



## canned food drive



### Why host a canned food drive?

Many people cannot obtain enough food to feed themselves and their families. They depend on the work of food banks that store and distribute food to other Hunger organizations. Food banks operate like warehouses, and for this reason, it is important that they have easily storable food that won't spoil on a shelf. A canned food drive supports those needs.

A canned food drive is also a simple project that can be managed by children of all ages and uses minimal resources. It is also a project that provides a role for all family members: younger children can stack can while older ones can make signs, distribute flyers and reach out to friends.

### MATERIALS

- Signs
- Flyers
- Collection Bins and Boxes
- Thank you notes

### CONVERSATION STARTERS

- Do you have a variety of choices for meals and snacks every day? How would you feel if you had little or nothing in your pantry?
- Why do you think it is important for families to have access to easily storable food?
- What kinds of food do you think are easily storable?

### START A RIPPLE OF GIVING

- For your next birthday or celebratory event, consider hosting a canned food drive instead of a traditional party.



## DIRECTIONS

### Plan:

Ask an adult to help you contact a local food bank to find one that is in need of donations. Also find out what they need most and make a list of those items.

### Create:

Ask an adult to help you find a location to set-up a collection booth – this could be at a store near an entrance or in your neighborhood that gets drive or walk-by traffic.

Tell your friends about the food drive and ask if any would like to help.

Make signs to put-up and create flyers to spread the word about the food drive.

### Act:

Set-up your collection booth using a table, large bins or boxes and a large sign. Sort donation either by can size or food type.

Review each item for expiration dates. If the canned good has an expired date, you should not give it away. (To dispose of expired items, open the can, compost the contents and recycle the can). Don't accept food that needs to be refrigerated.

Ask an adult to help you take the food to the food bank when you are done.

## SAMPLE ITEMS

- Peanut Butter
- Canned + Dried Beans
- Rice
- Canned Vegetables
- Canned Fish + Poultry
- Nuts
- Canned Chili
- Whole Grain Cereal
- Canned + Dried Fruit
- Cooking Oils
- Applesauce
- Crackers
- Granola Bars
- Basic Herbs + Spices
- Instant Mashed Potatoes
- Meals in a Box

## REFLECTION

Have your family, friends + neighbors come together after working together on the food drive? Ask each family member to come up with five words that describe the experience in response to the questions below.

- Why was it important to do this project?
- How did you help?
- What was it like to work together as a family for this project?
- What was the the most enjoyable part of the experience?

