

# 200,000 REASONS

to fight childhood hunger

## HUNGER ACTIVITIES

The **200KReasons Getting Started Guide**, the starting place for those wishing to get involved with the 200KReasons Initiative, introduces the 5 factors which have the most impact on hunger as identified by Craig Gunderson<sup>1</sup>. These are:

1. Supplemental Nutrition Assistance Program (SNAP)
2. National School Lunch Program (NSLP) and School Breakfast Program (SBP) as well as after school food
3. Food banks and food pantries
4. Availability of low priced food
5. Financial management and nutrition skills

To implement these factors, the 200KReasons Task Force developed 4 main action areas with accompanying toolkits. These toolkits educate the user on the action area and provide ways of getting involved. As a means of "doing something now", the following ideas are highlighted here.

- **Action Area - Provide** (*Gunderson factors #1 and #3*): Give food to be used in meal preparation, or offer other resources for getting food such as food banks and food pantries, food drives, resource centers, and SNAP.
  - **Hold a Food Packing Party with a group such as The Pack Shack.**
    - [Funnelology 101.pdf](#)
- **Action Area - Feed** (*Gunderson factor #2*): Prepared and ready-to-eat food are delivered through Backpack Programs, School Meals, Soup Kitchens, and Summer Meal Programs.
  - **Collect food for the Arkansas Rice Depot Food for Kids program which will fill backpacks.**
    - [Food for Kids Wishlist.pdf](#)
- **Action Area - Volunteer & Witness** (*Gunderson factor #4*): Be in solidarity with those who try to eat on a budget and bring public witness to the issue.
  - **Take the Arkansas Conference SNAP Challenge.**
    - [ArkansasUMC\\_SNAP\\_Challenge.pdf](#)
- **Action Area - Teach** (*Gunderson factor #5*): Providing financial and nutritional skills gives vital tools to those who experience hunger.
  - **Host a Cooking Matters Shower to supply teachers and students..**
    - [200KReasons Cooking Matters Shower.pdf](#)

(All guides and toolkits are available for download on our website.)

For more information, email [200KReasons@arumc.org](mailto:200KReasons@arumc.org)  
or visit our website [www.200KReasons.arumc.org](http://www.200KReasons.arumc.org).



<sup>1</sup> Craig Gunderson, *Addressing U.S. Food Insecurity* (ConAgra Foods Foundation, 2012).