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Appendix A

WHAT YOUTH ORGANIZATIONS ARE DOING

As part of the research for this toolkit, several members of the Alliance to End Hunger were interviewed. We also asked interviewees about other organizations that have been successful in engaging youth to fight hunger. We specifically identified organizations that are intentional and authentic about how they work with youth, have a robust and sophisticated approach, and set the “gold standard.” While it is by no means comprehensive, here are some examples of organizations that have a strong reputation in engaging youth in ending hunger:

- [No Kid Hungry & Generation No Kid Hungry](#) is a national movement of young leaders dedicated to ending childhood hunger by ensuring all children get the healthy food they need, every day. Generation No Kid Hungry engages youth in helping to raise awareness, as well as advocacy and action. In addition, the Sodexo Stop Hunger Foundation has supported No Kid Hungry and state partners to operate a program to assist with the outreach and administration of anti-hunger work. Dubbed Youth Ambassadors (YA's), these paid college student interns assist state and local partners with their work in ending childhood hunger. In 2015, No Kid Hungry had 32 Youth Ambassadors who were hosted by 17 different local partners, including No Kid Hungry campaign partners, Cooking Matters partners, and Social Innovation Fund partners. From hosting Cooking Matters courses to delivering summer meals in underserved communities, to advocating for change on a national level, Youth Ambassadors were involved in every aspect of the No Kid Hungry campaign. Youth Ambassadors joined No Kid Hungry's two main program partner gatherings to present on their work around summer meals and what it means to be a college student fighting hunger.
- The [Campus Kitchens Project](#) (CKP) empowers youth to implement innovative models for combating hunger, developing food systems, and helping communities help themselves. Their mission is to “strengthen bodies, empower minds, and build communities.”ⁱ CKP partners with high schools, colleges and universities to share on-campus kitchen space, recover food from cafeterias, and engage students as volunteers who prepare and deliver meals to the community. Student volunteers develop partnerships, recover food, plan menus, run cooking shifts, organize drivers, garden, glean and teach nutrition education to children and families. They organize fundraisers, develop curriculum and recruit new student volunteers. CKP is currently at 51 schools around the country – big schools and small, rural and urban, colleges and high schools.
- The [Congressional Hunger Center](#) develops, trains, and mentors a new generation of leaders willing to accept the challenge of ending hunger. Since 1994, CHC has supported the development of more than 500 powerful new anti-hunger leaders through the Bill Emerson National Hunger Fellows Program, the Mickey Leland International Hunger Fellows Program, and successor leadership development initiatives.
- [DoSomething.org](#) is one of the largest global organizations for young people and social change, with over 5 million members in 130 countries tackling volunteer campaigns that impact every cause.

- [FFA](#) (Future Farmers of America) makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. As the largest student organization in the world, FFA provides opportunities for its youth members to apply for more than \$2 million in scholarships, learn skills that will help them in their future career, and do their part in helping to provide food and fiber to the world.
- The [Food Recovery Network](#) is a national nonprofit organization that unites and supports college students to fight food waste and hunger by recovering surplus food from their campuses and local restaurants that would otherwise go to waste, and donating it to hungry Americans. The FRN National Headquarters is located in Maryland but has 182 chapters in 40 states that have donated more than 1 million pounds of food.
- [generationOn](#) is the global youth service movement igniting the power of all kids to make their mark on the world. As Points of Light's youth service enterprise, generationOn inspires, equips and mobilizes youth to take action through service clubs, schools, youth organizations, campaigns and youth leadership initiatives. The organization also provides tools and resources to kids, teens, families, educators and organizations to help kids change the world and themselves through service.
- [GENYOUth](#) is committed to collaborating with students, schools, communities, business partners and thought leaders to identify solutions that improve nutrition and physical activity and aim to make a lasting difference in children's lives. Their flagship program, Fuel Up to Play 60, is the largest health and wellness program in schools across the country. GENYOUth collaborates with students, schools, communities, business partners and thought leaders to build a platform with the flexibility and energy to make a lasting difference in children's lives. The organization empowers and inspires students as well as their schools, communities and families to take action. Additionally, GENYOUth works with health professionals, corporations and government to activate resources and programs aligned with obesity prevention.
- [Universities Fighting World Hunger \(UFWH\)](#) is a growing, global network of universities working in partnership to amplify the voice of the rising generation – a voice calling for a world free from hunger and malnutrition. Their model is one focused on inclusiveness on a college campus and welcomes involvement from students, faculty and administrators. The UFWH model includes (1) hunger awareness and consciousness-raising; (2) fundraising and community activities; (3) advocacy; and (4) academic initiatives (teaching, research and outreach).ⁱⁱ One of the key outcomes of UFWH's work is [the Hunger Solutions Institute](#), which was established in February 2012 in an effort to further efforts around food security domestically and globally.
- [Youth Service America \(YSA\)](#) supports a global culture of engaged youth committed to a lifetime of meaningful service, learning, and leadership. With half the world's population under age 25, their mission is to help all young people find their voice, take action, and make an impact on vital community issues. For example, high school students in Hayward, California, involved their Mayor and city council members by asking them to speak about the issue of childhood hunger

and the importance of youth volunteers. The elected officials gave their speeches during a healthy breakfast fair that served low-income youth and their families.ⁱⁱⁱ

ⁱ Campus Kitchens Project website, <http://www.campuskitchens.org/#>, accessed 1/12/16.

