

**Cadette Breathe**  
**Take Action Project Sample Sessions: Food and Shelter**

**Project 1**

Shelter Aid—*provide assistance to a local shelter or drop-in center*

**Project 2**

Food Bank Aid—*provide assistance to a local food resource group*

**Resources**

- United Way's First Call for Help—Twin Cities: 2-1-1 or 800-543-7709
- MN Coalition for the Homeless: 651-645-7332, [www.mnhomelesscoalition.org](http://www.mnhomelesscoalition.org)
- Minnesota FoodShare: 612-721-8687 ext. 327, [www.mnfoodshare.gmcc.org](http://www.mnfoodshare.gmcc.org)
- World Hunger Education Service  
PO Box 29056  
Washington, DC 20017  
202-269-6322, [www.worldhunger.org](http://www.worldhunger.org)
- Second Harvest Heartland  
1140 Gervais Ave.  
St. Paul, MN 55109-2020  
651.484.5117  
888.339.3663  
[www.2harvest.org](http://www.2harvest.org)

**Project 1: Shelter Aid**

Map It:

1. Learn about homelessness in the community. Contact homeless shelters or social service agencies in the area. Call the MN Coalition for the Homeless at 651-645-7332 for more information or United Way's First Call for Help at 2-1-1 for a referral to a local shelter or drop-in center.
2. Visit a shelter or drop-in center to find out what kind of assistance they need.
3. Survey people in the community to determine the public's opinion about local homelessness.

Plan It:

1. Receive training from an organization that focuses on homelessness.
2. Read a book or an article about homelessness.
3. Watch the movie "Women of Brewster Place" and have a discussion.
4. Serve at a soup line or shelter and have lunch with someone who is homeless.

Do It:

1. Help with administrative duties such as mailings, promotions, etc.
2. Cook or serve food at a shelter or drop-in center.
3. Provide maintenance, such as painting and decorating rooms, at a shelter or center.
4. Provide activities for children at a shelter or center.
5. Tutor children at a shelter or center.
6. Put together "I Care" kits that include toothpaste, brush, shampoo, etc. for shelter clients (speak with a shelter or center first to receive permission and find out the needs).
7. Coordinate a supplies drive for a shelter or center such as blankets, towels, books, etc. (speak with a shelter or center first to receive permission and find out the needs).

Think About It:

1. Create a personal list of the challenges experienced during the project.
2. Role-play situations and solutions experienced during the project.
3. Make a collage of the emotions experienced during the project.

Advocate It:

1. Create a list of local shelters in your community.

## **Project 2: Food Bank Aid**

Map It:

1. Call or visit a local food bank or food shelf. Interview the coordinator or director and ask what kind of assistance is needed.
2. Call Minnesota Food Shelf at 612-721-8687 ext. 327 or visit [www.mnfoodshare.gmcc.org](http://www.mnfoodshare.gmcc.org) to find a food bank, shelf or food share program near you.
3. To find out more about issues related to hunger, call Second Harvest Heartland at 888-339-3663 or visit [www.2harvest.org](http://www.2harvest.org).

Plan It:

1. To find out more about world hunger, contact the World Hunger Education Service at 202-269-6322 or visit [www.worldhunger.org](http://www.worldhunger.org).
2. Recruit volunteers to help.
3. Contact your school, grocery stores, restaurants, bakeries, hospitals, etc. in the community to find out if they are, or would like to be part of, a food rescue program or food donation program.

Do It:

1. Sort and pack food at a food shelf or food bank.
2. Help out with special events such as large food drives.
3. Organize a local food drive.
4. Coordinate a local food rescue program.
5. Collect grocery store coupons to donate to food service programs.

Think About It:

1. Write a Public Service Announcement about hunger to be read over the local radio station.
2. Create a comic book based on the project experience.

Advocate It:

1. Speak on behalf of a food resource group at a town meeting or other community forum