



Educational Activities and Resources About Food Insecurity

For Families with Children

Activities

- Create a “kindness” note or drawing with positive thoughts to be placed in food bags that will be given out or decorate lunch bags for guests to put lunch items into. Contact [Lynn Palacios](#) and she will pick them up and deliver them to a food pantry.
- Write a note or create a drawing to include in their parent’s letter to Congressional Representatives. Children might ask the representatives to please help all families get the food they need.
- Look at your grocery receipt(s) to find and discuss the cost of food items that you usually eat.
- Compare the menu at a favorite fast-food restaurant to a healthy home cooked meal at home (i.e., many fried items and lots of calories vs. balanced meal of fresh vegetables, fruit, grilled/baked protein, bread, milk or water).
- Read children’s stories about food from other countries or about food insecurity such as *Maddi’s Fridge* by Lois Brandt.
- Limit the number of family snacks available outside of mealtime to understand the feel of a little hunger. Talk about the fact that some families have a limited amount of food in their cupboard or refrigerator.
- Count all the different kinds of cereal in your cupboard and ask, “why do we have so many different kinds? Do we need all of them?”
- Review grocery ads to plan a meal and see how much different foods cost and how much a meal will cost.

Resources for Adults Who Interact with Children

- [From TABLE feeding local kids – Talking to Children About Hunger](#)
- [Service Stars – Lesson #2 – Helping with Food Insecurity](#)
- [Doing Good Together – Food Insecurity in U.S. Is Growing – Here’s How to Help](#)
- [Eight Ways to Talk About Hunger from Little Green Thumbs](#)
- [Feeding America Teacher Instructions, Grades 1-3](#)

Resources for Adults Helping Teenagers Learn About Food Insecurity

- [Foodspan – Hunger lesson plan](#)
- [Helping Middle Schoolers Learn About Hunger](#)
- [Service Stars – Lesson #2 – Helping with Food Insecurity \(includes Middle School activity\)](#)

Resources for Adults

- [Feeding America – Hunger and Health Resources](#)
- [Feeding America – Map the Meal Gap – Food Insecurity in the United States](#)
- [Bread for the World](#)
- [Bread for the World – Resource Library](#)

- [A Place at the Table – Documentary 2011/2012](#)
- Book: A Place at the Table:the Crisis of 49 Million Hungry Americans and how to Solve it; 2013 – Participant Media (COR)/ Pringle, Peter (EDT)
- [Steps - Guide to Resources & Support to Promote Food Security](#)
- [Food Assistance Programs](#)
- [No Kid Hungry – Facts About Child Hunger in America](#)