



25 WAYS FOR KIDS AND TEENS TO FIGHT HUNGER



C&S
Wholesale
Grocers



generationOn

Fighting hunger doesn't have to be hard! There are many easy and fun ways to get involved in the #MYMH on Hunger Campaign with generationOn. Some of them take no time at all, while others are a bit more involved. Here are some ideas to get you started:

In 5 minutes you could:

1. Donate to [Feeding America](#). Every dollar you donate is equal to 11 meals!
2. [Sign a petition](#) for Congress telling them to contribute aid to refugees!
3. Buy one extra can of food at the grocery store and add it to a bag of food that you'll donate when full.
4. Share information about hunger and its effects on social media.
5. Watch an inspiring video about ending hunger from Global Citizen. [Find it here!](#)

In 15-30 minutes you could:

1. Collect grocery bags from your kitchen and drop them off at your local food pantry. They'll fill it with food and hand it out to people in need!
2. Make a to-go meal for a family whose loved one is in the hospital. Eating hospital food can be expensive and lacking in nutrition at an already stressful time.
3. [Learn how to compost](#) your leftover food for a garden.
4. [Play a game](#) that helps you learn and feeds the hungry at the same time!
5. Buy a meal for a homeless person on the street.

In an hour you could:

1. Sort food at a food bank.
2. Help tend your local community garden or research how to make your own.
3. Make healthy snacks for the elderly in your community who may be struggling financially.
4. Ask local stores if you can set up a collection can for a hunger related cause.
5. Educate your family about food waste and discuss how you can work together to reduce waste in your household. [This is a great place to start!](#)

In 3 hours you could:

1. Hold a bake sale and donate the proceeds to an organization of your choice.
2. Convince your sports team or musical group to bring nonperishable goods to your next gathering. Donate the goods to a local food pantry and have a conversation about hunger.
3. Volunteer at your local chapter of Meals on Wheels to visit with senior citizens and give them healthy and nutritious meals.
4. Volunteer at a soup kitchen to help prepare and serve a meal for your community's homeless or needy.
5. Host a film screening at your school or community center. Encourage everyone to bring a canned good as the admission price.

In 5-10 hours you could:

1. Write a healthy eating cookbook that teaches people how to use healthy produce commonly found in your local food pantry. Many people don't know how to cook nutritious meals!
2. Organize and hold a hunger rally to raise awareness in your community.
3. Organize a Volleyball Tournament and charge participants a donation of food for admission to the tournament.
4. Hold a food drive at your local grocery store!
5. Hold a hunger banquet with your church, classroom, or sports group. It will raise awareness and provide an eye opening experience for everyone! [Learn more here.](#)

If you took part in one of these projects or activities, let us know! We want to hear your story about fighting hunger, in your own unique way.

Tell us your story at hunger.generationOn.org

