



food gatherers.

This booklet belongs to:

Junior Rescue Ranger Program

You can become a **Junior Rescue Ranger**! This program is a great way for **kids of all ages** to learn about hunger in our community and **take action** to make a difference.

Step 1: Complete at least one activity from each section in this booklet: Learn, Gather, and Give.

Step 2: Answer the questions at the end of each section.

Step 3: Bring your completed packet to the Food Gatherers warehouse to receive your Junior Rescue ranger certificate.

You can help!



Learn: Activity

Food Gatherers work to end hunger (also known as **food insecurity**) and stop its causes in our community. One of the ways we do this is by rescuing good food that would have been thrown away by stores and restaurants. Take time to learn about food insecurity and food rescue with one of the following activities, or come up with your own.

Visit your local library and check out a book about hunger

Learn at least two new facts, and share them with a classmate, family member, friend, or neighbor. A few of our favorite reads:

- Maddi's Fridge by Lois Brandt
- Saturday at the Food Pantry by Diane O'Neil
- Lulu and the Hunger Monther by Erik Talkin (ages 10-14)

Watch a video or film about food insecurity

Learn at least two new facts, and share them with a classmate, family member, friend, or neighbor. A couple of our suggestions:

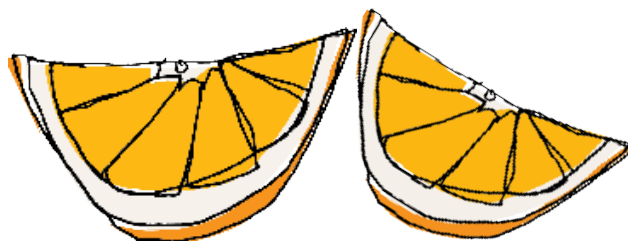
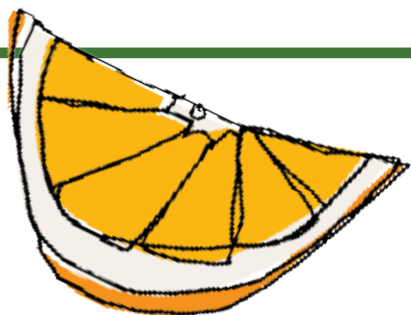
- Food Gatherers' "Kate" video: watch at www.foodgatherers.org/kate (ages 9 and under)
- "A Place at the Table," 2012 documentary (rated PG, recommended for ages 9 and up)

Visit the Food Gatherers Website

With the help from a trusted adult, visit www.foodgatherers.org and read our information on hunger facts. Learn at least two new pieces of information and share them with a classmate, family member, friend, or neighbor.

Eat Leftovers!

Did you know that almost half of the food produced in our country is wasted? Help by doing your part and reducing food waste by eating some leftovers. Go through your fridge and pantry and find food that needs to be eaten and create a meal. Use a recipe and be creative. Tell us about what you used and created with your leftovers.



Check out pages 8-10 for some "Just for Fun" activities!

Learn: Reflect

Now that you have spent some time learning about hunger, please take a few minutes to think about this experience and answer the questions below.

Which learning activity did you choose?

Tell us at least 2 things you learned:

How did learning about hunger make you feel? (Circle one)



Tell us why you felt this way.

For Food Gatherers Staff to Complete

Signature

Date

Gather: Activity

Food Gatherers give away **millions** of pounds of food every year. Most of it is donated by businesses, community groups, and families like yours-anyone can help us gather food! Complete one of the gathering activities below, or come up with an idea of your own.



Host a Lunch Box Food Drive

Ask your friends, classmates, neighbors, and family to help you collect healthy foods for kids to eat for lunch: juice boxes, apple-sauce, fruit cups, granola bars, crackers, and fruit snacks. All food must be store-bought, in its original packaging, and have a list of ingredients on each individual item (if you buy a six-pack of fruit cups, each cup needs its own ingredient list).



