



Summer Action Plan

A Family Friendly Resource for Ending Hunger in Your Community

We know how much children enjoy meals and snack time—from spaghetti to chicken nuggets to apple slices - and we want to ensure that every child across the country has the food they need to thrive. The reality is that 20 million children could face summer hunger when they are out of school this year. When we all work together, we can elevate communities and ensure all kids have access to fresh, nutritious meals this summer. This guide, featuring our friend Pete the Cat, will help your family talk about the issue of hunger and what you can do to help in your neighborhood.

Pete the Cat art graciously provided by creator and illustrator James Dean

Food for Thought

Messages from parents who have experienced hunger:



I have three kids to look after and provide for, so you get this drive that comes out of nowhere. **Providing a balanced meal to myself and my family is a necessity.**

- Taylor, Virginia

The summer meals program provides a great peace of mind and it's great just having that there and allowing us to have my kids fed knowing that they're going to have a meal that day and I don't have to worry about that. I know my kids are going to eat healthy food, get a healthy meal, and it's going to be a safe meal for them. It's a safe spot for them to go.

- Nyx, Wisconsin

Pete the Cat

Word Search

P Z G R O O V Y G S W A H L E A T Q
L O E Z I B L U E P N U V Q Q W W U
A I K T H W A P A O L A W W O B S L
Y C D T N E F U I R J X C A H T N Y
I E P E T E A V V T T E P K B O M U
A B B H R C O L V S S D A F S J S C
Q W L X A O Y V T A N O R O O K U A
C Q E K X X R M W H H G K O R U M T
O Y W H I S K E R S Y T H D G Z M Q
O T L A G C N Y T Y L U N C H C E H
L P O O L Q E M I Q S S I W N B R K
X B O O K D M R H S T A I L N L N U

Find the following words in the puzzle.
Words are hidden → and ↓ and ↘

BLUE
BOOK
CAT
COOL
EAT
FOOD

GROOVY
HEALTHY
LUNCH
PARK
PETE
PLAY

POOL
SNACKS
SPORTS
SUMMER
TAIL
WHISKERS



Ending Hunger Starts at Home:

