

# Social Action Toolkit

## *Families with Young Children Edition*

Presented by



### Social Action Toolkit: Families with Young Children Edition

*Topic: Food Insecurity*

#### **Background:**

According to [Capital Area Food Bank](#), one out of 10 residents of the metropolitan Washington region is food insecure. Nearly 1/3 of them are children. Due to the pandemic, [Feeding America](#) projects there are 605,230 people facing food insecurity across our region, a 70% increase from 2018.

The Jewish Federation of Greater Washington is working to strengthen the Jewish community in the District of Columbia, Suburban Maryland, and Northern Virginia and create an open, connected, and vibrant Jewish community that cares for each other, fosters Jewish learning and journeys, embraces Jewish peoplehood and Israel, and acts as a force for good in the world. Our Jconnections platform enables community members to find ways to reach out and help others.

#### **Food Drive Program Options:**

- Organize a food drive to collect and deliver non-perishable food.
- Assemble and donate pre-packaged snacks in Ziploc bags to help children and families get the food they need.
  - Bags should have 3-5 items
  - Bags can include non-perishable items such as: granola or breakfast bars, cheese crackers, fruit snacks, and a drink (shelf stable milk or 100% juice)
- Become a Jconnector: Mobilize families in your community by organizing a community food drive for non-perishable items or to collect assembled snack bags.

#### **Tips for a Successful Food Drive:**

- Check the wish lists and most needed items for the organizations listed above (or another organization of your choice).
- Invite your neighbors to participate (see suggested language in the next section).
- When the food has been collected, check expiration dates. Do not donate anything expired.
- Drop the items off in boxes or bags at the destination organization.

#### **Suggested Language for Inviting Friends and Neighbors:**

With the help of The Jewish Federation of Greater Washington, our family is making pre-packaged snack bags for (*name of organization*). This is in line with the Jewish value of *hazan et hakol*, providing food for others. The need in our community is so great; I hope you will join us to help those in our community experiencing hunger.

#### **Notes:**

- Remember to send a thank you note to anyone who helps out!
- Email [Federation](#) and let us know the results of your efforts.

#### **Where to Donate:**

- **DC:**
  - [Covenant House](#): Drop off Monday-Friday from 9:00 AM–5:00 PM. Please call ahead.
  - [Martha's Table](#): Set up an [appointment](#) online to drop-off.

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### Where to Donate (continued):

- **MD:**
  - [Nourish Now](#): Items can be dropped off Monday-Friday from 10:00 AM – 3:00 PM.
  - [Yad Yehuda](#): All items must have [one of these kosher certifications](#). Contact [Stephanie Savir](#) to coordinate a drop-off time.
- **VA:**
  - [Food for Others](#): Items can be dropped off Monday-Friday from 2:00 PM – 5:00 PM.
  - [Lorton Community Action Center](#): Items can be dropped off Mondays and Tuesdays from 9:00 AM – 3:00 PM and Thursdays from 12:00 PM – 3:00 PM.
- More suggestions on p. 9 of the [Doing Good Guide](#) or Federation's [Jconnections](#)

### Additional Resources:

- See p. 3 and 9 of the [Doing Good Guide](#) for framing and follow up questions related to *hazan et hakol* (providing food for others). Talking about a project is how children process the experiences and takes a “service” and makes it “service learning.”
- Want to do more? Explore PJ Library's [A Mitzvah a Day \(at Home\)](#) guide or Federation's [Jconnections](#) page for more ideas on how to be a force for good in the community.

### Recorded/Electronic PJ Library Books:

Consider including a storytime alongside the activity to help children understand the need and the values behind the action.

- *Bagels from Benny* by Aubrey Davis ([Recorded](#) and [electronic](#) versions)
  - Values: *hazan et hakol*/providing food for all, *hodaya*/gratitude
- *Bone Button Borscht* by Aubrey Davis ([Recorded](#) version)
  - Values: *hazan et hakol*/providing food for all, *hachnassat orchim*/welcoming guests
- *Mitzvah Pizza* by Sarah Lynn Sheerger ([Electronic](#) version)
  - Values: *hazan et hakol*/providing food for all, *chaverim*/friendship
- *Rosie Saves the World* by Debbie Herman ([Recorded](#) and [electronic](#) versions)
  - Values: *tikkun olam*/repairing the world, *mitzvot*/good deeds

### Disclaimers:

#### For Volunteers:

*By participating in a volunteer activity facilitated by The Jewish Federation of Greater Washington, you acknowledge that these activities are voluntary, and may contain risk(s) to your own personal health and safety and other people you might come in contact with. By volunteering, you assume responsibility and liability for these risks. You agree to hold harmless The Jewish Federation of Greater Washington and partner organizations and release, discharge, covenant not to sue, and agree to indemnify The Jewish Federation of Greater Washington and any and all other third-party sponsoring or participating entities from all liability and all claims of any kind arising out of your participation.*

#### For Organizations:

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