



Smart Breakfast DIY Project

Civic Circle Area: Donate

The impact of COVID-19 continues to change our daily lives and routines, but volunteering and civic engagement are just as important as ever. This project can be modified to adhere to social distancing guidelines set by local and national authorities, to do virtually or to do at home and deliver via mail or drop off.

In 2018, more than 11 million American children lived in households struggling to put food on the table. That's millions of children who start their day hungry, affecting their ability to learn and concentrate. Help by collecting breakfast foods so kids can start every day with a healthy meal!

What You Need:

- Clean grocery bags or shopping bags
- Materials for making flyers — markers, paper, tape or stapler
- A place to donate the food (food banks, soup kitchens, shelters, places of worship)
- Breakfast foods:
 - Healthy hot and cold cereals
 - Juice boxes
 - Muffin and pancake mix
 - Syrup
 - Fruit cups

Steps:

1. Identify organizations that provide breakfast for hungry people. Feeding America can help you locate the food pantry nearest you! Find out what foods they need most, and schedule a date to deliver your Smart Breakfast bags.
2. Make flyers that explain why you're collecting breakfast food and attach them to a bag or bags. Make sure to include the following information on your flyer:
 - The types of food you are collecting
 - The collection period (for example, March 15—March 30)
 - Who the food will benefit
3. Collect the food! There's lots of different ways to collect food items, consider collecting donations at school, church or asking local neighbors to get involved.
4. Pick up the bags from the collection locations. Thank everyone who chipped in to help out!
5. Pack your items into boxes or bags.
6. Drop the bags off at the organization of your choice.

Reflection Questions:

- Have you ever experienced hunger while in school? How did it affect your concentration?



POINTS OF LIGHT

- How does it feel knowing that you helped a person get the breakfast they need to start the day off right?
- What are other ways you can help people in need?