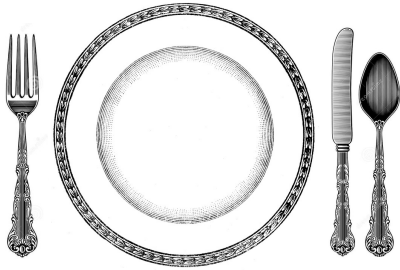




You and Your Family Can Help the Hungry



Food insecurity is the frightening sense of not knowing where or when you'll have your next meal. This is a very real situation for a shocking number of children and adults across the United States. Sadly, people in our own community sometimes don't have enough to eat.

By pledging to try one or more of the service ideas below, you and your family can make an immediate difference for those who are hungry. For more ideas and further instructions visit www.doinggoodtogether.org/bhf/fight-poverty

Pledge to adopt a food shelf.

Make regular donations and make a difference for people in your community facing tough times.

- Decorate a dedicated donation box.
- Store it in your kitchen as a reminder.
- Pick up a few extra groceries (especially good staples when they go on sale) each time you go to the store.
- When it's full, drop off your box together.
- Then, start a new one!

Pledge to repackage rice and beans.

Feed the hungry in your community by downsizing inexpensive bulk goods into meal-sized portions.

- Contact your food shelf and discuss your donations.
- Purchase bulk quantities of rice and beans to downsize.
- Scoop them into quart-sized, resealable bags.
- If you like, print a simple recipe on a sticky label for each bag.

Pledge to make sandwiches for a shelter.

Homeless shelters appreciate having a supply of sandwiches on hand to give to their residents for lunch.

- Contact a local shelter and discuss your donation.
- Gather sandwich supplies, bags, and sticker labels.
- Decorate sticker labels with cheerful messages.
- Make sandwiches.
- Deliver your creations to the shelter.

Pledge to cook a meal at a shelter.

Few service projects do as much immediate good or offer such a meaningful, personal experience as volunteering to prepare and serve a meal to people in need.

- Contact the volunteer coordinator at a local shelter to inquire about picking up a shift.

