

Other resources:

Activities for Home and Classroom, including conversation starters, downloadable board game, activity sheets, and recipe for Cheesy Pizza Bombs
<https://www.loisbrandt.com/classroom-activities>



Scholastic Hungry To Help Family Action Plan
<http://www.scholastic.com/hungrytohelp/>



Lois Brandt's visit comes at a crucial time of year for raising awareness of childhood hunger. Each year, Loaves & Fishes sees a 20% increase in the number of families fed during the summer months. Families who depend on free and reduced breakfast and lunch during the school year, face food insecurity throughout the long summer months.

Last year, Loaves & Fishes fed over 76,000 people in Mecklenburg Co. 46% were children.

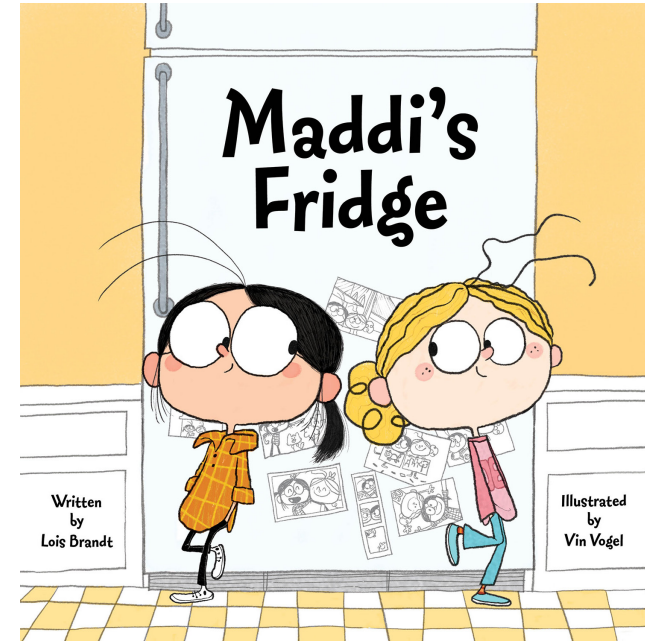
Loaves & Fishes provides a week's worth of nutritionally balanced groceries at no cost to families and individuals in a short term crisis through a network of food pantries located throughout Mecklenburg County.

For more information about



LOAVES & FISHES
Groceries for Neighbors in Need

visit www.loavesandfishes.org



RAISING CHILDREN WHO CARE

A Conversation with Lois Brandt

May 31, 2018

Event Sponsors:



How to Talk to Your Child About Childhood Hunger

When I was little I believed that everyone must have what I had: loving parents, plenty of food, and annoying siblings. One day my warm view of the world was blown away. I opened up my best friend's refrigerator to find that her family was desperately in need of food.

Knowing when to talk to your kids about difficult subjects is, well, difficult. You want to protect your children from the ugliness in life, but you also don't want them to be blindsided and not know what to do.

Here are some ways to not only talk to your children about childhood hunger, but welcome them into a community of people who care for the less fortunate.



Lead by example. One of the most aggravating and encouraging traits children have is that they will do as you do, not necessarily as you say. Children follow where their parents lead. I write checks to charities at the end of the year as part of our financial planning. That's an essential way to help, but even if your children watch you write the check, it's going to be hard for them to understand the impact.

The trick is to make your charitable giving visible to your children. Print out a list of items that your local food pantry, like Loaves & Fishes, needs and then take advantage of the numerous trips you make to the grocery store. Have your child choose something from the list that he or she likes. Ask them to put two items in your cart. One for your household, one to share. When you get to the food pantry, allow your child to bring in the donation.

Discuss with your child the idea of helping others. Children want to know where they fit, what their role is. Let your child know that he or she can be part of the fight against childhood hunger. Give your child an example of a time when you helped a friend or were helped by someone.

Ask your child to tell you about a time he or she helped a friend on the playground or in the classroom. Emphasizing the web of relationships we all live in will empower your child with a sense of community, even when facing large problems.

Keep the discussion upbeat and age-appropriate. You want to be honest, but you don't want to share any fears you may have. This is, I believe, where your child will help you. Children don't see huge obstacles the same way we do; they often see the path around the obstacles. Will dropping one can of tuna at the food pantry eliminate childhood hunger in the United States? No. But teaching our kids that they are part of the answer, and letting ourselves be part of the answer, that's a great beginning. Keep hope in the equation. Working together, we can beat childhood hunger.

For more information about Lois Brandt and Maddi's Fridge, visit www.loisbrandt.com.