ⁱⁱ Universities Fighting World Hunger (UFWH) website, <http://wp.auburn.edu/ufwh2/about/students/>, accessed 1/12/16.

ⁱⁱⁱ Youth Services America (YSA) website, <http://www.ysa.org/10wayhunger>, accessed 1/15/16.

Ways in Which Adults Can Support Youth



Adults play a critical role in engaging youth in the fight to end childhood hunger. Be sure to follow these guidelines:

- ☐ Ask youth how they want to be supported and encouraged in the fight to end childhood hunger.
- ☐ Listen to what youth share with you. Ask for clarification when needed. Understand what they are trying to tell you.
- ☐ Set expectations. Be clear about the level of commitment and expected outcomes.
- ☐ Demonstrate interest in youth *as individuals*. Don't focus on academics or civic activities. Ask them about their lives, their hopes, their dreams, and their worries. Have real conversations with them.
- ☐ Foster self-decision making. Ask youth to develop their own recommendations. Encourage them to review and consider all the data they have at their disposal.
- ☐ Provide another perspective during problem-solving.



CHILD HUNGER FACT SHEET FOR TEENS

- A family is **“food insecure”** if they don’t always have access to enough nutritionally adequate food for an active, healthy life for all household members.
- “Food insecure children” are children living in food insecure households.
- Families who are food insecure are more likely to experience hunger.

WHO IS HUNGRY?

There are food insecure families in every county in the United States. Across the country, **3 out of 5 teachers** say they regularly see students come to class hungry.

WHY ARE PEOPLE HUNGRY?

Jobs – Not every job pays well enough to allow a person to feed his or her family. Some parents who work full-time still don’t earn enough to buy the food they need.

Health Care – Health care is expensive. When families spend more money on health care, less money is available to buy food.

Housing – We all need a place to live, but for some families, the cost of housing means they can’t afford as much to eat.

Food Deserts – In some parts of the country, it is hard to find enough healthy food like fresh fruits and vegetables. Some people end up eating less healthy food because of this.

Summer Hunger – Of the millions of children who depend on school lunch, only **1 in 7 gets that same important meal during the summer**, when school is not in session.

HOW DOES HUNGER AFFECT KIDS?

Education – It’s harder to concentrate and get good grades when hunger is distracting you.

Health – Food-insecure children also tend to be less healthy. They get stomachaches, headaches and colds more often. They end up in the hospital more often, too, and are at greater risk for developmental disorders.

HOW BIG IS THE PROBLEM?

- There are **16.2 million kids** in the United States who struggle with hunger. Standing next to each other, **they would fill 281 football fields.**
- **49 million Americans** are food insecure. A line of 49 million people would **reach around the earth twice.**
- **More than 1 in 5 kids** in the United States don’t know where their next meal is coming from.

That’s more than the combined populations of **New York City, Los Angeles and Chicago** - the three biggest cities in America!

Sources:

Why Hunger, USDA, No Kid Hungry, Feeding America

SODEXO FOUNDATION PRESENTS:

Appendix D

HUNGER AFFECTS A GROWING POPULATION

**A PUBLIC SERVICE ANNOUNCEMENT
TO HELP END CHILDHOOD HUNGER IN AMERICA.**

VIEWING GUIDE

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DEAR FRIENDS,

Hunger affects a growing population. The number of children it affects is growing, but even more disturbingly, hunger affects a growing population: our children. Children who ought to be thriving physically and emotionally, have only grown in number over the past five years.

One in five children in America are at risk of hunger today—that's more than 16 million children. The numbers are staggering. And although there are signs of progress, a tremendous need persists. Sodexo Foundation is dedicated to facing these challenges, and to fighting childhood hunger.

We know the problem, but more importantly, we also know the solution: awareness and support that will lead to action on the local and national levels. The following public service announcement is our latest action to raise awareness about childhood hunger in America: *Hunger Affects a Growing Population*.

You can learn more about the problem of childhood hunger in your state by visiting GenerationNoKidHungry.org.

Part of understanding the issue is asking the following questions: What does childhood hunger look like? How can hungry children be recognized? How has the problem grown? How can I become involved, and truly take hunger personally?

In the following pages you'll find information, resources, and questions for discussion.

Thank you for your ongoing support of Sodexo Foundation and its collaborative efforts to fight childhood hunger in America.