Gather Food for Your Birthday and Other Holidays

Instead of birthday gifts, ask guests to bring non-perishable food items to your birthday party ("Non-perishable" means that food is in a can or other package and does not need to be refrigerated to stay fresh). Or try the same idea for a family holiday where you might typically receive gifts!



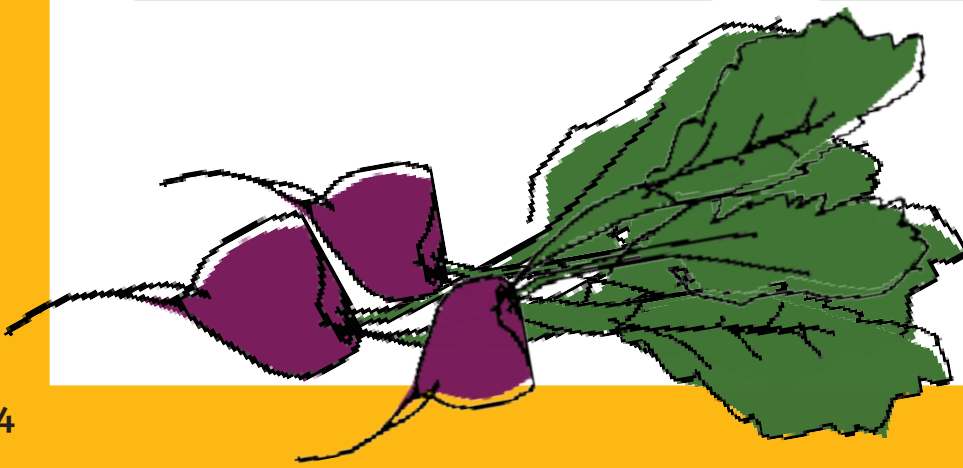
Give What You Grow!

During warmer months, plant a garden and donate some or all of the harvest. Our partner programs love to receive fresh fruits and veggies of all kinds!



Make It a Party!

Host a fun group event, like a dance party, arts & crafts night, or sports game, and ask your guests to bring non-perishable food items. Have fun while fighting hunger in your community!



Gather: Reflect

Now that you have collected food, please take a few minutes to think about this experience and answer the questions below.

Which learning activity did you choose?

Tell us at least 2 things you learned:

How did learning about hunger make you feel? (Circle one)



Tell us why you felt this way.

For Food Gatherers Staff to Complete

Total pounds of food gathered = _____ / 1.2 = _____ meals

Signature

Date

Give: Activity

In addition to food donations, Food Gatherers raises money (also called **funds**) to pay for things like running our delivery trucks and keeping food cold in our warehouse. Help us connect funds (any amount helps!) with one of the activities below, or come up with your own idea!

Parents: See the “Helpful Tips for Parents” on page 8 for more details about how to donate funds raised.



Donate Your Celebration Dollars

Ask your friends, classmates, neighbors, and family to help you collect healthy foods for kids to eat for lunch. Some ideas; juice boxes, applesauce, fruit cups, granola bars, crackers, and fruit snacks. All food must be store-bought, in its original packaging, and have a list of ingredients on each individual item (if you buy a six-pack of fruit cups, each cup needs its own ingredient list).



Hold a Lemonade Stand or Bake Sale

Instead of birthday gifts, ask guests to bring non-perishable food items to your birthday party (“Non-perishable” means that food is in a can or other package and does not need to be refrigerated to stay fresh). Or try the same idea for a family holiday where you might typically receive gifts!



Collect Spare Change

During warmer months, plant a garden and donate some or all of the harvest. Our partner programs love to receive fresh fruits and veggies of all kinds!



Do Chores or Extra Cash

Offer to earn money by doing jobs for your family, neighbors, and friends. Some ideas could include: yard work, walking dogs or pet sitting, washing cars, or doing extra chores around the house.



Give: Reflect

Now that you have raised money for Food Gatherers, please take a few minutes to think about this experience and answer the questions below.

