

growing hope against hunger

FAMILY TIPS



Hello Families!



Sesame Street has created **Growing Hope Against Hunger** in an effort to provide support for and communicate strategies to families with children who struggle with hunger. The tips on this page can help your family eat healthfully, save money, and grow closer together.

- * **PRACTICE HEALTHY HABITS.** Even small changes to your routines can make a difference in your family's health. Try to eat a nutritious breakfast. On the go, pack sliced fruits or vegetables to snack on. Each day, try to drink more water.
- * **STRETCH YOUR DOLLAR.** Use grocery store sales to stock up on items such as whole-grain cereals and whole-wheat bread and flour. Whole grains give you more health value for your money.
- * **TALK WITH YOUR CHILDREN ABOUT THEIR CONCERNS.** Encourage children to tell you how they are feeling. Let children know what is happening and reassure them that you are doing everything you can to provide food for your family. Sometimes children's questions might be hard to answer. It's all right if you don't have all the answers. Just checking in with children lets them know that you're there for them.
- * **MAKE (AND SHARE!) A MEAL.** Ask children to help plan a meal. Choose healthy foods your family likes, or try a new anytime food. When you're ready to cook, give children fun and simple jobs to do in the kitchen. Children can measure, pour, and stir. Enjoy your meal together as a family.

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The nonprofit educational organization
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Making Connections

It may be hard to ask for help, but there are services that can assist your family. These include free food, nutrition information, and referrals to social service agencies. These resources can help you find support.

- * **THE NATIONAL WIC ASSOCIATION (NWA)** is 9 million WIC clients and 12,200 state and local service provider agencies offering nutritious foods, nutrition and breastfeeding education, and health and social service referrals to WIC mothers and young children. Visit www.nwica.org.
- * **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)** is the federal government's food stamp program. Visit www.fns.usda.gov/snap.
- * **FEEDING AMERICA** is the nation's largest domestic hunger-relief organization, with a network of food banks whose focus is to provide food assistance to those who need it. Visit www.feedingamerica.org.
- * **THE MEALS ON WHEELS ASSOCIATION OF AMERICA's** member programs feed those who are 60 years of age and older and those in need. MOWAA's vision is to end senior hunger by 2020. Visit www.mowaa.org.
- * In the **NATIONAL SCHOOL LUNCH PROGRAM**, children in grades K-12 can get free or lower-price lunches at school. Some schools also serve breakfast, after-school snacks, fresh fruits and vegetables, and summer meals. Ask someone at your child's school office to apply, or visit www.fns.usda.gov/cnd.

Share Your Strength

You can be a resource to people in your community and your family. Helping others is a great way to feel good together and remember just how strong all of you are.

- * **SHARE YOUR STORY.** Talk to other families about what you are going through. Sometimes talking about tough times can help relieve stress or can spark ideas and solutions.
- * **VOLUNTEER.** We all can give a helping hand and show how much we care. Start close to home by asking about opportunities through local schools, community centers, or faith-based organizations. Visit the following websites to find more ways you can donate your time.

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THE MEALS ON WHEELS ASSOCIATION OF AMERICA's member programs feed those who are 60 years of age and older and those in need. MOWAA's vision is to end senior hunger by 2020. Visit www.mowaa.org.

SERVE.GOV is an online resource for not only finding volunteer opportunities in your community, but also creating your own. America's foundation will be built one community at a time — and it starts with you. Visit www.serve.gov.

For more tips and ideas, visit sesamestreet.org/food.

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