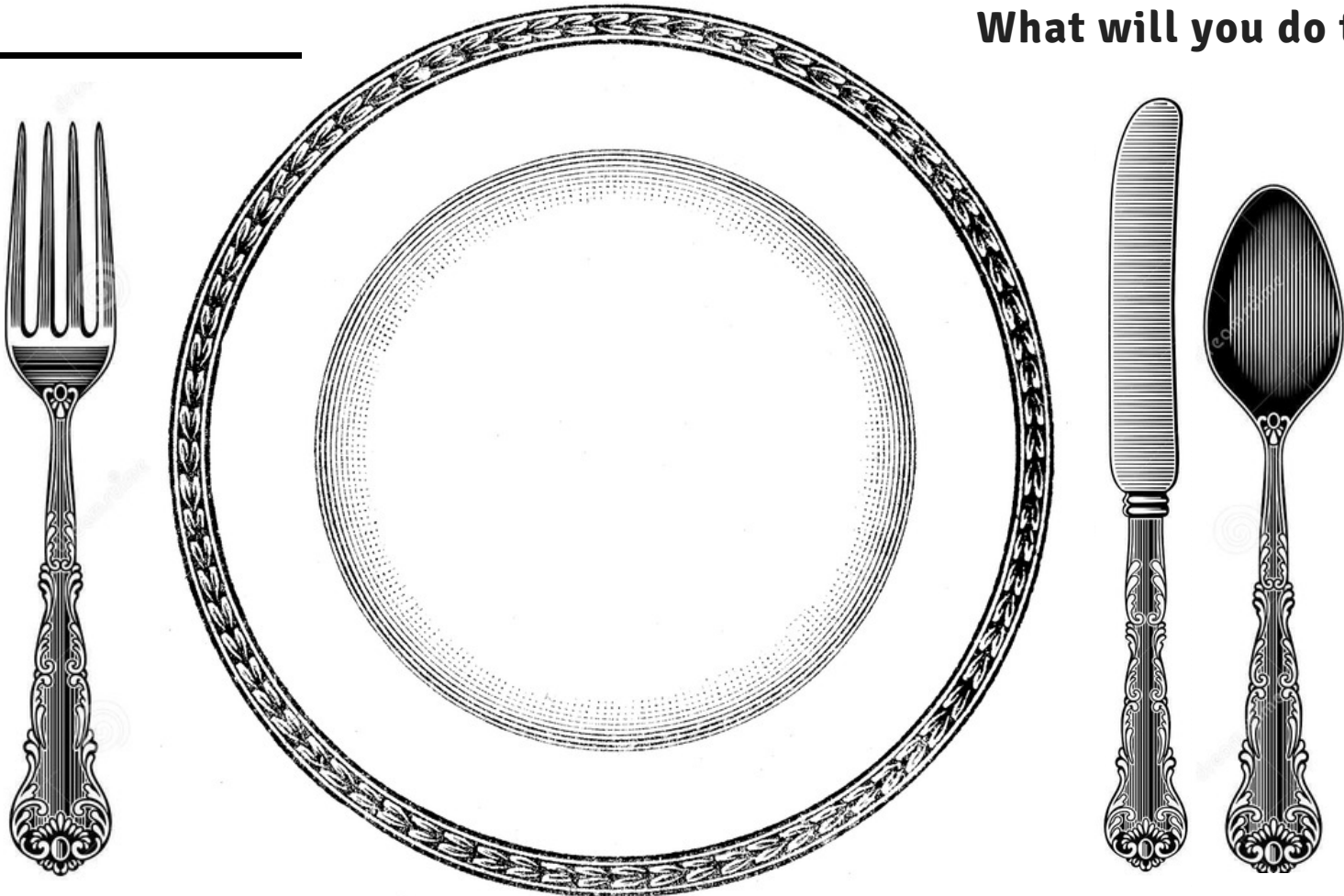
Dear _____

My family and I want to help. We pledge to:

Please do what you can to help hungry kids and their families. Did you know that one in five children in America is at risk of going to bed hungry? Below, I drew a picture of my wish for them:

Name, Age

What will you do to help?



You and Your Family Can Help Heal the Earth



Teaching children to care for the earth is a job more and more parents are taking seriously. It can also be an enjoyable way to spend time with your family, whether you plant a garden together, take hikes in a nearby wilderness area or clean up your local park. Talking about excess packaging and the ABCs of recycling can be paths to greener living, too.

For more ideas and further instructions visit www.doinggoodtogether.org/bhf/heal-the-earth

Pledge to clean up your neighborhood.

Picking up litter is a fun, simple, free activity that can have instant results for your child and your community.

- Pack trash bags and garden gloves during your next walk in the park.
- Clear out litter from a section of park, beach, vacant lot, or your own neighborhood. Take all necessary precautions.
- Dispose of all trash properly.

Pledge to make small changes with a big impact.

Plant the idea of environmental stewardship in your children all year – not only on Earth Day – by making little changes in your daily life.

- Visit www.50waystohelp.com. Read the list together and decide which changes your family will implement.

Pledge to support citizen science.

Become the eyes and ears of environmental researchers and contribute to scientific research projects that make a difference.

- Visit www.SciStarter.com and chose a research project to support.

Take the 31-day, zero-waste challenge.

Start some new, green habits as a family with this unique – and doable – zero-waste challenge.

- Visit www.goingzerowaste.com/blog/31-day-zero-waste-challenge, listing daily, small changes your family can make.

