

# What can **youth** do to End Childhood Hunger?



- 1 Volunteer at your local anti-hunger organization.** Some examples of places you may be able to volunteer are at food banks, food pantries, soup kitchens, or any other anti-hunger organization that helps people learn about hunger or helps people get food. Search for volunteer opportunities at [Serve.gov/endlhunger](https://www.Serve.gov/endlhunger).
- 2 Participate in school lunch and school breakfast.** Many students who are eligible for free or reduced-price school meals -- especially school breakfast -- don't take advantage of them. Start eating a school breakfast and lunch and encourage your friends to do the same. It helps your parents stretch food dollars for dinner, and school meals keep you healthy and ready to learn.
- 3 If you are involved in a group like 4-H, Boy Scouts, Girl Scouts, a sports team, a church youth group, or other organized activity, you can join together to volunteer as a group.** Talk to a local anti-hunger organization to see what your group can do to help. It may be telling others about hungry children, fundraising, a food drive, or some other creative project. Think of your own project, or search for one on [Serve.gov/endlhunger](https://www.Serve.gov/endlhunger). To find volunteer opportunities with local food banks, [click here](#).
- 4 Plant a school garden.** School gardens can be a fun way to learn about how healthy food is produced and making healthy food choices. Talk to your teachers about planting a fruit, vegetable, or herb garden or working with gardening groups. For more information about starting a school garden, [click here](#).
- 5 Organize a food drive at your school.** If you want to collect food to donate to local organizations, it is important that you work with your local food bank. To find a local food bank to find out more about organizing a food drive, [click here](#).