



SUMMER ACTION PLAN

Activities to help your 'ohana talk about hunger and address it in your community



FOOD FOR THOUGHT

Read this passage together and discuss the questions that follow.

My mom works really hard to make sure my brother and I have enough to eat. When we're eating, she makes sure we eat first and are full. I get free lunch at school, which helps my mom make sure we have enough food over the weekend.



Discussing Hunger with your Keiki

What is the connection between the mom's job and food on the family's table?

ANSWER: Food costs money, and the mom receives money by working. When there is not enough money available, it's hard for the mom to buy food.

Talk about other things that cost money – for example: clothes, toys, entertainment and school supplies. Some of these things are necessities, and some aren't. Food is perhaps the biggest necessity of all. When a family can't afford food, it causes many problems.

Why does the mom wait to eat only after the kids have eaten first and are full?

ANSWER: Because when there isn't enough food to go around, the mom cares more about her kids' full tummies than her own.

What do you think might happen if the kids couldn't take advantage of the free lunch program?

ANSWER: They might feel hungry at school – and it doesn't feel good to be hungry.

PICTURING HUNGER

Sometimes it can be difficult to talk about a big issue like hunger. To start the conversation, you can ask your keiki the following questions:

- What does it feel like to be hungry?
- What would you do if you couldn't eat for a whole day?
- What things might be harder to do while hungry?

In the space below, work together to draw or write the story of someone who is facing summer hunger. If more direction is needed, ask a question, like: How would you feel if you had to go the entire summer – almost 90 days – without breakfast or lunch?



How Do You Feel When You're Hungry?

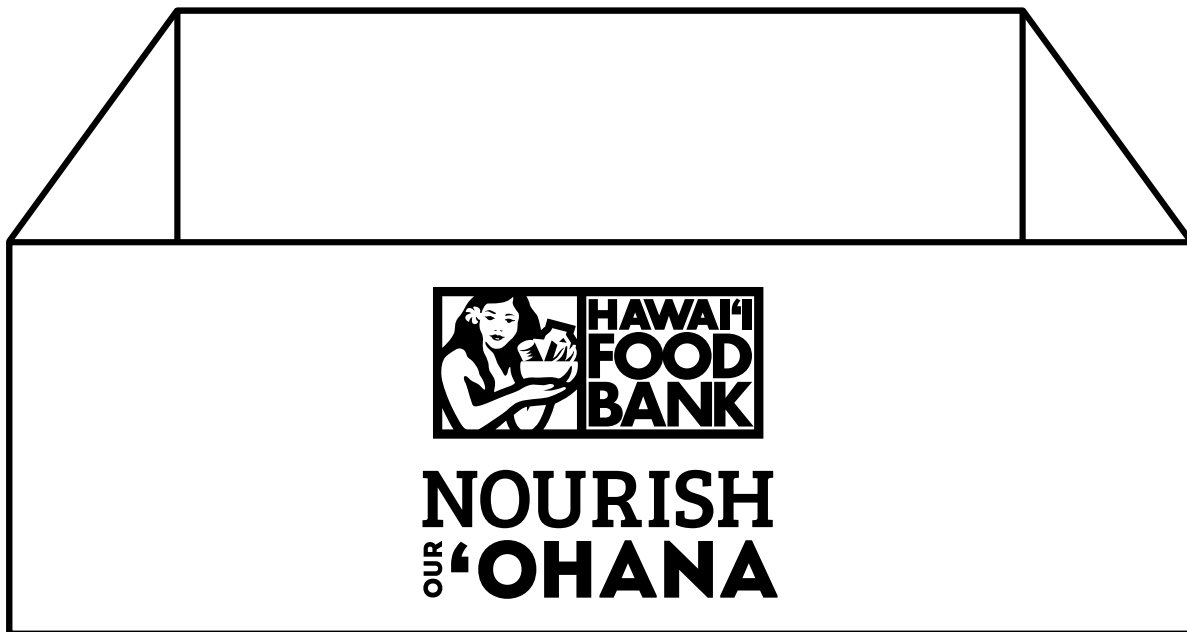
A large, empty rectangular box with rounded corners and a green border, intended for drawing or writing a story.

I WANT TO HELP

A food bank is a place that collects and stores food for people in need. Food donations are key to their success. Dried and canned goods such as peanut butter, soup and beans are some of the best foods to donate because they're high in good-for-you protein. What other foods do you think would be good to donate?

Using a pencil or marker, have your child draw foods they can bring to the Hawai'i Foodbank

Donation Box



ENDING HUNGER STARTS AT HOME

We all have a role to play in ending summer hunger. Let's encourage our keiki to do what they can at home and in their community.