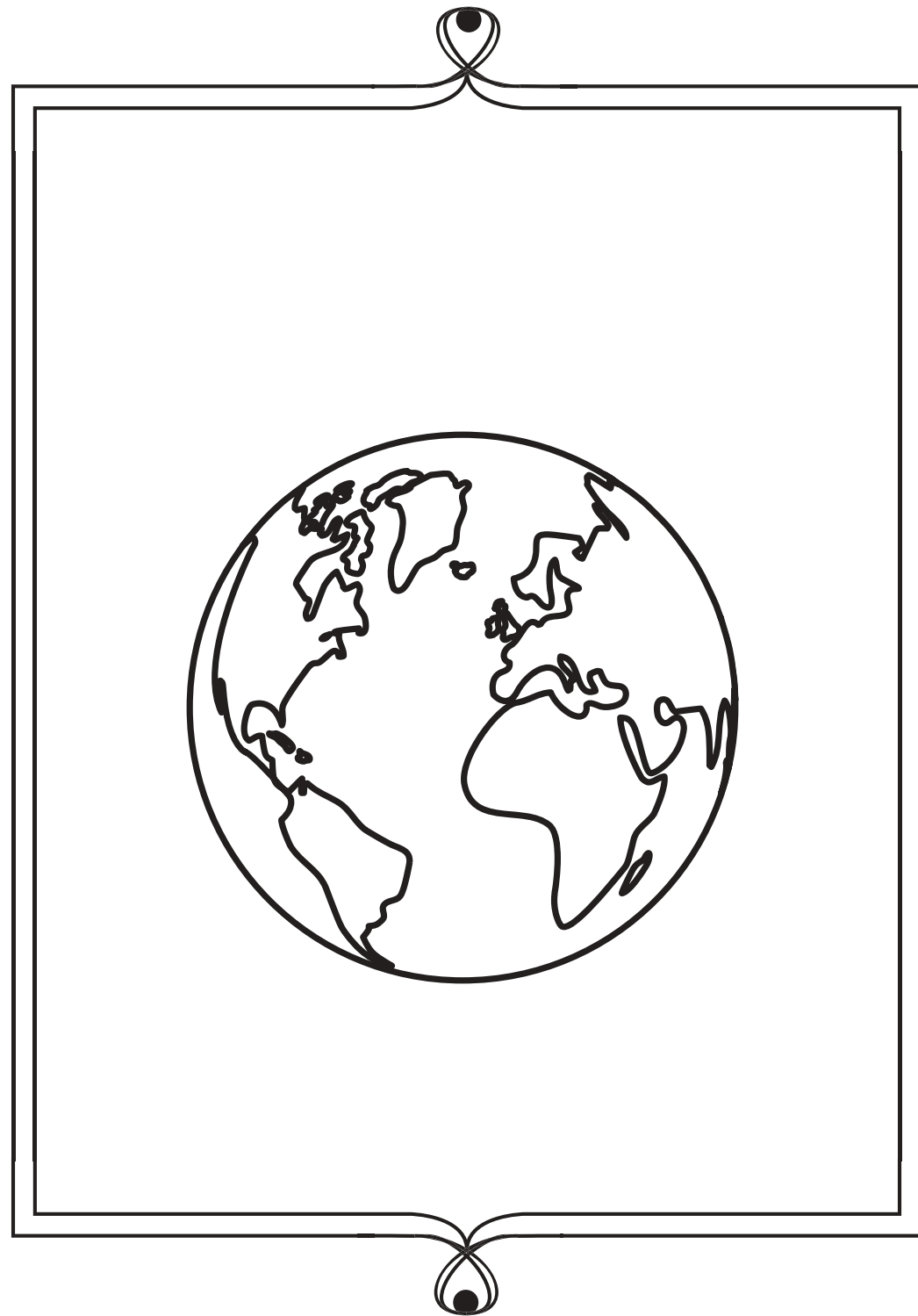
Dear _____

Please do what you can to help protect the earth's resources for generations to come. Here is a poster I created to celebrate our one, precious planet.

From climate change to plastic pollution to water contamination, complicated problems are threatening our world. My family and I want to help heal the earth. We pledge to:

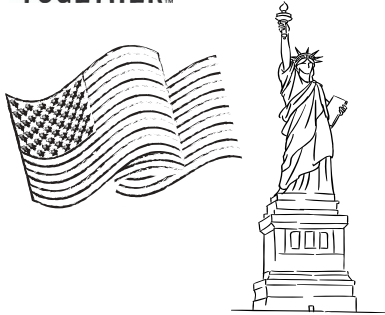
What will you do to help?

Name, Age





You and Your Family Can Help Support Immigrants



Assisting a newly arrived family is one way to learn about another culture while making a real difference in someone's life. Newcomers, particularly refugee families, face multiple challenges, including language difficulties, cultural adaptation, lack of social support, discrimination, and employment barriers. Learning about and supporting immigrants allows children (and adults) to appreciate the complexity and richness of other countries, and to realize that their view is only one among many possible views. For more ideas and further instructions visit <http://bit.ly/DGTimmigration>

Pledge to befriend an immigrant family.

- Many organizations invite volunteers to assist immigrant families as they transition to life in this country. Check out VolunteerMatch, Lutheran Social Services or Catholic Charities to find a local opportunity. Activities can include helping with grocery shopping, finding services, or sharing a meal.

Pledge to sign petitions.

Take time to learn about and support specific immigration issues through online petitions.

- Go to change.org and browse immigration-related petitions.
- Read the petition summaries so you can learn more.
- Read the comments of others who have signed.
- Sign petitions you support and feel free to comment on your own reason for signing.

Pledge to raise money for legal aid.

Host a lemonade stand, a car wash, or a garage sale and donate the proceeds to an organization that helps low-income immigrants navigate complicated legal matters.

- Visit the Immigrant Law Center of Minnesota (www.ilcm.org) or the National Immigrant Justice Center (www.immigrantjustice.org).

Pledge to advocate for immigrants.

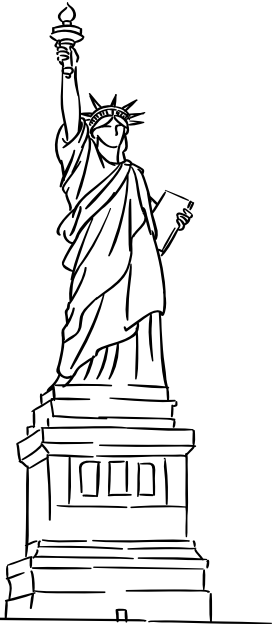
Contacting your elected officials when you feel strongly about an issue teaches active citizenship.

- Post the contact info and photos of your elected leaders in a prominent place.
- Talk to your family about why issues in immigration matter to you.
- Send a note as a family to your representative stating your position.

Dear _____

Please support humane and fair immigration policies. My family and I care about the safe and just treatment of immigrants because

Below I've drawn you a picture of my family's immigration story.



My family and I want to help. We pledge to:

What will you do to help?

Name, Age