Take Hunger Personally®,



Robert A. Stern

Chair, Board of Directors

Sodexo Foundation

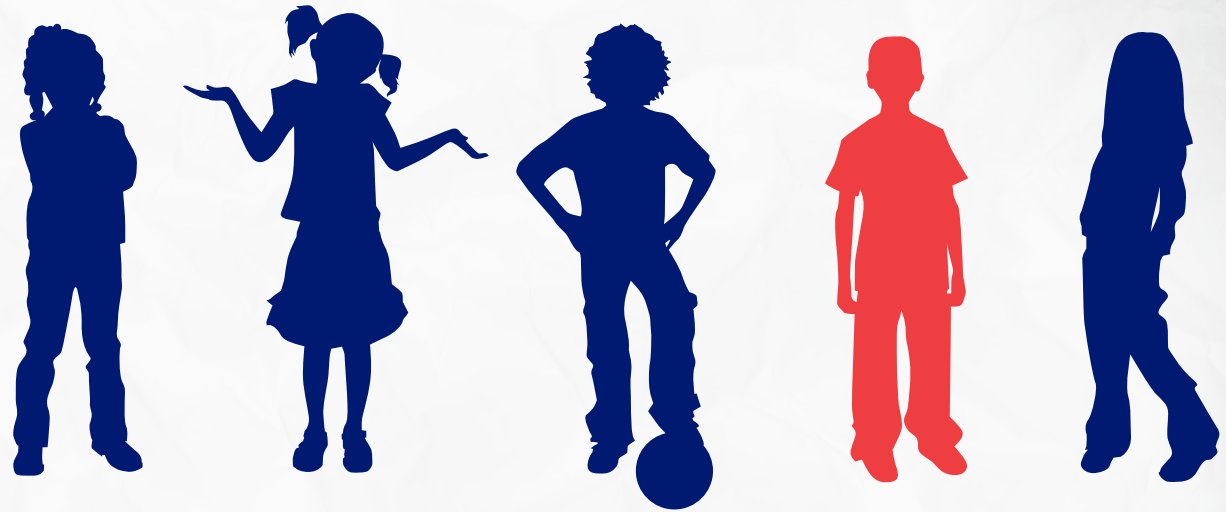
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THE FACTS:

1 in 5

children are
at risk of hunger
today.¹



16 million

children are at risk of hunger—
more than the populations of LA,
NYC, and Chicago combined.¹

19.5%

of households
with children are
food-insecure.¹

over 85%

of children who receive
free or reduced-price meals
during the school year
don't during the summer.²

1 in 3

children in our nation's
capital are at risk of
hunger today.³

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Sources:

¹ Coleman-Jensen, Alisha, Gregory, Christian, and Singh, Anita. Household Food Security in the United States in 2013. ERR-173, U.S. Dept. of Agriculture, Econ. Res. Serv. September 2014. Retrieved November 7, 2014 from <http://www.ers.usda.gov/publications/err-economic-research-report/err173.aspx>

² Rhoda Cohen, J., Mabli, F., Potter, Z., Zhao. Mathematica Policy Research, Feeding America. *Hunger in America 2010*. February 2010. Retrieved June 25, 2012 from www.feedingamerica.org/hunger-in-america/hunger-facts/child-hunger-facts.aspx

³ Gundersen, C., Waxman, E., Engelhard, E., & Brown, J. Feeding America *Map the Meal Gap: Child Food Insecurity 2011*. Retrieved June 25, 2012 from www.feedingamerica.org/hunger-in-america/hunger-facts/child-hunger-facts.aspx

QUESTIONS FOR DISCUSSION:

1

What do you think childhood hunger looks like?

2

Why do you think most Americans are unaware of childhood hunger?

3

What are the steps communities can take to eradicate childhood hunger in America?

4

How do you think hunger affects physical, mental, and emotional development in children?

5

How might hunger affect a child's behavior in class? And how might it affect the other children?

DISCUSSION GUIDE:

Below are some potential responses to help facilitate a conversation after viewing the *Hunger Affects A Growing Population* PSA. The conversation can go in a variety of directions. That said, please understand that these answers are meant as discussion starters and aren't definitive.

1 What do you think childhood hunger looks like?

- *Falling asleep in class*
- *Slower memory recall*
- *More aggressive behavior*
- *Physical development and strength suffer*

2 Why do you think most Americans are unaware of childhood hunger?

- *Children who are hungry are embarrassed about it*
- *They don't think there's anything they can do about it*
- *They don't tell anyone*
- *People think America is too wealthy to have childhood hunger*

3 What are the steps communities can take to eradicate childhood hunger in America?

- *Organize a food drive, bake sale, or contest*
- *Volunteer at local food banks or soup kitchens*
- *Plant community gardens*
- *Educate others about the problem*
- *Learn about federally funded programs like SNAP, school breakfast and summer meal programs*

4 How do you think hunger affects physical, mental, and emotional development in children?

- *Inability to concentrate*
- *Tired*
- *Headaches and stomach aches*
- *Poor behavior*

5 How might hunger affect a child's behavior in class? And how might it affect the other children?

- *Less attentive*
- *Disruptive*
- *Low grades and test scores*
- *Absenteeism or tardiness*

MAKE A DIFFERENCE:

DONATE:

- Donate to Sodexo Foundation.
- Donate food to a local food drive or food bank.
- Donate time to a hunger-prevention program in your community.

