

# YSA NO KID HUNGRY GUIDE

## FACTS


More than 16 million kids in America struggle with hunger.

15.5 million children in America live in poverty.

Five out of six eligible kids do not get free summer meals.

<http://nokidhungry2.org/hunger-facts>

YSA, Share our Strength®, and Sodexo Foundation are so pleased that you are leading a project to address childhood hunger in your community! This guide will help you create and organize a childhood hunger service project in your community, as well as provide you with tips and suggestions on how to get others involved.

You will see a few activities highlighted with a . These activities will help give your project an extra boost and bring others on board with you!



## What's your Passion?

Your service project is a chance for you to combine your hobbies and interests with addressing childhood hunger in your community.

What is your inspiration to create a service project? Why do you feel strongly about childhood hunger? How can you motivate others to join your service project?

Write a list of things that you love to do, things that make you happy, or things that make you feel important and appreciated. For example: reading, playing an instrument, playing a sport, writing, singing, tutoring, etc.

After you list your passions, think about how they can help address childhood hunger.

## My Passions

1. -----
2. -----
3. -----
4. -----
5. -----
6. -----
7. -----
8. -----
9. -----
10. -----

*You can make a positive impact in your community!*

*Your belief and enthusiasm will inspire others to join your cause!*



# Investigate Childhood Hunger

Identify and research the childhood hunger problem in your city or town

- Research and collect statistics and stories
- Design a survey and conduct interviews
- Use different media - books and the internet
- Draw from personal experiences and observations
- Find out about other projects or campaigns that successfully address childhood hunger

## A.S.A.P.

4 ways to serve and/or create a service project

**Awareness:** help your friends, community, and adults understand childhood hunger

**Service:** take action that directly addresses childhood hunger

**Advocacy:** promote solutions through campaigns, political participation, and media outreach

**Philanthropy:** give and generate money and donated resources

## Learn about National Hunger and Homelessness Awareness Week

<http://www.nationalhomeless.org/>

## Research the latest facts on childhood hunger

<http://www.nokidhungry.org/>

[www.feedingamerica.org](http://www.feedingamerica.org)

<http://www.nokidhungry.org/problem/hunger-facts>

## Find a food bank in your community

[www.hungeractionmonth.org/](http://www.hungeractionmonth.org/)

[www.feedingamerica.org/foodbankresults.aspx](http://www.feedingamerica.org/foodbankresults.aspx)

**Awareness:** give a presentation to elementary school students; host a poster or video contest

**Service:** start a community garden; volunteer at a food bank; donate food to a local family/youth homeless shelter

**Advocacy:** create a public service announcement for your local news station; start a petition and submit to an elected official; write letters to the editor for a local newspaper

**Philanthropy:** donate funds to a local food bank; raise money for a local community garden

I/We will \_\_\_\_\_ for \_\_\_\_\_

(what I/we will do)

\_\_\_\_\_ because

(the community I/we have identified)

\_\_\_\_\_

(what I/we learned through researching the problem)

## Prepare and Plan your Project

- Develop your goal(s)
- Create a project plan, timeline, and budget
- Organize into teams and determine roles and responsibilities
- Recruit friends, classmates, neighbors, or families to volunteer
- Fundraise
- Promote your project

### Organize into Teams

Sample leadership roles for project members:

- Fundraising
- Volunteer Recruitment
- Facilities, Equipment, and Supplies
- Photo and/or Video
- Kick-Off and Celebration Events

### Recruit Others and Connect with Hunger-Fighting Organizations

[http://www.sodexofoundation.org/hunger\\_us/hunger\\_onlineonline.asp](http://www.sodexofoundation.org/hunger_us/hunger_onlineonline.asp)



### Educate While Serving

Help others understand the importance of your work by sharing facts, statistics and goals about your project.

## Act to Make a Difference

- Publicize your project
- Invite the media and local officials to your project
- Do your service project
- Take pictures



### Take the No Kid Hungry Pledge

[www.nokidhungry.org/](http://www.nokidhungry.org/)

Add your voice to the national movement of people committed to ending childhood hunger in America by 2015. Ask your friends to take it with you and share on Facebook and Twitter. For additional activities visit [www.nokidhungry2.org!](http://www.nokidhungry2.org!)



### Organize a Flash Mob

Use this fun technique to raise awareness and funds to fight childhood hunger. Find a sponsor to donate to your cause like these young people did: [www.youtube.com/watch?v=ioldKt-Qkxc](http://www.youtube.com/watch?v=ioldKt-Qkxc).

