



SET A PLATE FOR KATE

...and help fight hunger in our community

1. Go to foodbankcenc.org/Kate and watch the Hungry Kate video.
2. Set an extra plate at your table for Kate and leave it empty.
Let the plate be a reminder that more than 191,000 children in our service area do not have enough to eat each day.
3. Take a photo of Kate at your table and share it at [facebook.com/FoodBankCENC](https://www.facebook.com/FoodBankCENC) or [@FoodBankCENC](https://twitter.com/FoodBankCENC) on twitter.

ADDITIONAL CHILDREN'S ACTIVITIES

- Bring Kate to lunch, a school play, or other community event and explain to others why Kate is hungry.
- Draw some of the foods that you would like to give Kate on a paper plate or sheet of paper.
- Discuss hunger with your family:
How does being hungry make a person feel?
What kind of setbacks could lead a person to be hungry?
How could we help those who are hungry?
- Hold a food drive for Kate and ask children to donate cans of food to give hungry children like Kate.

Visit FoodBankCENC.org/Kate for more activities for your family, classroom or organization.



NO ONE GOES HUNGRY

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