ADVOCATE:

- Spread the word to your friends and family.
- Raise awareness within your social media network.
- Share the Sodexo Foundation PSA with your local news outlets.
- Contact your elected officials.
Congress.org

VOLUNTEER:

Below is a list of volunteer organizations fighting hunger and in need of dedicated volunteers:

Sodexo Servathon

SodexoFoundation.org/hunger_us/initiatives/servathon/servathon.asp

Youth Service America

YSA.org

Feeding America

FeedingAmerica.org

Food Recovery Network

FoodRecoveryNetwork.org

The Campus Kitchens ProjectSM

CampusKitchens.org

ADDITIONAL RESOURCES:

Sodexo Foundation

SodexoFoundation.org

Share Our Strength[®]

NoKidHungry.org

Generation No Kid Hungry

GenerationNoKidHungry.org

Youth Service America

YSA.org

Feeding America[®]

FeedingAmerica.org

CONNECT WITH US:



[@StopHungerUSA](https://twitter.com/StopHungerUSA)

[Twitter.com/StopHungerUSA](https://twitter.com/StopHungerUSA)



[Sodexo Foundation – Stop Hunger](https://www.facebook.com/SodexoStopHunger)

[Facebook.com/SodexoStopHunger](https://www.facebook.com/SodexoStopHunger)



[Sodexo Foundation – Stop Hunger](https://www.youtube.com/user/SodexoStopHunger)

[YouTube.com/user/SodexoStopHunger](https://www.youtube.com/user/SodexoStopHunger)



[Sodexo Foundation Blog](http://SodexoInsights.com/category/Stop-Hunger)

SodexoInsights.com/category/Stop-Hunger

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From: <http://ysa.org/causes/sustainable-development-goals/sdg2-no-hunger/>

End hunger and malnutrition, achieve food security, or promote sustainable agriculture in your community. <http://www.un.org/sustainabledevelopment/hunger/>

Example projects include:

- Organize a food drive in your school or community.
- Plan a school, home, or community garden project.
- Teach others how to cook and eat nutritious foods.

1. Find ways to put surplus food to better use.

We have enough food to feed everyone! Studies show that up to 40% of all available food in the U.S. goes to waste. Help local farmers, restaurants, schools, universities, hotels, or sports and entertainment venues get their extra food to people in need.

For example, youth in Santa Fe, NM, developed a project to educate young people and their families about hunger, food waste, and what they can do to create food security at home and in the community. Youth leaders led presentations in classrooms and afterschool programs, served community meals for the hungry, and hosted regular gardening workshops. From their efforts, 3,879 pounds of food were diverted from the waste stream last spring. Some was used for community meals and the rest was given to a local farmer to use for food for his animals and to turn into soil.

Project Ideas: Organize a gleaning event – collect and donate extra food. Or, help connect sources of extra food with food banks or community kitchens. If you’re a college student, organize others on your campus to take the first steps to start a campus kitchen.

- For help planning, check out USDA’s [Let’s Glean Toolkit](#), Campus Kitchens Project [“Start a Kitchen” guide](#), or Food Recovery Network’s [Get Involved page](#).

2. Organize food drives or fundraisers.

Food banks and food pantries need support all year long. Collecting food is good; collecting money is even better. (Food banks can buy food at a deep discount, and can buy exactly what they need.)

For example, students in Solana Beach, CA, and surrounding areas created a multicultural “SuperFood Drive.” The food drive focused on educating their peers as well as local businesses about hunger and obesity and why it is important to donate nutritious food to those in need. The students have helped to create a sustainable program in the school and they plan to conduct regular food drives to continue filling their pantries to help provide supplemental food for families over the weekends and extended holidays.

Project Ideas: Organize a competition between classes, schools, sports teams, or churches to see who can collect the most food, money, or coupons. Focus on collecting healthy food as well as multicultural food that families in your neighborhood will want to eat. You can also clip coupons to help hungry families stretch their limited grocery budget.

- Host a [Great American Bake Sale fundraiser](#), choose one of No Kid Hungry 2’s “[Kids Kick Hunger Fundraising Ideas](#),” download [Fighting for Food: A Guide to Running Successful Food Drives in High Schools](#) written by and for youth, find a [Move For Hunger](#) mover to help with your food drive, or learn how to [host a SuperFood Drive](#) in your community.

3. Plant or spruce up a school or community garden.

Grow food for hungry families in your school or neighborhood. Community or school gardens are a great way to learn all about plants and how things grow while helping to provide food for those in need. (Even the White House has a community garden, planted by the First Lady!).

For example, when a local food bank in Connecticut needed help getting fresh produce, Avon Girl Scouts sprang into action, planting and maintaining a sustainable vegetable garden. Today, the garden provides much of the shelter’s fresh produce.

Project Ideas: Create a garden at your school or in your neighborhood. You could also help families plant individual gardens (or container gardens for those without yards.).