Which learning activity did you choose?

Tell us at least 2 things you learned:

How did learning about hunger make you feel? (Circle one)



Tell us why you felt this way.

For Food Gatherers Staff to Complete

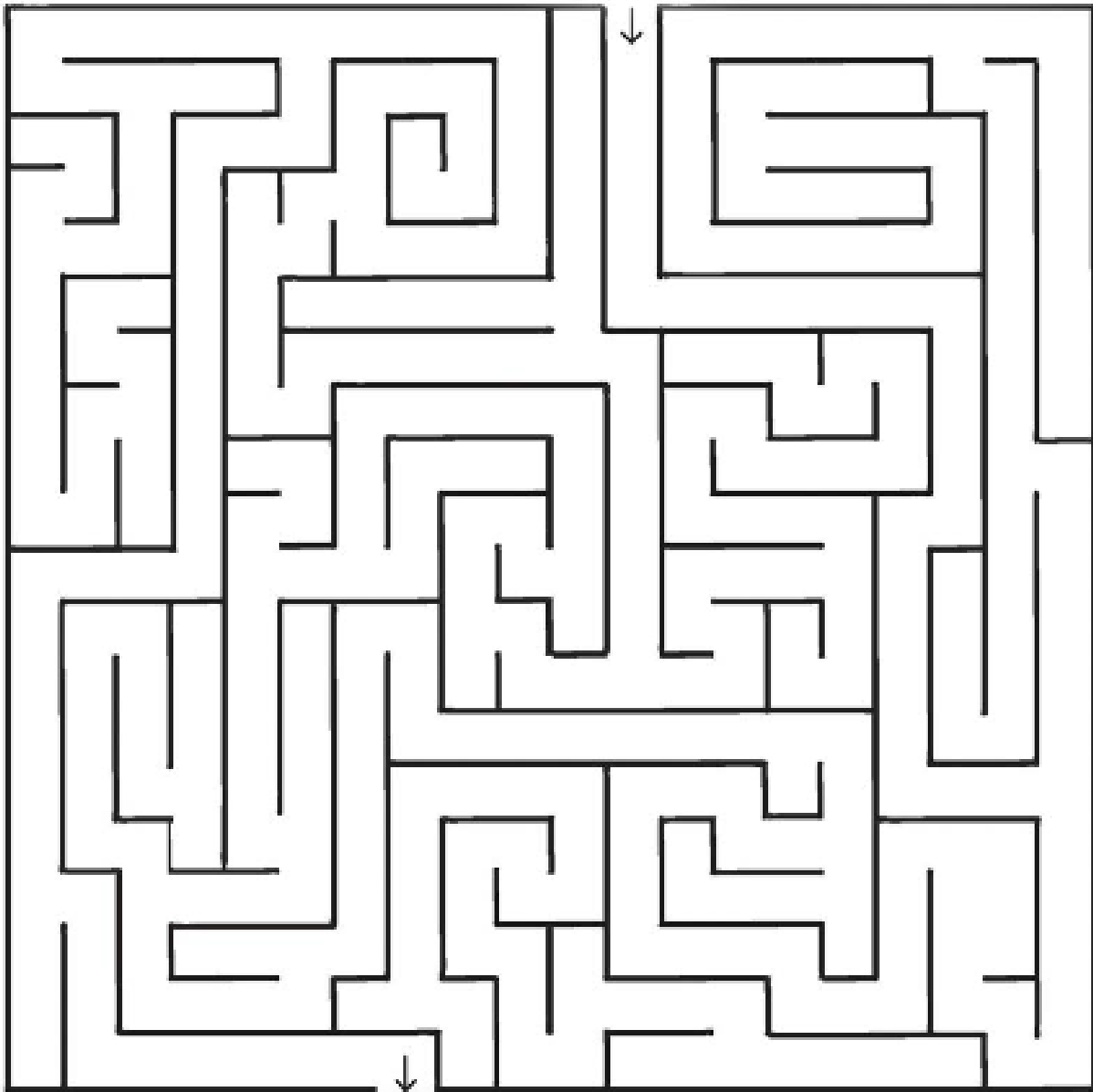
Total amount of money raised = _____ x 3 = _____ meals

