HUNGER

1. Deliver prepared meals to senior citizens.
2. Assemble and distribute food baskets to families in need.
3. Help cook and serve meals at a local soup kitchen. (fund meal or bring supplies to distribute to guests)
4. Host a cooking class to teach high schoolers easy, healthy recipes.
5. Launch a food pantry on campus to assist commuter students in need.
6. Fill and distribute backpacks of ready-made food for students at risk of going hungry over the weekend.
7. Help plant a community garden and donate the produce to a food relief organization.
8. Host a community dinner at your Lodge for seniors experiencing food insecurity.
9. Assemble hunger-relief kits and distribute them to individuals experiencing homelessness.
10. Start a campus kitchen in which unused food from dining halls, grocery stores and restaurants are transformed into meals for people in need.
11. Work with local nutritionists and dietitians to provide free nutrition and healthy food preparation classes for people with diabetes.
12. Collaborate with other student groups to host a food drive and place collection bins across campus to encourage donations.
13. Host an event on campus and use canned food as the cost of admission. Donate the food to a local pantry.
14. Host healthy eating workshops to teach elementary students about the food-to-table process.
15. Coordinate a service-learning trip for college students at the local food bank.
16. Partner with other student groups on campus to organize a hunger walk/run in which students donate nonperishable items to participate. Donate the items collected from the event to hunger relief organizations.
17. Provide infant nutrition kits containing formula and cereal to teen parents.
18. Publish a cookbook featuring easy, healthy, and affordable meals. Distribute the cookbooks to local nonprofit and community organizations serving low-income households.

**KIDS**

1. Purchase food supplies and backpacks to supplement meals for children on the weekends.
2. Partner with the local library or school to host a reading program.
3. Work with local high school students, antlers, or other service groups to aid local senior citizens with home maintenance such as mowing, weeding, and raking.
4. Host an after-school activity or mentoring program for students who have nowhere to go directly after school.
5. Teach local elementary students how to prepare simple healthy meals or snacks.
6. Use your musical talents for music lessons that teach children in need how to play an instrument.
7. Host a field day for the local boys and girls club or YMCA.
8. Create a safety day program teaching children proper bike etiquette, how to cross the street or what to do in case of a fire.
9. Take local students with disabilities on an outing to the zoo or museum.
10. Take local students in need for a day where they are fitted for a new pair of shoes.
11. Sponsor weekly art classes for elementary students.
12. Help local high school students with resume writing and interview skills. Funds can be used to provide interview clothing.
13. Visit a local children’s hospital and purchase art kits, puzzles, or other activities to do with them while they’re in the hospital.
14. Purchase and prepare hygiene kits for students in need.
15. Create a day of fun sports for youth with disabilities.
16. Often children entering foster homes must leave behind their belongings. Create packages of essential clothing, hygiene items, or bedding supplies to distribute to them.
17. Host a health awareness day where students are given vouchers to visit the dentist or eye doctor.
18. Work with the Lodge to round up and repair bikes to give away to local students in need.
19. Teach swim lessons to children in need.
20. Create a nature clean-up and recycling day for a local elementary school class.
1. Create welcome home kits for veterans transitioning into permanent housing. Work with the local VA to determine the needs of residents and create boxes full of cleaning supplies, bedding supplies, and other household items they may need.

2. Create care packages to send to a local military troop deployed overseas and work with the antlers to write thank you letters and encouraging notes.

3. Run monthly social events for a local VA facility.

4. Help build wheelchair ramps or make additions/repairs to the homes of local veterans with disabilities.

5. Organize a family resources picnic for military members and their families.

6. Get involved with a local stand down. Consider providing additional clothing, school/office supplies, hygiene items, haircuts or a resume writing class.

7. Host a resource fair aimed at veterans in need where you provide a meal, a speaker regarding resources available to veterans, and outreach materials.

8. Plan a trip to a museum, zoo or outdoor excursion for veterans in the VA home, hospital, veterans who are disabled, or other veterans in need.

9. Arrange a group of well-wishers to send off or greet WWII veterans who participate in the Honor Flight.

10. Prepare and deliver warm meals to veterans who are homeless or homebound.

11. Assist veterans in creating video histories of their experiences and share the edited results at an evening presentation with their families and serve dinner.

12. Organize a movie night at a local Veterans Affairs medical center.

13. Host a furniture donation drive on campus to collect furnishings for veterans transitioning into housing.

14. Run a job fair for military members and their spouses.

15. Partner with a therapy dog organization to bring comfort dogs to a VA facility.

16. Restock the USO hospitality room at the airport with snacks and reading material for active duty service personnel and their families.

17. Recruit volunteers to enhance the facilities of a veterans' transitional housing complex.
18. Organize a back to school drive to distribute backpacks and school supplies to military children.

19. Start a monthly visit to veterans at a local senior center, and bring hygiene supplies, clothes and other needed items.

20. Partner with an organization that serves veterans with disabilities to run an outdoor trip or activity.

FAMILIES IN NEED

1. Collect and distribute hygiene and other supplies not covered by food stamps at a local soup kitchen or food pantry.

2. Run a free reading literacy fair at a local library.

3. Hold a holiday party for a local shelter.

4. Organize a winter coat and clothing drive and deliver warm clothes collected to families in need before winter begins.

5. Collaborate with the local fire or police department to hold a family safety day.

6. Host a resume writing workshop at a community center.

7. Redo and/or upgrade a play room or family lounge at a local shelter.

8. Set up a childcare program for parents taking GED or other high education courses.

9. Start a small home repair, clean-up or lawn care service for low income seniors or families that need extra help.

10. Partner with a soup kitchen and cover a meal weekly or monthly.

11. Organize a healthy living fair or class with the YMCA.

12. Start a food basket program—but deliver items outside of the holidays.

13. Partner with Habitat for Humanity to renovate a house for a deserving local family.

14. Organize a back to school resource fair for low income families.

15. Start a free transportation program for cancer patients needing help to appointments.

16. Volunteer and provide supplies to a homeless outreach organization.
17. Run monthly birthday parties for kids and parents at a homeless shelter.

18. Organize a community park clean-up.

19. Provide translation services for ESL community members at a community center.