- Get involved in the [Food Day](#) celebration, download the [Let’s Move Gardening Guide](#), check out the [Kids Gardening website](#), or [find a community garden near you](#).

4. Volunteer at a local food bank, pantry, shelter, or community kitchen.

Food banks need help every day, not just on the holidays. Many kids start out in service by volunteering at a food bank, and see firsthand the power of their service.

For example, students in a New York City project called Neighbors Feeding Neighbors volunteered at their local food pantry. They fed 100 people and packed more than 200 boxes daily. They highlighted their activity by putting pictures on their blog and encouraging others to volunteer. They even sent notes to the local councilmember and asked for continued support of the kitchen.

Project Ideas: Get a group of friends, classmates, or neighbors to volunteer. While food banks and pantries need volunteers every day of the year, think about doing more than the “usual” volunteer jobs. Ask the food bank or pantry what they would want done if you could bring a lot of extra volunteers for one day that they don’t usually have the capacity to do. Or, set up an ongoing volunteer program, and get other kids to sign up to volunteer over the summer.

- Use Feeding America’s [Food Bank Network Directory](#) to find a food bank near you.

5. Start or support a backpack feeding program.

Hungry kids suffer most during schools breaks, like weekends, holidays, and summer vacations.

Backpack feeding programs provide backpacks full of food for kids over weekends or school breaks.

These programs are both effective and a perfect opportunity to make a powerful impact.

For example, students in Hebron, KY, started “Backpack Buddies,” a program which provides hungry students with meals their weekends. Backpacks are stuffed on Friday for meals for every child in a family, regardless if the child attends their school. The youth developed partnerships with local churches, libraries, and businesses who helped to store and sort the extra food donated.

Project Idea: Start a backpack feeding program at your school. Work with administrators at your school to get teachers on board, let families know about the program, gather supplies, collect food, and set up the program.

- Get all the details about how to get this project off the ground in the [Backpack Food Program Starter Toolkit](#) or find out how to adopt a school and set up a [Blessings in a Backpack program](#).

6. Support and raise awareness of summer feeding programs.

Summer is one of the toughest times for hungry kids because many students who have access to

free and reduced-price meals at school don’t have anywhere to get those meals while school is out.

The good news is that the same federal program that pays for meals during the school year also

pays for meals during the summer; they just need sites to take the place of the school cafeteria!

For example, in St. Paul, MN the Mayor’s Youth Task Force conducted a program called “Hunger Doesn’t Take the Summer Off.” The program raised awareness and showcased how many children receive free and reduced lunches during the school year and what their options are during the

summer. The youth set up an information booth at the local library, distributed literature, and recruited volunteers to pack food and assist with the local food shelf.

Project Ideas: Find a community organization where kids spend time during the summer, like a community center, summer camps, or parks. Then, invite the organization to be a program sponsor or feeding site. Once your site is established, help spread the word to let eligible families know about the summer feeding sites, or help plan fun and educational activities that bring kids to sites.

- Get all the details about the [Summer Food Service Program](#) (including how sites can sign up) and learn all about improving summer food programs at the [No Kid Hungry Center for Best Practices](#), including the [Tackling Summer Hunger Toolkit](#) and the [Sodexo Foundation Summer Meals Outreach Toolkit](#).

7. Increase use of SNAP (formerly called food stamps) and/or Free and Reduced-Price School Meals programs.

Community resources go untapped when people who are hungry don't know about them. Many eligible families don't receive benefits because they don't know about them or don't know how to sign up. You can be a powerful force for spreading awareness.

For example, the Philadelphia Urban Food and Fitness Alliance Youth Council hosted a “Hunger Awareness” School Food Recipe Contest event for their Global Youth Service Day project. Youth formulated recipes based on the food available to the school and through SNAP. Created by youth, the creative contest generated attention among peers. Youth created a School Food Jeopardy game to help inform and engage their peers on the constraints that the School District of Philadelphia is faced with regarding serving portions that correlate to nutrition and cost requirements for serving school meals.

Project Ideas: Figure out how you can help get more kids who are signed up to eat meals at school instead of skipping meals – especially breakfast. Contact your principal to learn more about how your school lets parents know about free and reduced- price school meals, and ask them how you can help get more eligible families signed up. Or, contact your local SNAP office to get a copy of the SNAP sign up form to distribute, or organize a community event where people can come and learn about the program and sign-up.

- Learn ways how you can help [improve your school's free breakfast program](#). Find your local [SNAP Office](#) and learn about the [steps families need to take](#) to receive SNAP benefits.

8. Help teach families about healthy eating and cooking.

Eating healthy is a challenge, especially when you're on a budget. Did you know that many people at risk of hunger are also obese? It's true! Health foods, like fruits and vegetables, are usually more expensive than processed food at the grocery store and the least likely foods to be received at food banks.

For example, middle school students in Albany, NY helped develop a curriculum for healthy eating that they could share with their peers and families. With their new knowledge they started a "Stuff the Bus" food drive and by involving their school principal and local business, they were able to fill two full size busses with healthy and nutritious food donations.

