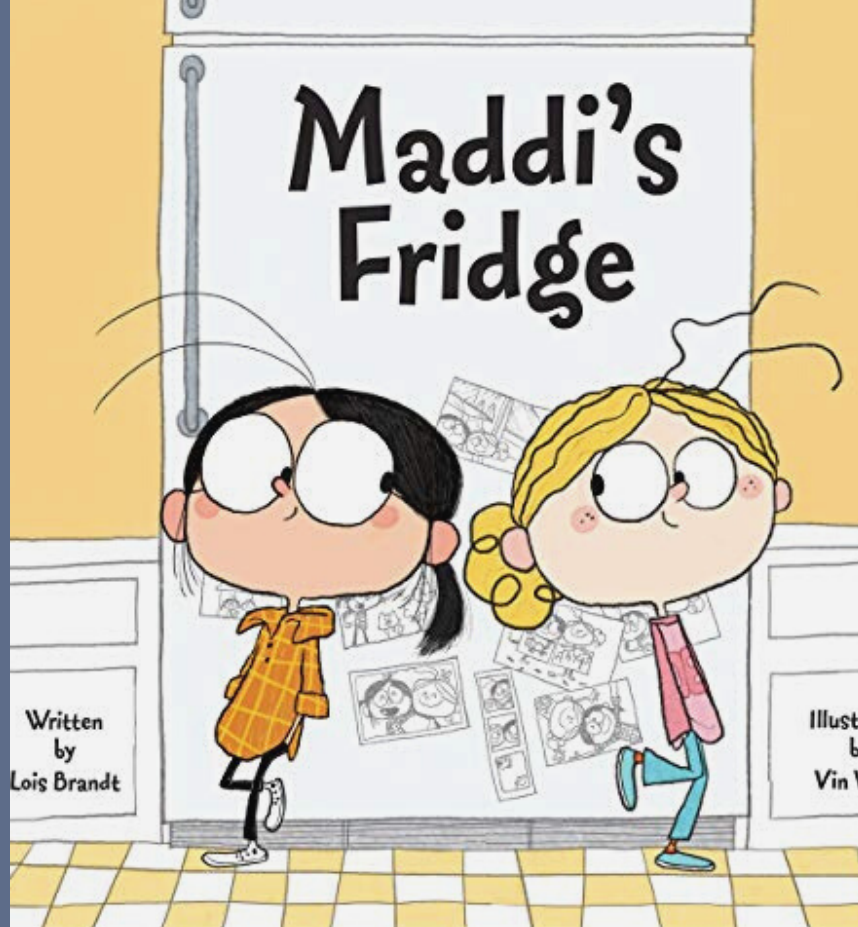
CONVERSATIONS MATTER



Help kids imagine what hunger would feel like...

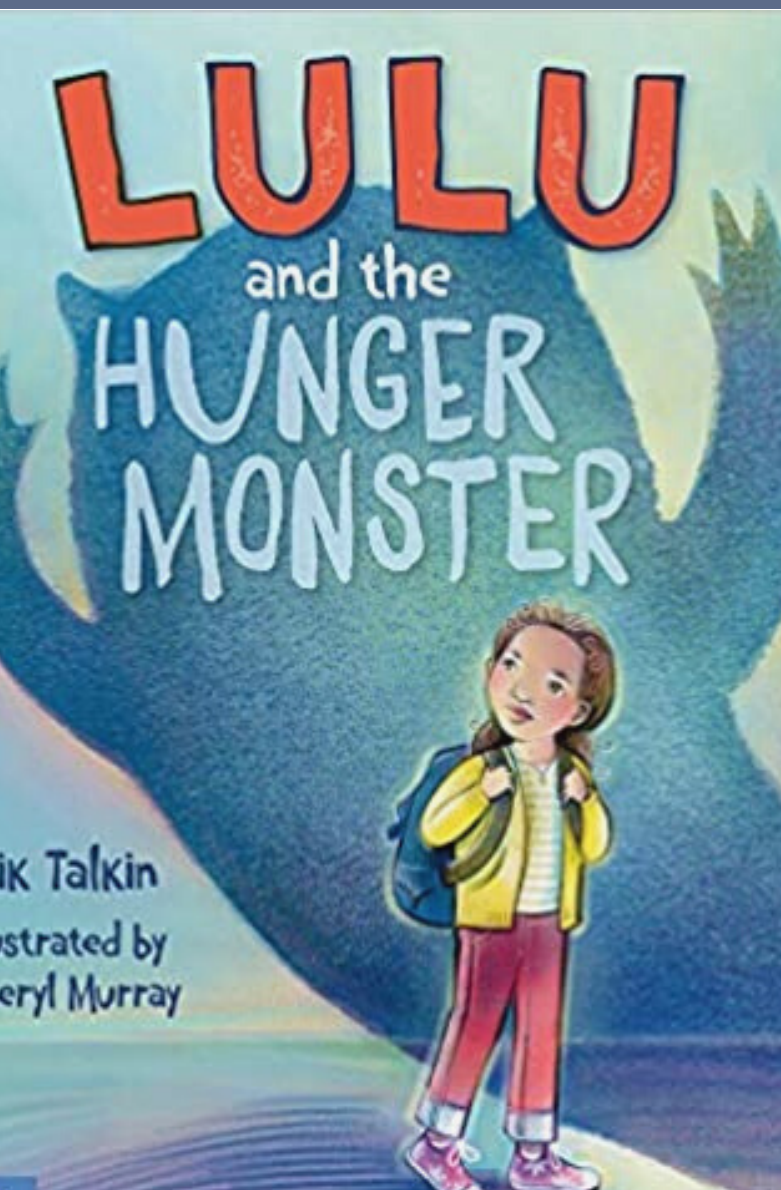
- Have you ever felt hungry for a long time? How do you feel when you've missed a snack or when you have to wait for lunch?
- How would you feel if you couldn't eat for a whole day?
- What things would be harder to do if you were hungry?
- How would it feel to go to school hungry? Take a test? Have recess?
- Why is it important to continue to donate food to our local food pantry and not just do it one time?
- How else can we help people who are hungry?

READ A KIDS BOOK ABOUT HUNGER



Maddi's Fridge by Lois Brandt. Sofia and Maddi live in the same neighborhood, play in the same park, and both have pesky little brothers. But while Sofia's fridge at home is full of milk and eggs and tortillas and cheese and lettuce and jam and even half a can of dog food, Maddi's fridge is empty with just a small container of milk for her brother.

Lulu and the Hunger Monster by Erik Talkin. When Lulu's mother's van breaks down, money for food becomes tight and the Hunger Monster comes into their lives. Only visible to Lulu, Hunger Monster is a troublemaker who makes it hard for her to concentrate in school. How will Lulu help her mom and defeat the Monster when Lulu has promised never to speak the monster's name to anyone?



KEEP IT GOING

ONGOING FAMILY ACTIONS



Continue to tackle hunger as a family

- **Adopt a Food Shelf.** Connect with your local pantry about what supplies you can provide on an ongoing basis. Schedule bi-weekly or monthly shopping visits & deliveries.
- **Get your neighbors involved.** Drop a note in your neighbors' mailboxes asking them to leave non-perishable food items on their doorstep on a certain date. Pick up & deliver the items to your food shelf.
- **Donate.** Make a donation to Feeding America, the country's largest domestic hunger-relief organization. It reaches over 40 million people in need of food every year.