

STUDENTS UNITED AGAINST HUNGER



Students United Against Hunger is a joint project funded by United Way of Long Island that provides young people with an opportunity to volunteer at The Harry Chapin Food Bank in Hauppauge. Volunteers assist in sorting food, personal care items, household supplies, pet food and school supplies that are delivered to Long Island Cares' network of 560 community-based member agencies.

Students United Against Hunger consists of two components: a Hunger 101 workshop and a community service project, both of which young volunteers (ages 7 – 14) attend with their parents or teachers. The workshop is conducted monthly on Saturday mornings from 9:00a.m – 12:30p.m. Each session can accommodate up to 20-25 students and 4-5 adults. During the 3 ½ hour visit to Long Island Cares, participants receive an orientation to Long Island Cares, participate in a group food sorting activity and find out how food supplies reach those in need.

The Hunger 101 workshop is highly interactive and enables participants to walk in the shoes of a person in need of food and experience situations common to those at-risk of hunger. Each participant role-plays a person suffering from hunger that faces the challenge of providing nutritious meals for their family. Exercises include financial budgeting, accessing the limited resources available to people in need of emergency food, navigating government agencies, private charities and community members to locate assistance, and grappling with issues such as discrimination, poverty, and illiteracy. The role play is followed by a discussion that allows participants to talk about feelings they experienced during the activity and issues relevant to the problems they faced. Short and long-term strategies to alleviate poverty and hunger are addressed.

Following the workshop, participants will assist with a community service project in Long Island Cares warehouse. Students will work on food-related projects to help families and individuals in need living in Nassau and Suffolk Counties.

For information or to register for the *Students United Against Hunger* project, contact Donna DeRiggi at United Way of Long Island, 631.940.3700 or dderiggi@unitedwayli.org.