Family Action Checklist

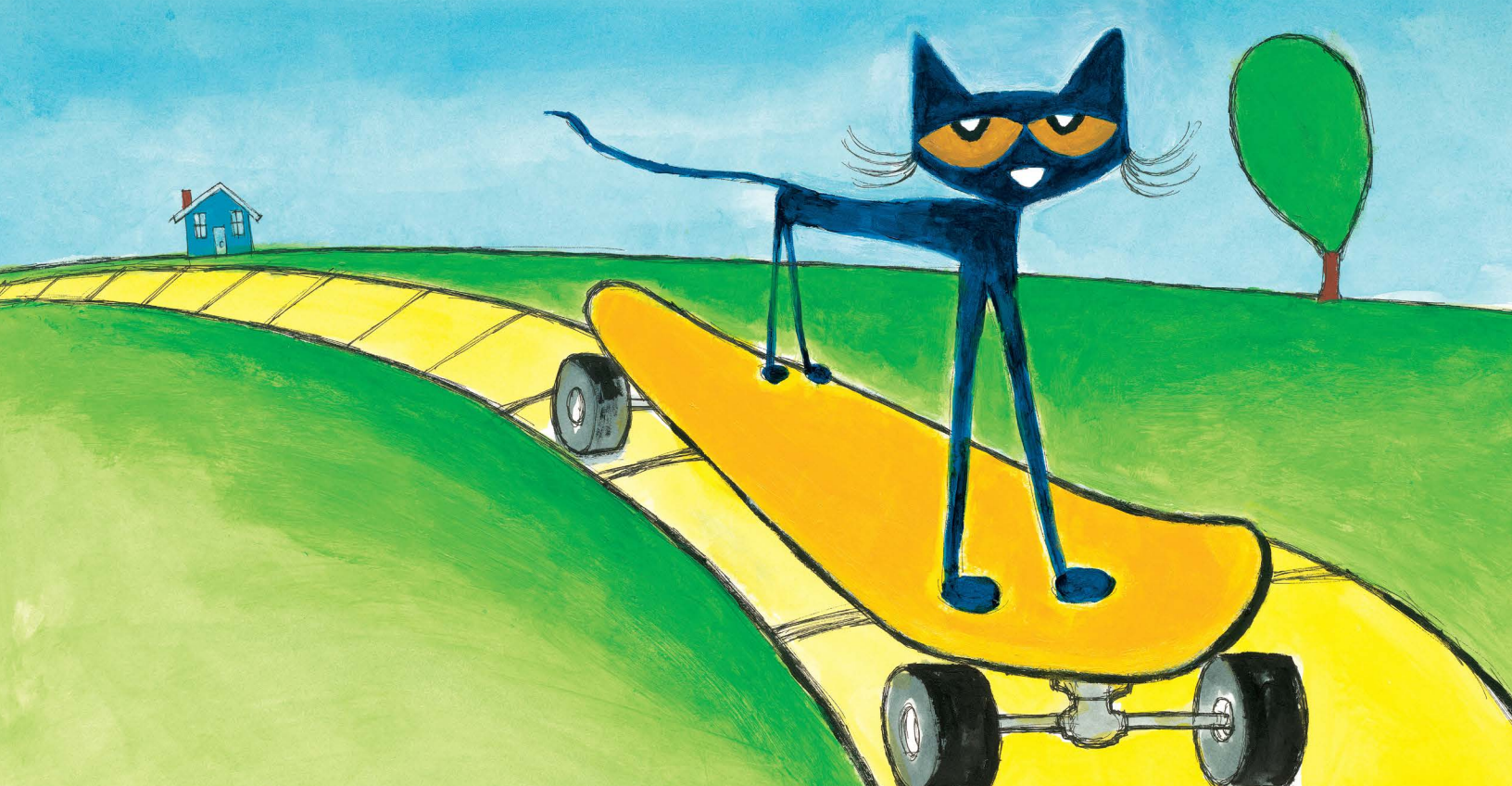
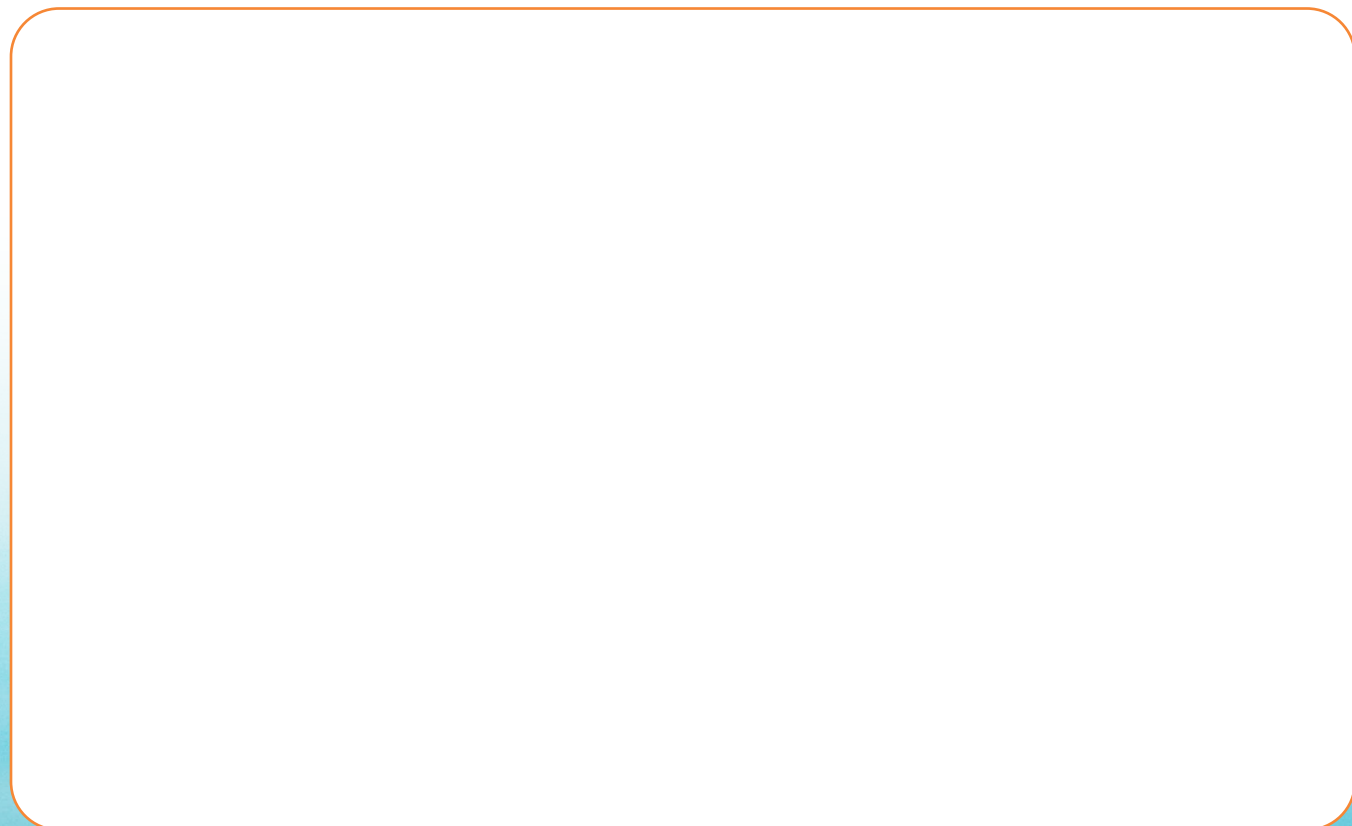
We can end hunger when we all work together. Let's encourage our kids to do what they can at home and in their community.