Project Ideas: Organize a class at a food pantry, shelter, community center, or school to teach kids and parents how to prepare healthy food on a budget.

- Get resources from Share Our Strength's [Cooking Matters](#) program, get recipes tons of for healthy food that can be made from inexpensive ingredients from the [SNAP-Ed Recipe Finder](#), and learn about what everyone should be eating at [My Plate](#) (the new version of the food pyramid.)

9. Raise public awareness of childhood hunger in your community.

Organize a public education campaign to share the facts about childhood hunger in your community and let people know how they can help. Ask and encourage people to commit to an action.

For example, high school students in Fargo, ND assisted local food pantries and nonprofit organizations with their goal to provide hunger relief in the state by filling the Fargo Dome with food. Not only does this competition motivate the students in their effort to raise food and money, but also provides awareness for the community and state. Through the collaborative efforts of high school, middle school, and elementary school students, Fill the Dome has raised over \$225,000 and 300 tons of food in the last 4 years.

Project Ideas: Host an assembly at your school and/or service fair where local nonprofits can share what they do and get students to sign up to volunteer. Create a social media campaign to share facts about childhood hunger and how people can help. Organize a youth essay, video, or art contest focused on the issue of childhood hunger. Film a public service announcement that can be played at your school and shared online. Paint a mural or create another piece of public art to highlight the issue of hunger.

- Get the facts about childhood hunger at [No Kid Hungry 2](#) and Feeding America's [Meal Gap Map](#). Find out how you can [spread the word through No Kid Hungry 2](#).

10. Advocate for policies and programs that will help end childhood hunger in your community.

While nonprofit and individual action is essential to ending childhood hunger, so are government programs. When governments cut budgets, these programs are sometimes the first to be cut. Help advocate for continued support.

For example, high school students in Hayward, CA involved their Mayor and city council members by asking them to speak about the issue of childhood hunger, the importance of youth volunteers, and the value of their project to the community. They gave their speeches during a healthy breakfast fair that served low-income youth and their families and shared what they had learned about healthy and affordable meals.

Project Ideas: Conduct an assessment or mapping of hunger in your community, and organize an advocacy campaign to contact your local elected officials. (Send a letter to the editor, meet with local elected officials, invite them to a service project, or get groups of people to e-mail and call Congress to help protect SNAP.)

- Learn what to advocate for at [No Kid Hungry](#) and the [Feeding America Hunger Action Center](#).

[INSERT ORGANIZATION
LOGO]

Youth Initiatives Committee Chair
[Name]
[Email]
[Phone]

[NAME OF ORGANIZATION] **YOUTH REPRESENTATIVE TO THE BOARD**

APPLICATION RULES, PROCEDURES & GENERAL INFORMATION

(Revised Month Year)

GENERAL INFORMATION

Since 20XX, the [insert organization] has reserved a seat on its Board of Directors for a Youth Representative. The purpose of this position is to create a two-way avenue for dialogue and the expression of ideas from a youth perspective. The Youth Representative should be involved in as many organizational events and activities as possible, and should encourage new memberships from younger individuals. The Youth Representative must be between 13 and 25 years of age as of MM/DD/YYYY. The candidate must be recommended by an organizational member in good standing.

The [insert organization] Youth Representative will serve a two-year term from 20XX through 20XX as a voting position on the [insert organization] Board of Directors. The Youth Representative's term will begin at the time new board members are seated at the 201X annual Board of Directors Meeting (typically held the day before the start of the annual meeting) and will end when new board members are seated at the 201X annual Board of Directors Meeting.

The Youth Representative shall work under the direction and supervision of, and is responsible to the Chairperson of the Youth Initiatives Committee. The Youth Representative is expected to attend all [insert organization] Board Meetings (including in-person meetings and telephone conference calls), the Annual Convention and Banquet, The Members' Forum, and the Annual Membership Meeting.

REIMBURSEMENT OF EXPENSES

[Insert organization] will cover the Youth Representative's expenses in accordance with its customary policies and practices for reimbursing the expenses of its Directors, Officers, and Staff. [Insert organization] will cover the following expenses for the Youth Representative:

- 1) Lowest economy round-trip airfare for each event the Youth Representative is expected to attend, including the annual convention and the annual and mid-year meetings of the Board of Directors.
- 2) Hotel costs for the nights the Board is in session and/or the nights the convention is scheduled.
- 3) Convention registration fees and banquet fees.
- 4) Lowest economy round-trip airfare and hotel for all official Board Meetings scheduled after the convention.

[Insert organization] does not cover costs associated with meals and/or other personal expenses the Youth Representative might incur.

APPLICATION INSTRUCTIONS

- 1) Complete and submit the application form.
- 2) Submit an essay not to exceed two (2) double-spaced typed pages. The essay should include a discussion of leadership experience in any organizations, interest and involvement in [insert organization] and/or any local chapter(s), and reasons why the candidate would like to serve in this position.
- 3) Submit a biographical resume listing the candidate's activity in any organizations, leadership positions held, involvement with any local chapter(s), and any other pertinent information.
- 4) Submit a letter of recommendation from an [insert organization] member in good standing.

