

# HUNGER ACTION MONTH 2010 ACTIVITIES FOR FAMILIES



**September is Hunger Action Month,** and we're asking all Americans to take action to fight domestic hunger. Participating in activities as a family is a wonderful way to get involved, and instill the value of helping others in every family member. Here are some activities specifically geared toward families:

### **Wear it on your sleeve!**

Pick up some blank t-shirts, and some iron-on letters, fabric paint or other decorative materials. Use these to design your own T-shirt with facts about hunger, such as "Hunger is a reality for nearly 1 in 4 American children" or "September is Hunger Action Month" or "30 Ways in 30 Days: Fight Hunger this September." Wear your shirts with pride to promote Hunger Action Month!

### **Set an empty plate at your table.**

For your next family dinner (or for a week of family dinners), set an extra place at your table – and leave the plate empty. Let this be a reminder to everyone at the table that while you are fortunate to have the

food you need, there are those going hungry and those who are at risk for hunger, and now is the time to take action and help others fill their empty plates. You can also check the **Hunger Action Month Conversation Starters** resource – dinner is a great time for discussion!

### **Volunteer as a family.**

Contact your house of worship, community center, Boy or Girl Scout Troupe, or other youth organization to see what volunteer opportunities are currently available in your community, and how your whole family might be able to volunteer together. You can also contact a hunger relief agency directly – links to Feeding America food bank websites can be easily found by using the zip code search feature on [www.hungeractionmonth.org](http://www.hungeractionmonth.org). After volunteering somewhere with your children, process the experience as a family. Ask questions, like:

- How did you feel when you were (serving the meal at the soup kitchen, helping collect canned goods, etc)?
- What was easy about the volunteer experience? What was challenging?
- Why do you think it's important for our family to help other families?
- What other actions could we take as a family to help other families?

### **Activities for Children – of All Ages!**

Check out the **Hunger Action Month Activities for Children** overview. Choose some of those activities to do as a family – and consider inviting other families to join you for some or all of these projects!

