This is a tool to help you figure out how you can help! The Greater Cleveland Food Bank needs the help of everyone to make sure that no one in our community goes hungry! Follow the steps below and make a plan.

**Step 1:** Think about different groups who may be going hungry in your community and why they do not have enough to eat. Make a list of these groups below.

**Step 2:** Select one group from your list above: __________________________

**Step 3:** Find out more.
- How can I help this specific group? Is there anything else I need to know before I make a plan to help?

- How can I find out what I want to know? 
  (Hint: Your friends at the Greater Cleveland Food Bank would be happy to help!)

**Step 4:** Plan for Action.
- To help my community, I will...

<table>
<thead>
<tr>
<th>Do what?</th>
<th>By when?</th>
<th>Who Can Help Me?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adapted from *A Kids’ Guide to Hunger & Homelessness* by Cathryn Berger Kaye

Activity suitable for grades 3-5