



PROJECT IDEAS HUNGER

LEARN

- Invite a community health professional to visit your club and educate members on the prevalence and impact of hunger in your community.

ACT // BEGINNER

- Support your local food bank by donating time, equipment or food.
- Create a resource list of hunger related volunteer opportunities in your region to share with other clubs in your district.
- Use social media to raise awareness about childhood hunger in your community and to inspire others to become involved.
- Host a healthy eating event at your school, community center or place of worship. Invite a nutritionist as a keynote speaker.
- Deliver nutritious, prepared meals to elderly, disabled or ill community members.
- **Serve meals at a soup kitchen or homeless shelter.**
- Donate to organizations that provide micro-nutrient powders to malnourished children.
- Bring a variety of fruits and vegetables to an elementary school class. Explain to the students where the food comes from and encourage them to taste different types of produce.

ACT // INTERMEDIATE

- Volunteer with a “gleaning group” to harvest unpicked fruits and vegetables at farms and orchards.
- Host a grocery store or market tour where a nutritionist gives participants tips on choosing healthy and nutritious groceries.
- **Collaborate with a food bank to organize a community food drive, focusing on collecting items most needed in your area.**
- Write a cookbook of inexpensive, healthy, easy-to-make recipes.
- Work with your local school to provide weekend take-home bags of nutritious snacks for children in need.
- Sponsor a cooking class for youth to learn basic cooking skills for healthy living.
- Create an online resource on planning and portioning meals to reduce household food waste.

ACT // ADVANCED

- Conduct an assessment of food access in your community. Advocate to local government leaders for additional or improved options in areas of need.
- Support pregnant women and new mothers by ensuring there are comfortable, safe and clean areas for them to nurse in the community.
- Use your professional networks to connect food banks to food industry leaders interested in food recovery.
- Develop a program to provide underserved students with food during holiday times when school is not in session.
- Establish a community or school vegetable garden for residents in a food-insecure neighborhood.
- Establish a weekly produce stand in a food desert.
- Create a volunteer transportation program to help individuals and families get to and from grocery stores, food banks and soup kitchens.
- Develop an animal husbandry program where a few families receive a small stock of animals. A portion of the animals’ offspring will be given to neighboring families for sustainable growth of the program.

