

Champions for Kids SIMPLE Service Project

# Give Them Hope!



Post Bowls of Hope™



## Did You Know?

- When school lets out for the summer, millions of low-income children lose access to the school breakfasts, lunches and after-school snacks they receive during the regular school year.
- Only 1 out of 6 children who receive free or reduced-price meals during the school year continue to receive meals during the summer months.
- Low-income families with children face even more challenges during the summer when they stretch their food budget to provide additional meals for their children.
- The most recent national study of food insecurity found that 5.6 million American families accessed emergency food from a food pantry at least once in 2009.

## Ways YOU Can Help!

**GATHER** your family, friends, and co-workers to fight hunger in the summer by hosting a Post Bowls of Hope food drive! Ask each person to bring nutritious food items like Post cereals to donate to a local food pantry in your community.

**LEARN** about the hunger needs of children in your community by inviting a teacher, social worker, food pantry employee, or homeless shelter volunteer to talk with your family, friends, and co-workers.

**GIVE** the food items that you've collected to the local food pantry so that children in your community will have nutritious food to eat during the summer months!

**SHARE** your story with us at [www.championsforkids.org/simple](http://www.championsforkids.org/simple) so that we can celebrate your participation! Please let us know that you are ONE of Millions who helped reach our goal to mobilize 20 Million people by 2020 to become Champions for Kids!



**I AM  
ONE OF  
MILLIONS**  
CHAMPIONS FOR KIDS

