

# Food Relief Activities

For your congregation, conference, youth, or mission trip

## HELP MEET NEEDS IN YOUR COMMUNITY

With a little bit of planning, you can offer a great opportunity for your group to help feed the hungry, as Jesus calls us to do in Matthew 25. The Presbyterian Hunger Program, working to alleviate hunger and eliminate its root causes, suggests these activities in lieu of “quick fix” international food packaging programs (such as Rise Against Hunger/Stop Hunger Now) because our brothers and sisters around the world say there are much better ways to support food security.

**Find your local food bank** ([feedingamerica.org/find-your-local-foodbank](http://feedingamerica.org/find-your-local-foodbank)) and ask them these questions:

- 1 What items they need to stock and how much they can handle.  
Then collect those supplies through:
  - A door-to-door collection program, leaving a card with your church information on it and the name of the food pantry that their contribution will help.
  - A worship offering time where congregants bring food forward.
  - An “admission fee” of canned goods or other supplies for people to attend your event or a particular session of a conference.
- 2 Whether the food bank hosts (or knows of other community resources or agencies that host) a backpack program—filling backpacks with food or school supplies to help children in need in your own community. If the answer is no, consider starting one! How to start a backpack program: [www.bit.ly/backpack-program](http://www.bit.ly/backpack-program).
- 3 Whether there are hot meal programs where your group can help serve those who are hungry.

## SOME EASY WAYS TO GET INVOLVED IN YOUR LOCAL COMMUNITY



**Volunteer!** Programs like Meals on Wheels prepare and deliver meals to seniors and others who are hungry. [www.mealsonwheelsamerica.org/signup](http://www.mealsonwheelsamerica.org/signup)



**Collect** small gift cards (groceries, gas, restaurants) to hand out; insert them into gift card holders with your church information on it, or donate them to a local food bank.



**Ask** local family farms when they could use volunteers on a single day to help bring in harvest, glean fields, or otherwise care for the land that feeds the hungry.



**Create** care kits for your own community. See examples at [www.bit.ly/care-kits](http://www.bit.ly/care-kits).

## HELP MEET NEEDS GLOBALLY



Collate and send **Church World Service Kits** for those impacted by poverty and disasters. Hygiene Kits, School Kits, & Clean-up Kits are needed. [www.pcusa.org/gohkits](http://www.pcusa.org/gohkits)



Help provide **Trees**, support **small farmer projects**, and provide **tools, animals, and agricultural assistance** for communities around the world. Instead of receiving only a meal, communities will be able to grow their own solutions.

*Give to H999999 at [pcusa.org/hunger](http://pcusa.org/hunger).*