All applications and supporting materials must be emailed or postmarked no later than FRIDAY, Month, Day, Year.

For additional information, or if you have any questions, please contact the Youth Initiatives Committee Chairperson listed above.

[INSERT ORGANIZATION]
**YOUTH REPRESENTATIVE TO
THE BOARD**

Name _____

Home Address _____

City, State, Zip _____

Phone (_____) _____

E-mail _____

Address _____

City, State, Zip _____

Phone (_____) _____

Are you active in any local chapter(s)? If so, which ones?

If I am selected as the [Insert Organization] Youth Representative to the Board, I understand that I am expected to perform, and agree that I will perform, the duties specified in the Application Rules, Procedures, and General Information document, which I acknowledge having received and read. I recognize that these duties include attending and participating in all Board Meetings, the Annual Convention and Banquet, The Members' Forum, and The Membership Meeting.

Signature of applicant _____

Date _____

**Please send this application and all supporting materials to
[Insert Name], Youth Initiatives Committee Chair
[Insert Email]
[Insert Mailing Address]**

**All applications and supporting materials must be emailed or postmarked
no later than DAY, MONTH, X, 201X.**

APPLICATION CHECKLIST

Please include the following items with your application:

- ☐ Pages 1 and 2 of this application
- ☐ Your essay
- ☐ Your biographical resume
- ☐ Your letter of recommendation



Bank On Our Help

Food banks need food, but they also need people power to get food into the hands of those who need it. Your family can lend a helping hand, while learning about the hunger needs in your community.

Here's Your Project:

Volunteer at a food bank to help organize or package food.

Supply List:

- Thank-you card
- Anything the food bank asks you to bring

How To Do It!

1. Contact your local food bank and tell them you want to volunteer as a family. Make sure you tell them the ages of the kids in your family. Some food banks might have age restrictions, but get creative. Could your family make deliveries or pick-ups? Could younger children make signs or labels at home for the food bank?
2. Decide on a time and date with the food bank.
3. As a family talk about what you will be doing. Try our Suggested Readings and Preflection questions to help get the conversation going.
4. Volunteer! While you help, observe what's going on around you and encourage family members to ask questions. Take note of what kinds of food they offer, how much food there is, and where it comes from. Ask how many families the food bank serves. This info will help you think of new ways to help. This is also a great time to talk about ways communities work together to take care of each other.
5. Reflect on your volunteer experience at write a thank-you note to the food bank.

Preflection:

Before your volunteer project, be clear about what the goals and expectations are. Also talk about why you are doing a service project. These are often new concepts for young children. Talk it over a couple times. Here are questions to guide your discussion:

1. Who are we helping?
2. Why are we helping them?
3. How are we helping them?
4. What are we most excited about?
5. What might be tough or challenging about our project?



Interesting Fact:
In the U.S., 49
million people
don't know where
their next meal
will come from!



Reflection:

Reflection Questions

After your volunteer project, it is important to reflect on the experience. You can use the reflection questions to guide discussion or do the Whip Around reflection activity:

Reflection Activity

1. How did our project help people?
2. Did our family learn anything or make any new friends?
3. What worked well about our project?
4. What can we do better next time?
5. What is our next service project?

Whip Around Ball Toss:

Have your family sit or stand in a circle facing each other. One person will have a ball to toss or roll to someone else in the circle. Each person will have a chance to complete a statement about the project. The person with the ball makes a statement, and then says the name of the person they are tossing the ball to. The next person completes the sentence in their own way and so on. When the ball has gone around once, start a new round with a new statement. Try these statements:

"This project made me happy because _____."

"I didn't know I was good at _____."

"Next time we volunteer, I'd like to help _____."

Resources:

Suggested Reading

Stone Soup by Jon J. Muth

A fresh twist on an old tale, this story celebrates the power of people working together.

Uncle Willie and the Soup Kitchen by Dyanne Di-Salvo Ryan

This is a fictional view of a soup kitchen seen through the eyes of a young boy. He gets to see firsthand the experiences of those that visit the kitchen and those that work there.

Internet Resources

Share Our Strength – For information on childhood hunger and ways to help:

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

DMOZ Open Directory Project – A list of organizations fighting hunger:

http://www.dmoz.org/Society/Philanthropy/Hunger_Relief/



generationOn

You CAN do it! Food Collection



Imagine being super hungry and not having any food in the house!

Here's Your Project!

Collect canned food and other nonperishable food to donate to a food bank or soup kitchen.

Supply List:

- Clean grocery bags or shopping bags (*paper or plastic*)
- Stuff for making flyers - markers, paper, tape or stapler
- A place where your collected food can be donated (*food banks, soup kitchens, shelters*)
- Compassion for hungry people in your neighborhood

Here's What You're Doing:

Providing food for people who do not have enough to eat. Your food donation might go to a family that can't afford to buy enough food. It might also go to people who can't provide for themselves because of income, disability, illness, or age.

