



ACTIVITIES

IN A GROUP OR CLASS

- Show the Hungry Kate video. Talk about hunger.
- Buy a plate for Kate. Ask children to donate a \$1 for children, like Kate, who go hungry. Have each child write his/her name on a paper plate. Hang the paper plates in the cafeteria or other gathering space.
- Put Kate in a seat during lunchtime, a school play, or other community event. Take photos of children with Kate. Move Kate each day so every group has the opportunity to be with Kate!
- Hold a food drive for Kate. Ask children to bring in cans of food to give to children like Kate who are hungry.
- Have children take turns bringing Kate home to share with their families. Encourage children to write about their evening with Kate, draw pictures or take photographs.
- Have Kate meet the rest of the staff. Take their photos with Kate! Hang up the photos in a prominent hallway, cafeteria, or gathering space!

WITH YOUR FAMILY

- Set a plate for Kate. Place an extra plate at your table for Kate and leave it empty. Let the plate be a reminder that too many individuals in our community do not have enough to eat each day. Talk with your family about hunger.
- On a paper plate or sheet of paper, draw some of the foods that you would like to give Kate.
- Look through your cupboard or go to the store to buy food for children like Kate that go hungry. Donate your items to the Food Bank of Central and Eastern North Carolina.
- Take Kate with you on your next trip to the movies or even the store. Introduce people to Kate.
- Mail Kate to one of your relatives or friends. Write a note introducing Kate and ask them to take photos of Kate on her visit. Have them mail the photos and Kate back to you.
- Keep a photo album of your adventures with Kate!

