ONE KID CAN!

A Guide for Kids to Help End Hunger

You want to help end hunger in Rhode Island and we want to give you the tools and ideas to be successful. That’s why we put together this toolkit! The ideas come from other kids who have already had an impact in their own communities. You can build on their ideas or create your own. We hope you’ll tell us about the projects you come up with so we can keep adding stories to our website.
Before you get started, here are a few things to consider:

**What is your goal?**
- Collect food
- Raise money
- Increase awareness

**Who can help you?**
- Family
- Friends
- Teachers
- Clubs or teams
- Faith communities
- Neighbors and nearby businesses

1. **What's the Plan?**

Planning ahead is the way to make sure your project runs smoothly. That means you have to think about the tools – and people – you’ll need to get the job done.

- **Always ask permission first.** Whether you’re running an activity at home or at school, make sure the people in charge know about it and approve. Don’t be afraid to ask for help.

- **Make a list – or two.** Write down all of the activities that need to happen including supplies and what they will cost. How much money do you need to cover your costs and still have enough to make a donation to the Food Bank? Will you need volunteers to help you? How about transportation?

- **Food safety.** If you’re collecting food, where will you store it? And how will you get it to the Food Bank? Always prepare a safe, dry, secure place to store food.

- **Set a goal.** How much food do you want to collect? How much money do you want to raise? How many people do you want to engage? A simple goal will help you measure your success.

- **Saying thanks.** When you’re done, don’t forget to thank everyone who pitched in.

2. **Take Action**

Here are some great ideas to get started – you can make whatever you do a big success by putting your own special spin on it.

**Hold A Food Drive**

Get everyone involved at school, church, or in your neighborhood. Let people know when and where they can drop off food and watch the impact that a group of people can have.

Make it a competition with another class or club and see who can collect the most food. Each team can bring in a different healthy food like canned beans or cereal. Offer a prize for the winner like a pizza party or ice cream social.

**It Works!**

Ask people to donate food to the Food Bank instead of giving gifts for your birthday or other special occasion. They really add up!
Volunteer

There are many opportunities to volunteer to end hunger in your community. To volunteer at the Food Bank, you must be at least fourteen years old. However, you can take a tour of our facility at any age or request a speaker to come out to your school or community group. At our community farms, volunteers of all ages are welcome.

It Works!

Hold a marathon: running, jumping rope, or reading. Participants can ask family & friends for pledges to support the Food Bank.

Host a Fundraiser

Come up with an idea for an event or activity, then get friends and family to participate. Their admission: A donation to the Food Bank.

It Works!

Run a lemonade stand or bake sale with the proceeds going to the Food Bank! Or organize a dance or dress down day where participants donate to the Food Bank.

3. Spread the Word

To meet the goals of your event, you have to get the word out to everyone who might want to participate. Here are some ways to spread the word:

Social Media

Invite others to participate on Facebook, Twitter or Instagram. Tell them to share your post or event with their friends and families and watch your audience grow.

Hang Posters or Flyers

Post information about your upcoming activities on bulletin boards at school, coffee shops and your place of worship.

Make It News

Ask your school newsletter or local newspaper to cover your event. Editors can post it on their calendars or write a special story highlighting the work that you’re doing to help end hunger.
Success Stories

**Neighbor-to-Neighbor**
Andrew held a food drive in his neighborhood by leaving a grocery bag with each of his neighbors including a note explaining that he would be back the following week to pick up food donations for the Rhode Island Community Food Bank. His neighbors responded generously and Andrew collected nearly 450 pounds of food which he and his mom delivered to the Food Bank.

**Saving Up to Give Back**
During the Catholic celebration of Lent, second graders at St. Luke’s school in Barrington saved their earned money as a collection for the Rhode Island Community Food Bank. Over several weeks, the students raised $170, enough money to provide 425 meals for families affected by food insecurity. And they felt a great sense of reward knowing that they were helping people in need.

**A Pie in the Face**
One way to get food donated to the Rhode Island Community Food Bank is to take a pie in the face like Principal David Cluff at John Francis Brown Elementary School in Warwick. Each class that collected 60 cans of food was given the “prize" of throwing a pie at the principal. In total, students collected 967 cans to help neighbors in need of food assistance. And Principal Cluff had to take on 12 pies!

Let Us Help

We have a number of tools available to help you with your activities:

- Food Drive posters (available at the Food Bank or on our website)
- Food collection boxes
- Donation barrels

On our website, you can find:

- List of most needed food items
- Facts & Figures about the Food Bank and hunger in RI
- Ways for people to donate
- List of community farms where you can volunteer
- List of food pantries and meal sites that may need assistance
- Link to create your own fundraising web page

Contact Us!

If you have questions or ideas you want to share, please contact:

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And don’t forget to tag us on social media:
Visit us online at rifoodbank.org.