

# HUNGER AND ESSENTIAL NEEDS ASSISTANCE



## PROJECT OVERVIEW

According to [Feeding America](#), more than 34 million people, including 9 million children, are currently experiencing food insecurity in the United States. [41.2 million people](#) receive SNAP benefits, which do not cover essential items such as hygiene products, cleaning supplies and winter clothing. Help lessen the need by providing food and essential items to food pantries, homeless shelters, or directly to individuals.



### STEP 1 Get Started

Many communities have seen an uptick in individuals and families seeking support from food pantries, soup kitchens, school backpack programs, homeless shelters, or delivery services like Meals on Wheels. Reach out to these organizations to determine how the Lodge can best make an impact.



### STEP 2 Make it a Success

Between delivering meals and supplies, starting a garden, packaging food baskets, or donating funds to food pantries, there are many ways your Lodge can combat food and essential needs insecurity. Decide how your Lodge can best help address your community's needs.



### STEP 3 Make it Your Own

If your Lodge is providing food directly to families, host cooking classes at the Lodge to teach them to make nutritious meals. If the plan is to deliver food to seniors who are homebound, consider reaching out to local high school students to do lawn work for community service credit. If your Lodge has outdoor space, build a [Little Free Pantry](#) to provide a steady resource of nonperishable foods. Does your membership love to crochet? Make and distribute mittens or hats for the winter months. Still deciding? Read through the [20 Project Plans for Combatting Food Insecurity](#) for inspiration. The possibilities are endless!

**CIP Tip:** Not sure what constitutes an “essential need?” [This visual](#) provides all the information you may need!