



# Centennial Project

## How 2 Guide

### **TITLE: Feed the hungry**

### **Centennial Project Area if applicable: Hunger**

### **Synopsis of Project:**

Many people find it difficult to feed themselves and their families. Lions can make contact with supermarkets and food providers to work together to obtain food and then take it to people direct or to food kitchens or hostels.

### **How 2 Guide:**

How can I help to feed the hungry?

Here are a few ideas

- 1 Go to local supermarkets and restaurants and ask if you can have the food that is going out of date that day and take it to your local food kitchen or hostel.
- 2 Get permission from your local supermarket to stand in their entrance and ask customers to put tins into a trolley. Then again take to the food kitchen or hostel.
- 3 Put on a Christmas meal for the elderly in your area.
- 4 Put on a Christmas party for children who live in deprived areas.
- 5 Contact your local supermarket, particularly Morrisons and ask if they will give you a discount, often they will, to purchase food to make up hampers to hand out at Christmas to families and the elderly.
- 6 If you have an elderly neighbour why not ask them round for a meal, particularly at special times of the year i.e. their birthday or Christmas or Easter.

## **Key Contacts and links:**

Contact your local :

- Food kitchen
- Hostels
- Social Services - adult and child care
- Local supermarkets
- Schools and nurseries
- Care homes
- Adult day centres



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