



Hunger Education Leads to Prevention

Goal

To increase knowledge and awareness of hunger and educate about proper nutrition on a budget.

Basis

Did you know that the food pyramid changed? Do you know how many soup kitchens that you can volunteer at? Do you know how many homeless shelters there are in your area? Did you know that one in six Ohio children goes to bed hungry every night? HELP (Hunger Education Leads to Prevention) is a state project that was designed by the State Executive Council and was created to break the cycle of childhood hunger through leadership and service in families, schools, and in your communities. You can HELP by providing food, education and supporting your area. All you have to do is volunteer your time while also earning a chance to receive recognition at our annual State Convention. Using the planning process, choose a hunger project that interests you and involve chapter members in it. Fill out the Ohio FCCLA program Award Application, which can be found in the State Projects section of the Information and Forms Book, and submit it to Ohio FCCLA by March 1.

Facts

- More that 800 million people in the world go hungry.
- In developing countries, 6 million children die each year, mostly from hunger-related causes.
- In the United States, 13 million children live in households where people have to skip meals or eat less to make ends meet. This means one in ten households in the U.S. are living with hunger or are at risk of hunger.

Projects Ideas

- Provide services to those agencies in caring for those in hunger
- Educate children on nutrition, health or safety
- Plan daily activities and meals for an after school program for a month
- Donate food to food banks in your community
- Volunteer in your local county health department or human service department
- Provide assistance in short or long term shelters, child day care centers, or citizen training
- Volunteer at your local soup kitchen
- Set up a can food drive for your community
- Volunteer at your local homeless shelter