

FIGHTING HUNGER

Taking it Home... Ideas for Families

- Give your children, junior supermarket shoppers, the responsibility of purchasing items for donation to a local food collection.
Teach nutrition by varying the food groups purchased on each shopping trip.
- Combine *mitzvahs* with math! Have your child calculate what you will be saving through the use of coupons and/or sales on your shopping trip. Allow the child to purchase food for donation with your savings.
- Create a family *tzedakah*-habit by donating coins that are found (in the street, in your pockets, in the washing machine, etc.) to a food collection.
- Donate the bonus item when you 'Buy One – Get One Free' to a food collection. Children can practice spelling, penmanship and organizational skills by keeping track of those items while shopping.
- Moses Maimonides (the 'Rambam') taught that to love one's neighbor means to want for that person what you want for yourself. When your child selects a treat, allow the child to double the purchase and donate one of the items to a food collection.
- Calculate the cost of a guest at your birthday celebrations, Shabbat dinners and holiday festivities. Symbolically invite a guest to your family's *simcha* by donating the sum to a food collection.
- Suggest that the family opt to give up a treat during the week and donate its cost to help alleviate hunger. Eat 'in' and not 'out' and do the same with the money saved.
- If you, or your synagogue, are planning a catered event, ask your caterer what becomes of left-over food. Make donation part of your contract. Teach your child to become a spokesperson for donation among his peers.
- Find out what happens to school food left-overs. Encourage your school district to participate in a donation program.
- If your synagogue Religious School sells snacks, have them build in a donation so that students share their bounty with others. You and your child might research appropriate sources for the money collected.
- When your family celebrates, include others in the community. In honor of your family members' birthdays, bring a birthday cake to a local soup kitchen and spread the joy!