Start a donation jar

Find a spot in your house to collect donations for your local food bank. If you give your kids an allowance, help them form good budgeting skills, setting aside 10 to 20% for charity. When keiki use their own money to help others, it not only instills pride, it builds empathy.



Fundraise with friends and family

Start a fundraiser for Hawai'i Foodbank with your loved ones, collecting monetary donations and shelf-stable foods. Make it a competition to see who can raise the most! Visit HawaiiFoodbank.org and select "Start a Fundraiser" to get started.

Plant a family garden

Collect a harvest to donate to Hawai'i Foodbank. This project will engage your child in efforts to fight hunger as well as promote sustainability. If your family would like to expand this idea, consider working with others in your area to create a community garden. If weather is a concern, small indoor gardens are also possible.



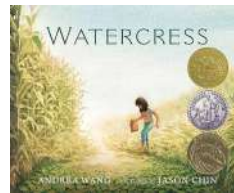
Just for fun! Get creative and color the comics above.

FOSTERING UNDERSTANDING

Get Reading

Reading stories is a great way for keiki to understand the complex realities of other people's lives. Consider adding these books to your family's read-aloud list. Picture books that deal with hunger include:

- Maddi's Fridge, by Lois Brandt
- Watercress by Andrea Wang & Jason Chin
- Kindness Is My Superpower, a Children's Book About Empathy, Kindness and Compassion, by Alicia Ortega



In Someone Else's Shoes

One of the ways to get kids thinking about others is to encourage empathy. Start by asking them to imagine what a friend going through a tough time might feel. Then explain that empathy is the ability to understand situations different from their own – in other words, what it's like to be someone else. When they have the ability to understand, they'll want to help them more.

Feeling Faces

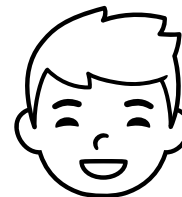
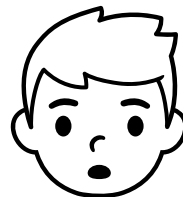
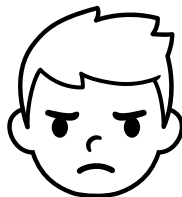
Match the face with the right emotion and have your keiki share an example of when they've experienced that emotion. You can repeat the activity with examples of when others may have experienced those emotions.

SURPRISED

HAPPY

ANGRY

SAD



FAMILY ACTION CHECKLIST TO END SUMMER HUNGER



CREATE a donation jar and start contributing money.



COLLECT extra food items to donate to Hawai'i Foodbank.



SHARE food with someone in need.



CONTACT Hawai'i Foodbank to ask how you can help.



INVITE a friend to volunteer with you at Hawai'i Foodbank.



READ a book or a news article that deals with hunger or other issues.



ORGANIZE a community food drive or a local fundraiser.



YOUR 'OHANA'S OWN IDEA:



Hawai'i Foodbank is a non-profit 501(c)3 agency that provides food assistance to the state of Hawai'i. We serve O'ahu and Kaua'i directly while partnering with The Food Basket to serve Hawai'i County and Maui Food Bank to serve Maui County. Together, we work to ensure that no one in our entire Hawai'i 'ohana goes hungry.

Hawai'i Foodbank is a certified member of Feeding America – the nation's largest hunger relief organization, encompassing a network of 200 food banks across the United States. Certification means Hawai'i Foodbank is held to the highest standards for food handling, storage and distribution, financial management, organizational stability, board governance, and more.



Our mission is to nourish our 'ohana today while we work to end hunger tomorrow.

How Hawai'i Foodbank Provides Meals

DONATIONS ARE MADE: Hawai'i Foodbank secures donations from individuals, food drives, local retailers, food service locations, food companies and government agencies.

FOOD IS MOVED: Hawai'i Foodbank moves the donated food from these sources to its warehouse, where they're sorted and organized.



FOOD IS DISTRIBUTED AND STORED: Hawai'i Foodbank ensures the safe storage and reliable distribution of donated goods to local hunger-relief partners.

FOOD REACHES PEOPLE IN NEED: Hunger-relief partners provide food and grocery items to people in need at places like food pantries, soup kitchens, youth programs, senior centers, emergency shelters and more.

Impact

Hawai'i Foodbank provided food for over **21 million meals** to neighbors, keiki, kūpuna and families last year.

Every dollar donated helps provide food for over **2 meals** secured by Hawai'i Foodbank.

If you, or someone you know, need help with food, please visit our website, HawaiiFoodbank.org/help