



## One Kid Can! Toolkit

*One kid can make a difference in their community.*



## WHO ARE WE?

**Our vision:** we are the heart of our community where no one goes hungry, so families and individuals can feel empowered, supported, and hopeful.

**Our mission:** to coordinate the collection and distribution of healthy food to people in need within the Tri-Region area and connect them to additional resources in the community.

If you have questions about the ideas in this toolkit, or if you would like more details on how to start a project to help hungry people in your community, please contact our Community Coordinator at the Parkland Food Bank.

Telephone: 587-286-7329

Email: [amanda@parklandfoodbank.org](mailto:amanda@parklandfoodbank.org)

You can also visit the food bank's website at [www.parklandfoodbank.org](http://www.parklandfoodbank.org) or connect with us on social media:

- Facebook: Parkland Food Bank Society
- Twitter: @ParkIndFoodBank



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## HOW TO USE THIS TOOLKIT

We've organized this toolkit according to age group (kids in grades 4-9 and high school students), and for community organizations like play schools, faith-based organizations, recreational organizations, etc.

The *One Kid Can Toolkit* can help you turn your idea of helping your community into a reality! The ideas in this toolkit come from other people who have already made a difference in their own communities. You can build on existing ideas or come up with your own. We hope you'll tell us about the projects you come up with that we can keep adding to the toolkit.



Before moving forward with turning your idea into a reality, there are some important things to consider:

### What's the plan?

- Do you have a special talent you would like to use?
- Do you have friends or family who can help you?
- Do you want to involve your school, club, or faith group?
- What is your goal? Do you want to raise money, collect food, or teach people about the problem of hunger in your community?
- How much time do you have to spend on your idea?
- Will there be costs associated with your idea (printing posters, paying for postage)?

### Get the word out!

Letting people know about your project is so important – communication is your most powerful tool! Imagine if you can get four people interested in your project (that would be awesome). Now imagine if

those four people told four **more** people – now you have 20 people interested. Now imagine if those 20 people each told four more people – you’d have 100 people interested in your project!

There are lots of ways to get the word out:

- Send an email to friends and family.
- Hand out flyers or posters.
- Contact your local newspaper and radio station.
- Write an article for your school newsletter.
- Place a notice on the bulletin board at your place of worship.
- Post your idea on all of your social media platforms.

### Think it through!

In order to make sure your project is successful; you need to plan what you’re going to do and how you’re going to do it **ahead of time**.

Here are some things to keep in mind:

- Ask permission from your school principal or club leader before you get started so that you can make sure you have their support.
- Set a goal: what do you want to accomplish? It can be as simple as “I want to collect food for the food bank” or as specific as “I want to sign 100 people up for the Hunger Walk.”
- Set a budget: figure out how much money you will need to spend on supplies, publicity, and anything else you’ll need.
- Once you have set your budget, make sure your project will make enough money to cover your costs **and** make a profit that you can then donate to the food bank.
- Set deadlines: divide your project into easy pieces and figure out when each piece needs to be completed.
- Do you need a team of people to help you? Get your team together well in advance, and make sure they are available and have transportation arranged the day of your event.
- If you are collecting food, make sure you have a safe and dry place to store it before delivering it to the food bank.
- Do you need transportation to drive food or supplies to and from your location? If you aren’t old enough to drive, make sure you’ve asked an adult for help in advance.
- Be excited: your attitude and have a big impact on your project. Smile, encourage people, learn about hunger in Parkland County. Show people why you care.
- Be thankful: be sure to thank everyone who helped you. They’ll be eager to help you again if they feel like you’ve recognized the work they have done. Team work makes the dream work!

## **FOOD & FUN DRIVE IDEAS: GRADE 4-9 STUDENTS**

**Open a Lemonade Stand:** With some frozen lemonade and a little help from your parents, you can open a lemonade stand right in your own neighbourhood to raise money for the food bank. You can also do this at your school! With the support of your school principal, you can organize a lemonade stand at your school’s main entrance during school pickup times.

**Run a Bake Sale:** This can be as easy as offering fresh popcorn or homemade cookies. You could even bake bread, cakes, or pies! You'll need a busy location where lots of people will be interested in buying your treats. You can involve your school, faith community, or even request a table at your local farmers' market or other special event in your area.

**Host an Art Exhibit:** Organize an art exhibit showcasing art made by you and your classmates. Instead of tickets, ask for a donation of either money or non-perishable food. Create a theme for your exhibit such as "Nobody should go hungry" or "One person can make a difference".

**Birthday Celebration:** Have you ever thought about *giving* gifts instead of *getting* gifts for your birthday? Ask your friends to bring a food donation to your birthday party as their gift to you. After your birthday party, you can donate the food to the food bank.

**The Guessing Game:** Fill a jar with candy and have your school guess how much candy is inside! Participants pay a \$1.00 donation to the food bank to guess how much candy is in the jar, and they write down their name and contact info onto a slip of paper. The person whose guess is the closest to the real number wins the jar of candy. Hot tip: be sure you know how many pieces of candy are in the jar before your classmates start guessing!

