

## Feed the Hungry



Many church communities and agencies around the Capital District help families who deal with food insecurity make sure they will have food on their table. For this project, we encourage you to learn about food insecurity and how you can help. Below you will find a list of suggested websites to help you raise your awareness.

We then encourage you to share a meal with a local family by putting together a non-perishable meal basket for a family of four. Baskets will be distributed through a local food pantry.

- Create a meal plan
- Purchase non-perishable items needed to make the meal
- Purchase a gift card to a local grocery store for the family to buy the perishable items needed to make the meal
- Put them all in a gift basket and wrap it for the family
- Consider including a note from you to the family who will receive the basket and a recipe for your favorite family dessert

### Raise Your Awareness

[www.regionalfoodbank.net](http://www.regionalfoodbank.net)

[www.concernedforthehungry.org](http://www.concernedforthehungry.org)



Watch the documentary *A Place at the Table* by clicking the below link. This documentary offers “An examination of the issue of hunger in America focuses on the plight of three individuals from different parts of the country who struggle to find adequate nutrition.”

Link: [https://www.youtube.com/watch?v=UbfS\\_AJP-lw](https://www.youtube.com/watch?v=UbfS_AJP-lw)

What to do once you have completed your kit (Please choose from one of the below options)

- 1) Drop off at the Our Lady of Mt. Carmel Parish Center on **Tuesday, November 17 from 10:00AM-1:00PM**. Please only bring baskets to Our Lady of Mt. Carmel on this particular day and time as it is the only time someone will be there to receive them.
- 2) For those participating from the Duanesburg/Delanson area, contact the Our Lady of Fatima parish office to make arrangements to drop off your basket for the pantry at OLF to distribute.
- 3) Contact us and make an appointment to drop off your basket. You can contact us at [worksofmercychdy@live.com](mailto:worksofmercychdy@live.com) or 518-347-0871.