

Family Action Checklist to End Summer Hunger



- CREATE** a family giving jar. Collect spare change and watch the impact grow.
 - BUY** nonperishable food items to donate to a nearby food bank — think peanut butter, canned beans or pasta. Turn it into a game: who can find the best shelf-stable snack? Visit 2-harvest.org to find a food bank in your neighborhood.
 - SHARE** food with someone in need. Make an extra lunch, bake a treat for a neighbor or drop off a meal to someone going through a hard time. Check out 2-harvest.org/recipes for delicious, kid-friendly dishes.
 - VOLUNTEER** with your friends and family. Look for age-friendly opportunities near you at 2-harvest.org/volunteer.
 - READ** a book or a news article about hunger, kindness or generosity and talk about them as a family.
 - HOST** a neighborhood food drive or online fundraiser. Visit 2-harvest.org/get-involved for inspiration and info.
 - CELEBRATE** your birthday! Invite friends and family to donate food or funds in honor of your birthday. Every gift helps fill a plate. Click 2-harvest.org/fundraise to get started.
 - YOUR FAMILY'S OWN IDEA:**
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Visit 2-harvest.org to learn more about hunger and how you can help.