**Have a Contest:** a little healthy competition never hurt anyone! Hold a contest between classes at your school! Whoever collects the most food for the food bank wins an ice cream or pizza party.

**Hula-Hoop for Hunger:** organize a hula-hoop marathon at your school, place of worship, or rec centre. Ask participants to request pledges in advance from friends and family. For example, supporters could pledge \$1.00 for every 15 minutes of hula-hooping. You could also organize a walk, run, dance, or bike ride for hunger.

**Spirit Day:** Have a special Spirit Day where students get to stretch the dress code just a little bit in exchange for a donation of non-perishable food or money to the food bank. For example, you could have a Pajama Day, Silly Hat Day, or Costume Day. Be sure to talk to your school principal to get their support!

**Fill a Room with Food:** With your principal's permission, challenge your school to fill up a room (or a pickup truck or van) with food for the food bank. You might even convince your principal to do something silly if you meet your goal, like wear a weird outfit, sing a funny song, or dye their hair!

**Photography contest:** Create a contest for the best photographer at your school. Participants could submit photos that they have taken, and the winning entries will go into a calendar that can be purchased for a donation to the food bank. You'll want to have a group of judges to determine whose photos will make it into your calendar. Think about your budget with this project: the price of your calendar will need to cover the cost of printing it with extra money going to the food bank.

**Who's Got Talent?** Organize a talent show at your school, place of worship, or community hall. Admission to the show is a can or two of food or a small monetary donation to the food bank.

**Kids Vs. Teachers:** Organize a basketball or soccer game between teachers and students. Admission is a can of food or small monetary donation to the food bank. The winning team gets bragging rights!

**Cooking Class:** do you know an adult who cooks really well? Ask them to offer an after-school cooking class for students. Admission to the class would be a small donation of food or money to the food bank.

**Board Game Night:** Invite your friends, family, and neighbours to your game night! Book space at your local library, community hall, or place of worship, and ask everyone to bring along their favourite board game to play. Admission is a donation of food or money to the food bank. You can provide drinks and snacks (depending on your budget) or you can host a potluck dinner, asking your guests to bring a dish to share.

**Play with Food:** organize a food drive at your school and have each grade bring in a certain kind of food, like canned beans, cereal, or pasta (be sure to check out our Most Needed Items in the Appendix of this toolkit or [click here](#) to be directed to our Needed Items page on our website). Arrange a competition where each grade builds structures out of the donated food – like a canned castle or a cereal maze. Ask a local ice cream shop or pizza place to provide gift cards to the winning class.

**Collect Themed Meal Bags:** Challenge friends, family, and neighbours to donate bags of food based on different themes like Italian Night, Picnic Basket, Athlete's Survival Kit or other ideas. If your food drive is a one day event, make it exciting by offering food samples from one of the themes, like mac & cheese for Family Night. Be sure to check out the appendix for the Most Needed Items list!

**Go, Gardner!** Do you have a garden? Plant an extra row of veggies and donate them to the food bank at harvest time.

**Empty Bowls:** Students decorate handcrafted bowls and guests are invited to a simple meal of soup and bread. In exchange for a donation, guests get to keep the bowl as a reminder of all the empty bowls in the world, symbolizing hunger. Money raised can be donated to the food bank. For more information, visit [emptybowls.com](http://emptybowls.com).

**Get Dancing!** Organize a themed dance (like *Welcome Back!* or *Tacky Prom*). Admission to the dance is a donation to the food bank.

**Candy Grams:** sell chocolate or candy canes for a donation to the food bank. Treats can be delivered between friends by taping them to lockers, placing them in cubbies, or by having volunteers deliver them to classrooms.

**Collect Spare Change:** Grab a piggy bank, a jar, or anything else you have on hand to collect spare change. When your jar is full, you can donate it to the food bank. This idea can work anywhere: at school, at home, at your place of worship, etc.



## FOOD & FUND DRIVE IDEAS: HIGH SCHOOL STUDENTS

**Run a Bake Sale:** This can be as easy as offering fresh popcorn or homemade cookies. You could even bake bread, cakes, or pies! You'll need a busy location where lots of people will be interested in buying your treats. You can involve your school, faith community, or even request a table at your local farmers' market or other special event in your area.

**Host an Art Exhibit:** Organize an art exhibit showcasing art made by you and your classmates. Instead of tickets, ask for a donation of either money or non-perishable food. Create a theme for your exhibit such as "Nobody should go hungry" or "One person can make a difference".

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**Collect Themed Meal Bags:** Challenge friends, family, and neighbours to donate bags of food based on different themes like Italian Night, Picnic Basket, Athlete's Survival Kit or other ideas. If your food drive is a one day event, make it exciting by offering food samples from one of the themes, like mac & cheese for Family Night. Be sure to check out the appendix for the Most Needed Items list!

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## COMMUNITY ORGANIZATIONS: THINGS TO CONSIDER

Before moving forward with turning your idea into a reality, there are some important things to consider:

### What's the plan?

- Do the kids you work with have a special talent that can be harnessed?
- Do you need to speak with your stakeholders to ensure you have their support?
- What is your goal? Do you want to raise money, collect food, or teach people about the problem of hunger in your community?
- How much time do you have to spend on your project?
- What are the costs associated with your project? Do you have an existing budget to support your project?