- ☐ **1.** Create a donation jar and start contributing money.
- ☐ **2.** Host a lemonade stand/birthday party. Raise funds in person or online. Look up Team Feed to see how you can host a virtual fundraiser. (URL: www.feedingamerica.org/teamfeed)
- ☐ **3.** Volunteer at your local food bank or pantry. Many host family volunteer days that accept volunteers as young as 5.
- ☐ **4.** Watch videos about the work of Feeding America on our YouTube channel. Check out our "kids in the movement" videos for age-appropriate inspiration. (URL: www.youtube.com/feedingamerica)
- ☐ **5.** Read about the work of Feeding America on our Hunger Blog. Share what you learned with a friend. (URL: www.feedingamerica.org/hunger-blog)

Your family's own idea:



Draw yourself and Pete taking one of these actions to help!



Rooted in the voices of neighbors facing hunger, Feeding America unites the country ensuring everyone has access to food and a thriving future. We support tens of millions of people as part of a nationwide network of 250+ food banks, 20+ statewide food bank associations, 10+ regional co-ops and 60,000+ agency partners, food pantries and meal programs. Powered by leaders and volunteers embedded in local communities, we are one of the nation's most effective food distribution systems driving immediate impact today—and a catalyst for long-term change through advocating for legislation that improves food security and work to address its factors. We partner with people experiencing food insecurity, policymakers, organizations and supporters united with the unwavering commitment to provide nourishing food and work to end hunger at its roots so everyone can live fuller, healthier lives.

How Feeding America supports local communities



Sharing Food

We work with farmers, manufacturers, retailers and government agencies to save unwanted food from landfills and move donated grocery items to where it is needed most. Network food banks collect, sort and distribute these donations to local food pantries and meal programs that help get the food directly to people in their communities.



Financial Support

Your donations to Feeding America help local food banks and their community partners address hunger and its root causes within their communities.



Advocating

Ending hunger will take more than just food. It's why we support policies that improve food security for all and work to address the root causes of hunger—like health, cost of living and housing.

Impact



The Feeding America network distributed **5.9 billion meals** to individuals, children and families last year.



The Feeding America network rescued **4.3 billion pounds of good food and groceries** from manufacturers and farmers that would have otherwise gone to waste last year.



If you or someone you know could benefit from food assistance, please use our food bank locator to find resources near you: FeedingAmerica.org/FoodBank

To learn more about our work to end hunger in the United States, visit FeedingAmerica.org and follow us on social media @FeedingAmerica