Signature

Date

Just for Fun: Maze Activity

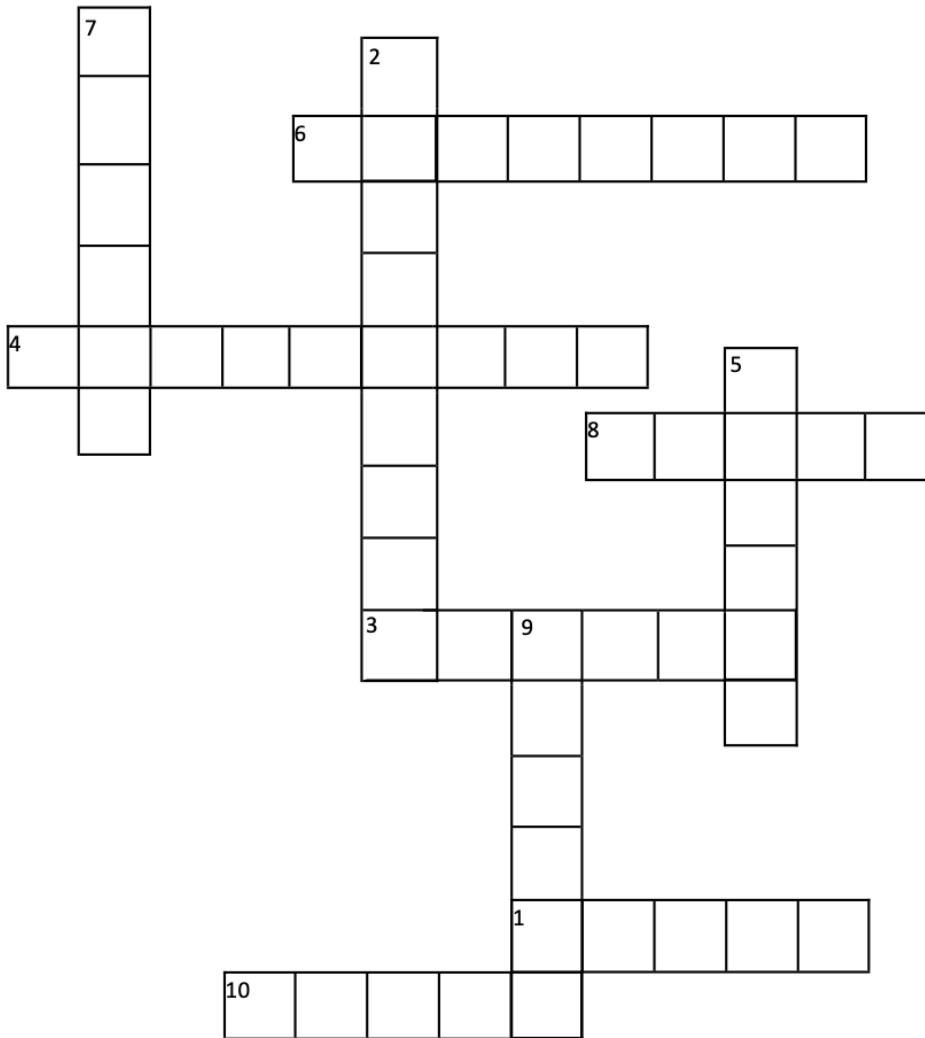
Help Food Gatherers get all the donated food onto the truck to deliver in time!