There are lots of ways to get the word out about your project:

- Write a blurb to advertise in your newsletter.
- Send an email to friends and family.
- Hand out flyers or posters and be sure to display them in your space.
- Contact your local newspaper and radio stations.
- Promote your project on all of your social media platforms.

### Be proactive!

In order to make sure your project is successful; you need to develop a timeline and plan for the unexpected.

Here are some things to keep in mind:

- Ensure you have the support of leader of your organization.
- Set clear deadlines for each part of your project.
- Set a goal: what do you want to accomplish?
- Ensure your budget is approved and is realistic.
- Do you need a team to help you? Make sure everyone who is working on your project understands their role and that your expectations are clear.
- If you are collecting food, make sure you have a safe and dry place to store it before delivering it to the food bank.
- Recognize the people who helped you turn your project into a reality – teamwork makes the dream work!

## FOOD & FUND DRIVE IDEAS: COMMUNITY ORGANIZATIONS

**Open a Lemonade Stand:** You can open a lemonade stand right in your own neighbourhood to raise money for the food bank.

**Run a Bake Sale:** This can be as easy as offering fresh popcorn or homemade cookies. You could even bake bread, cakes, or pies. This is a wonderful opportunity for your group to work together to help your community.

**Host an Art Exhibit:** Organize an art exhibit showcasing art made by the children in your organization. Instead of tickets, ask for a donation of either money or non-perishable food. Create a theme for your exhibit such as “Nobody should go hungry” or “One person can make a difference”.

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a one day event, make it exciting by offering food samples from one of the themes, like mac & cheese for Family Night. Be sure to check out the appendix for the Most Needed Items list in the Appendix!

**Go, Gardner!** Do you have access to a garden? Plant an extra row of veggies and donate them to the food bank at harvest time.

**Empty Bowls:** Kids in your organization can decorate handcrafted bowls and guests are invited to a simple meal of soup and bread. In exchange for a donation, guests get to keep the bowl as a reminder of all the empty bowls in the world, which symbolizes hunger. Money raised can be donated to the food bank. For more information, visit [emptybowls.com](https://emptybowls.com).

**Get Dancing!** Organize a themed dance (like *Costume Dance Day!* or *Dance Your Sillies Out!*). Admission to the dance is a donation to the food bank.



## NOW THAT YOUR EVENT IS OVER . . .

Now that all your hard work has led to a successful project or event, it's time to celebrate yourself!

Call us before you drop by with your food or money donations so that we know you're coming. We'll take your photo and – if we have permission – we may use your story in a one of our publications. Your efforts can inspire others!

Here are few things to keep in mind:

- Be sure to check our website for [hours and location](#).
- Our phone number is 780-962-4565
- Our address is 105 Madison Crescent in Spruce Grove

If you collected food, we can weigh your donations so that you can tell everyone how any kilograms of food your collected.

If you collected money, we can give you an idea of how much food your donation will buy to help people in need.

***On behalf of more than 3,500 people who depend on the food bank every month. . .***

***THANK YOU!***



## APPENDIX

Here are some existing tools to make your life a little bit easier. You can print these out as you need them!

**List of Most Needed Non-Perishable Food Items:** Stick to non-perishable foods when organizing food drives - fresh fruits and veggies won't stay fresh. [Check out the list of food items](#) that are always being accepted at the food bank.

**Food Bank Facts:** Read the latest [food bank statistics here](#) to inform your work.

Appendix A: Sample Promotional Posters

- [Horizontal Poster](#)
- [Vertical Poster](#)

## Appendix B: Sample Pledge Sheet

# Pledge Sheet

Project Name:

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Project Organizer:

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*The money you pledge will be donated to the Parkland Food Bank to provide food to people in need and promote long-term solutions to hunger.*

|          | Sponsor Name | Contact Info | I can Pledge... | Total | Paid On |
|----------|--------------|--------------|-----------------|-------|---------|
| 1        |              |              |                 |       |         |
| 2        |              |              |                 |       |         |
| 3        |              |              |                 |       |         |
| 4        |              |              |                 |       |         |
| 5        |              |              |                 |       |         |
| 6        |              |              |                 |       |         |
| 7        |              |              |                 |       |         |
| 8        |              |              |                 |       |         |
| 9        |              |              |                 |       |         |
| 10       |              |              |                 |       |         |
| 11       |              |              |                 |       |         |
| 12       |              |              |                 |       |         |
| 13       |              |              |                 |       |         |
| 14       |              |              |                 |       |         |
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| 20       |              |              |                 |       |         |
| 21       |              |              |                 |       |         |
| 22       |              |              |                 |       |         |
| 23       |              |              |                 |       |         |
| 24       |              |              |                 |       |         |
| 25       |              |              |                 |       |         |
| Personal |              |              |                 |       |         |
| Total    |              |              |                 |       |         |

**A benefit for: Parkland Food Bank P.O. Box 5213 Spruce Grove, AB T7X 3A3**