



Elks National Foundation

20 Project Plans for Combatting Food Insecurity

Please note: These project ideas are not one-size-fits-all for CIP grants. Please read and understand the guidelines for each individual grant before applying.

1. Deliver prepared meals to senior citizens.
2. Assemble and distribute food baskets to families in need. View an in-depth Beyond the Basket project plan [here](#).
3. Provide resources to a soup kitchen, then help cook and serve meals.
4. Host a cooking class to teach high schoolers easy, healthy recipes. Read about Redlands, Calif., Lodge No. 583 implementing this project [here](#).
5. Create a food pantry at a local high school or college campus.
6. Fill and distribute backpacks of ready-made food for students at risk of going hungry over the weekend.
7. Host a community dinner at your Lodge for seniors experiencing food insecurity, complete with recipe cards of the food served.
8. Teach fishing and foraging classes as a way to gather fresh food.
9. Help plant a community garden and donate the produce to a food relief organization. Read about the community garden at South Orange, N.J., Lodge No. 1154 [here](#).
10. Build and install Little Free Pantries outside the Lodge and other areas.
11. Work with local nutritionists and dietitians to provide free nutrition and healthy food preparation classes for people with diabetes.
12. Organize a weekly or monthly meal at a local shelter.
13. Donate fresh produce to a local pantry. Invite local high school students or Elks scholars to assist.

14. Teach food preservation, canning and pickling classes.
15. Host healthy eating workshops to teach elementary students about the food-to-table process.
16. Set up hydration stations in under-resourced areas.
17. Establish an accessible garden at a facility for people with disabilities and teach gardening classes.
18. Provide infant nutrition kits containing formula to new parents.
19. Assemble ingredients and recipe cards for veterans receiving Welcome Home Kits.
20. Deliver summer food boxes or free meals for children facing food insecurity while school is out of session.

