



ISSUE AREA: HUNGER

SMART BREAKFAST



C&S
Wholesale
Grocers



generationOn.org

What You're Doing

Collecting breakfast foods so kids can start every day with a healthy meal.

Why It Matters

In 2014, about 15.3 million American children lived in households struggling to put food on the table. That's millions of children who start their day hungry, affecting their ability to learn and concentrate. Help these kids start the day off right with a healthy meal!

What You Need

1. Clean grocery bags or shopping bags
2. Materials for making flyers — markers, paper, tape or stapler
3. A place to donate the food (food banks, soup kitchens, shelters, places of worship)
4. Breakfast foods:

Additional Resources and Suggestions:

- Watch [this video](#) about health and hunger in the United States to learn how important nutritious food is for a healthy life.
- Check out [this fact sheet](#) about child hunger in America to find great facts for your flyers.

Sample Breakfast Foods	
Materials Needed	Price
Healthy hot and cold cereals	\$2.58
Juice boxes	\$3.32
Muffin and pancake mix	\$2.50
Syrup	\$2.98
Fruit cups	\$2.50
Total Price	\$13.88

Project Supplies	
Materials Needed	Price
Grocery or shopping bags	\$0
Paper	\$3.97
Markers	\$5.99
Tape	\$4.99
Breakfast Foods	\$13.88
Total Price	\$28.83



Here's How You Do It!

1. Identify organizations that provide breakfast for hungry people. [Feeding America](#) can help you locate the food pantry nearest you! Find out what foods they need most, and schedule a date to deliver your breakfast bags.
2. Make flyers that explain why you're collecting breakfast food and attach them to a bag or bags. Make sure to include the following information on your flyer:
 - a. The types of food you are collecting
 - b. The collection period (for example, March 15th—March 30th)
 - c. Who the food will benefit
3. Collect the food! There's lots of different ways to collect food items, consider collecting donations at school, church or asking local neighbors to get involved.
4. Pick up the bags from the collection locations. Thank everyone who chipped in to help out!
5. Pack your items into boxes or bags.
6. Drop the bags off at the organization of your choice.

Grade Specific Instructions:

1. Grades K-2: Keep it simple! Follow the instructions above.
2. Grades 3-5: Try to put together a breakfast food drive with a whole classroom.
3. Grades 6-8: Host a breakfast food drive with your entire school.
4. Grades 9-12: Get the community involved in fighting hunger! Stand outside local supermarkets and shopping centers to spread awareness for hunger, and provide an opportunity for the community to donate.

Reflection Questions:

1. Have you ever experienced hunger while in school? How did it affect your concentration?
2. How does it feel knowing that you helped a person get the breakfast they need to start the day off right?
3. What are other ways you can help people in need?

MARCH 15 - APRIL 30