Just for Fun: Coloring Page



Just for Fun: Crossword Puzzle

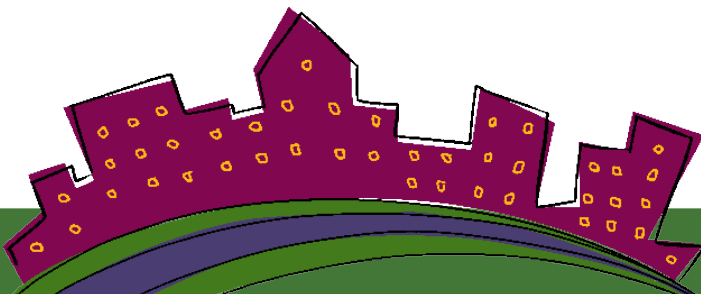


Across:

1. The type of vehicle Food Gatherers uses to move food.
3. To save food before it is wasted, is to _____ it!
4. A group of people living in the same area or neighborhood that work together and have something in common.
6. A charitable place where food is donated or collected that also distributes it to help feed people in a community.
8. It's great to _____ others about food insecurity in our community so they can learn how to help.
10. When people are fed and healthy, they feel _____!

Down:

2. A person who spends time helping their community and making a difference.
5. Where you grow healthy fruits and vegetables at home.
7. Food Gatherers' favorite vegetable!
*hint: it's orange and grows underground...
9. At the food bank, we sort and handle the food to make sure it's still good to eat. We call this, "food _____"
*hint: it kind of rhymes with "tasty!"



Across: 1. Truck 3. Rescue 4. Community 6. Food Bank 8. Teach 10. Happy
Down: 2. Volunteer 5. Garden 7. Carrot 9. Safety

Helpful Tip for Parents

Fighting hunger can be rewarding for the whole family. Parents, siblings, and other family members are encouraged to help, or even complete their own challenges! Here are some tips to help children make the most of their experience.

Important: Please consider safety first! When asking for donations, be sure children only reach out to trusted friends, neighbors, and family members.

Completion: When your child has completed all three sections, please make an appointment to get the certificate. You can reach us at **734-761-2796** or email info@foodgatherers.org

Food Donation Guidelines: The Following is a summary of acceptable food items. For complete food donation guidelines, visit foodgatherers.org and click on "Give Food."

-Any non-perishable canned and dry goods are accepted, but please remember all items must be store-bought, unopened, and in original packaging with its label of ingredients (Please note this includes items like applesauce or pudding cups).

-We love produce! Uncut garden produce is more than welcome.

- Food Gatherers cannot accept homemade goods (like muffins or jellies).

Food and Fund Donations are accepted at our warehouse at 1 Carrot Way in Ann Arbor Monday through Friday, 9 am- 4:45 pm.

Online Fundraising: If you're having an event or want to get friends and family involved, creating an online fundraiser is easy and a great way to raise funds. Email info@foodgatherers.org to get your online fundraiser set up.

Giving Funds: Cash, check or credit card donations may be made in person at our warehouse, or to donate funds using a credit card, you may also visit foodgatherers.org/donate (be sure to include "junior rescue Ranger" and your child's name in the notes section), or call 734-761-2796 and mention the Junior Rescue Ranger Program.



Mission

Food Gatherers exists to alleviate hunger and eliminate its causes in our community.

History

Food Gatherers is not only Michigan's first food rescue program, but the first program of its kind to be founded by a for-profit business, Zingerman's Delicatessen.

A few days before Thanksgiving in 1988, Food Gatherers volunteers borrowed a van and collected 50 pounds of vegetables, bread, milk, and eggs from half a dozen grocery stores and restaurants. The food was quickly re-distributed to hot meal programs in Ann Arbor and Ypsilanti.

Today, Food Gatherers is an independent 501(c)3 not-for-profit organization governed by a board of directors and operated by about 40 staff people and thousands of volunteers. Each year, we distribute millions of meals to our neighbors facing hunger throughout Washtenaw County.

Contact Food Gatherers

1 Carrot Way
Ann Arbor, MI 48105
734-761-2796
info@foodgatherers.org

Donations are accepted at Food Gatherers Warehouse between 9 AM and 4:45 PM.

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