



## THE PROBLEM

800 million people don't have enough food to eat... Each day 40,000 people -- many of them kids, die from hunger... 1 out of 4 kids in America goes too often without enough food...

## THE SOLUTION

There is enough food for EVERYONE! People are helping to end world hunger, and YOU can help, too!

## **1. DONATE FOOD FROM YOUR KITCHEN**

There are a lot of food programs all around the country, because a lot of families can't afford to buy enough to eat. Sometimes food banks and soup kitchens run out of supplies, and families have to be turned away...

If you donate food from your kitchen, you can help to keep your local food program's cubbards full. They might also need kitchen equipment your family can donate, such as pots and pans, utensils, and cutting boards...

## 2. COOK A MEAL FOR THE HUNGRY

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Your family, group or club can cook a meal once a month for a local homeless shelter. Or maybe you can bake a batch of cookies or a cake for a special treat. You and your family can also spend great quality time together, when you volunteer together to help out a local soup kitchen, food bank or homeless shelter.

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