### Promote and Publicize

Use social media – YouTube, Flickr, Facebook, Twitter, and Tumblr – to post pictures and videos of your project.



### Use a Holiday to Raise Awareness

Use holidays such as Thanksgiving or Martin Luther King Jr. Day to promote or launch your service project. <http://www.freethechildren.com/get-involved/campaigns/we-scare-hunger/>

## Reflect about Your Project

- Project Planning Reflection
- Day-of Service Reflection
- Post-Service Reflection

### Sample Reflection Activities

- Using photos from your project, think about how you can engage others in responding to childhood hunger.
- Turn facts into true or false statements and ask your project participants to respond.
- Blog about your project and send your blogs to [blogs@ysa.org](mailto:blogs@ysa.org) for consideration to be posted on YSA's [ADDService blog - www.YSA.org/blog](http://www.YSA.org/blog).
- Host a “talk show” about your service project, and record and post it to [YSA's YouTube Channel - www.youtube.com/youthservice](http://www.youtube.com/youthservice).

## Demonstrate and Celebrate

- Blog and post videos and pictures
- Present your impact and results to your community
- Send thank you notes to volunteers, media, and donors

### Create a Video about Your Project

Check out videos created by other youth volunteers:

[www.YSA.org/news/Sodexo-youth-grants-video-challenge#more](http://www.YSA.org/news/Sodexo-youth-grants-video-challenge#more)

### Advocate for Change

Make an appointment with your mayor, city council, or other elected official, and encourage them to take a specific action in eliminating childhood hunger.



### Spread the Word

Write an article about your project for your local newspaper. Repost to social media websites like Facebook and Twitter.



### Celebrate Youth Volunteers

Nominate a youth volunteer as a YSA Everyday Young Hero, [www.YSA.org/awards](http://www.YSA.org/awards). Track service hours towards a Presidential Volunteer Service Award, [www.presidentialserviceawards.gov](http://www.presidentialserviceawards.gov).



### Take it to the Polls!

During the election cycles, share your interests with candidates running for office and find out how they plan to decrease childhood hunger.

## Partners and Resources

### No Kid Hungry 2

[www.nokidhungry2.org](http://www.nokidhungry2.org)

### Kids Against Hunger

[www.kidsagainsthunger.org](http://www.kidsagainsthunger.org)

### Schools Serve / Schools Fight Hunger

[www.schoolsfighthunger.org](http://www.schoolsfighthunger.org)

### Campus Kitchens Project

[www.campuskitchens.org](http://www.campuskitchens.org)

### Feeding America

[www.feedingamerica.org](http://www.feedingamerica.org)

### Souper Bowl of Caring

[www.souperbowl.org](http://www.souperbowl.org)

### Will Work For Food

[www.willworkforfood.org](http://www.willworkforfood.org)

### Global Youth Service Day

[www.GYSD.org](http://www.GYSD.org)

### One World Youth Project

[www.oneworldyouthproject.org](http://www.oneworldyouthproject.org)



YSA and Sodexo have teamed up to bring you Sodexo Youth Grants! They will award \$500 to support youth-led projects that address childhood hunger. <http://YSA.org/grants/sodexoyouth>



@youthservice & @sodexoUSA are awarding \$500 to youth-led service projects. <http://sflow.us/gNITNj->



**YSA (Youth Service America)** improves communities worldwide by increasing the number and the diversity of young people, ages 5-25, serving in substantive roles. Founded in 1986, YSA supports a global culture of engaged youth committed to a lifetime of service, learning, leadership, and achievement. The impact of YSA's work through service and service-learning is measured in student achievement, workplace readiness, and healthy communities. To learn more visit [www.YSA.org](http://www.YSA.org).



**Share Our Strength®**, a national nonprofit, is ending childhood hunger in the U.S. by connecting children with the nutritious food they need to lead healthy, active lives. Through its No Kid Hungry® Campaign, Share Our Strength ensures children in need are enrolled in effective federal nutrition programs, invests in community organizations fighting hunger, teaches families how to cook healthy, affordable meals, and builds public-private partnerships to end childhood hunger, at the state and city level. To learn more visit <http://www.nokidhungry.org/>



**Sodexo Foundation**, the charitable arm of Sodexo, Inc., is committed to being a driving and creative force that contributes to a hunger-free nation. Sodexo Foundation supports innovative programs to help children and families in the United States who are at-risk of hunger. From nutrition programs for children to engaging youth in hunger-fighting community service activities, the Foundation supports hunger-related initiatives on local, state, and national levels. To learn more visit [www.SodexoFoundation.org](http://www.SodexoFoundation.org).