Here's How!

1. Ask your caregiver, "Where can people in our community who don't have money for food get something to eat?"
2. Call food collection groups near you. Ask something like: "I want to start helping out in some way. What do you need right now?"
3. Make flyers and get the word out! Be sure to let everyone know:
 - a. who you are and what your project is
 - b. what food you are collecting
 - c. who will get to eat the food (*i.e., the collection group*)
 - d. when and where will the food be picked up
4. Tape or staple a flyer to each bag.
5. Drop off the bags at neighbors' doors. Bring an adult with you!
6. Pick up the filled bags. Bring an adult with you!
7. Bring the bags to the collection group. Yup, bring an adult with you!

Optional extra steps:

- Sort the food by type before taking it to the collection group.
- Make a cards, placemats or decorations to donate with the food. Tap into your creative side!
- Do this again later in the year when collection groups are most in need.

Reflection Questions:

1. How does it feel knowing that you helped put food on someone's table?
2. How do you think you made a difference in someone else's life?

Interesting Fact:
Did you know? More than enough food is wasted in America than is needed to feed everyone in the country who experiences food insecurity and hunger.



I promise to get my parent or caregiver's permission to participate in this project.



Breakfast Boxes for Families!

Hunger is something some kids think about every day of their lives. Kids need breakfast 7 days a week, not just on school days. With your help kids will have breakfast every day. You can make a difference!

Here's Your Project!

Collect healthy breakfast foods so kids can start every day with a healthy meal!

Supply List:

- Clean grocery bags or shopping bags (*paper or plastic*)
- Stuff for making flyers - markers, paper, tape or stapler
- A place where your collected food can be donated (*food banks, soup kitchens, shelters, places of worship*)
- Compassion for kids in your neighborhood who don't have enough food to eat

Here's What You're Doing:

Breakfast is an important meal every day. This project will help families have a healthy breakfast when there is no school. How awesome is that?

Here's How!

1. Ask your caregiver, "Where can people in our community who don't have money for food get a healthy breakfast?"
2. Call food collection groups near you. Ask something like: "I want to help families who don't have food for a healthy breakfast. May I collect breakfast items and deliver them to your group?"
3. Make flyers! Spread the word! Be sure to let everyone know:
 - a. who you are and what your project is
 - b. what food you are collecting (*e.g., healthy hot and cold cereals, juice boxes, muffin and pancake mix, syrup, canned fruit, etc.*)
 - c. who will get to eat the food (*i.e., the collection group*)
 - d. when and where the food will be picked up
4. Tape or staple a flyer to each bag.
5. Drop off the bags at neighbors' doors. Bring an adult with you!
6. Pick up the filled bags. Bring an adult with you!
7. Bring the bags to the collection group. Yup! Bring an adult with you!

Optional extra steps:

- Sort the food by type before taking it to the collection group.

Reflection Questions:

1. How does it feel knowing that you helped a child get breakfast every day of the week?
2. Can you think of other ideas to help hungry people in your community?

Interesting Fact:
The Federal School Breakfast Program served breakfast to 10.1 million children in 2007. Of these children, 8.1 million received a free or reduced-price breakfast. On weekends and during vacations, many of these families are short on food.



I promise to get my parent or caregiver's permission to participate in this project.

YSA NO KID HUNGRY GUIDE

FACTS


One in five kids in America struggle with hunger.

More than 16 million children in America live in poverty.

Six out of seven eligible kids do not get free summer meals.

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

YSA, Share our Strength®, and Sodexo Stop Hunger 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.

You can make a positive impact in your community!

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

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. _____

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.nokidhungry.org/problem/hunger-facts>

Find a food bank in your community

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 _____

 _____ because _____

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/



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.generationnokidhungry.org/join

Add your voice to the national movement of people committed to ending childhood hunger in America. Ask your friends to take it with you and share on Facebook and Twitter. For additional activities visit www.generationnokidhungry.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.

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 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).
- Read what No Kid Hungry youth advocates are experiencing at <https://www.nokidhungry.org/blog/youth-advocates>

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

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. Track service hours towards a Presidential Volunteer Service Award, 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

[Generation No Kid Hungry](http://www.generationnokidhungry.org)

www.generationnokidhungry.org

[Kids Against Hunger](http://www.kidsagainsthunger.org)

www.kidsagainsthunger.org

[Schools Serve / Schools Fight Hunger](http://www.schoolsfighthunger.org)

www.schoolsfighthunger.org

[Campus Kitchens Project](http://www.campuskitchens.org)

www.campuskitchens.org

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

www.feedingamerica.org

[Souper Bowl of Caring](http://www.souperbowl.org)

www.souperbowl.org

[Will Work For Food](http://www.willworkforfood.org)

www.willworkforfood.org

[Global Youth Service Day](http://www.GYSD.org)

www.GYSD.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.



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 Stop Hunger 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.