



GATHERING GOODNESS EXPERIENCE

Learn about hunger, take action in the fight against hunger, or support Food Gatherers' hunger relief efforts on your own time by participating in a Gathering Goodness Experience! These experiences are recommended for kids in Kindergarten through 8th grade.

LEARN - Experiences to learn about hunger in our community.

Kids' Video Discussion

Watch the kids' video about Kate (2 minutes) and discuss ways you can help fight hunger in our community. Draw your ways on a paper plate and display them for others to see.

[Watch 'Kate' Video](#)

ACT - Hands-on experiences to take action in the fight against hunger.

Build Lunches with Love Bags *Most Desirable*

The agencies and families we serve are in need of ready-to-grab lunches. Decorate any number of brown paper bags with a food and love theme and place a variety of lunch choices in each bag. Bring completed Lunches with Love bags to our warehouse (1 Carrot Way, Ann Arbor, MI 48105) during our drop-off hours (please check the website or call for hours). Please note the special food handling instructions below.

Items for Lunches with Love bags:

Please look for foods that are whole grain, low in sodium and free from added sugar.

- **Healthy main dish:** For example, lower-sodium pop-top soup (such as Progresso's reduced sodium, Campbell's Well Yes, or Amy's light in sodium soups – microwaveable containers preferred), chicken or tuna salad lunch kit (such as Bumble Bee Snack on the Run kits), or other non-perishable main dish items that are easy to eat, whole grain and free of added sugar. If including microwaveable pop-top chili, hardy stew, macaroni and cheese or other pasta meals, look for those with vegetables, beans and/or whole grains.*
- **Healthy sides (1-2):** For example, unsweetened applesauce, unsweetened fruit cup, dried fruit (apple rings, raisins, banana chips), whole-grain crackers, popcorn, granola bar, protein bar*
- **Beverage:** bottled water
- *Please do not include flatware*

**Please be sure to include a main dish item with each lunch. Additionally: All food must be store-bought and in the original, unopened packaging. All food must be individually-wrapped with its original label and list of ingredients (for example, please do not buy a large bag of popcorn and put it into smaller bags). Items such as fruit cups or applesauce must also include a list of ingredients on the package. All food must be non-perishable and in-date, with an expiration date at least six months from the date you build bags. Please be sure that individuals participating in building Lunches with Love bags are free of any illness or communicable disease and thoroughly wash their hands with hot, soapy water before beginning. Thank you!*

Build Birthday Bags (Suggested Group Size: 5)

The agencies and families we serve love to receive birthday-themed donation bags. Build any number of birthday bags with your group and bring them to our warehouse (1 Carrot Way, Ann Arbor, MI 48105) during our drop-off hours (please check the website or call for hours). Please note the special food handling instructions below.

Items for Birthday Bags:

- Cake mix* -- *Cake mix must be store-bought*
- Frosting* -- *Frosting must be store-bought*
- Candles
- Food service ware* (plates and napkins) *Please do not take these items out of their original packaging.*
- Optional:
 - Fun, non-food and non-food service items, like balloons, party hats, streamers, etc. *These can be removed from their packaging.*
 - Gift for a 5 to 10-year-old, such as art supplies, board games, or books. *Please put a note on the bag if you would like to specify an age range or gender.*

**Please note: All food and food service ware must be store-bought and in the original, unopened packaging. All food must be non-perishable and in-date, with an expiration date at least six months from the date you build bags. Please ensure that individuals participating in building birthday bags are free of any illness or communicable disease and thoroughly wash their hands with hot, soapy water before beginning. Thank you!*

SUPPORT - Experiences to support Food Gatherers' hunger relief efforts.

Donate Your Birthday

Donate your birthday to fight hunger where we live. Ask guests to bring non-perishable food items to your birthday party in lieu of gifts, or ask friends and family to make donations to Food Gatherers in honor of your birthday.

Host an Event

Host a craft night, sports game, dance party, or other group event to fight hunger where we live. Have guests bring non-perishable food items or donations to Food Gatherers.

Take on a Challenge

Accept a personal or family challenge – run in a 5K, ride in a bike race, or participate in a hunger walk to fight hunger where we live. Set a goal for how much you would like to raise, and ask friends and family to make donations to Food Gatherers in your honor.

Are you planning a fun activity? We would love to share your story on our social media channels or website! Please email volunteer@foodgatherers.org to express interest.