

JF&CS REMOTE FOOD PANTRY PROJECT FOR FAMILIES

START THE CONVERSATION

ASK: Have you ever been hungry? What does that feel like? [Give opportunity for kids to answer]

SAY: Some people get hungry because they don't like the food on their plate. Has anyone ever had brussels sprouts on their plate and they really don't like them so they didn't eat them, but then you're still hungry?

SAY: Some people get hungry because they don't have access to food at all. That means they either can't get to any food or maybe they don't have enough money for their food.

SAY: 1 in 7 people in Georgia experience something called FOOD INSECURITY (Atlanta Community Food Bank). Food insecurity means they don't know where their next meal is going to come from and when they will be able to eat. Could you imagine always having that hungry feeling inside you?

SAY: Some people who are experiencing food insecurity can come to places like the JF&CS Food Pantry to pick up some groceries for free to make a meal for themselves and their family.

ASK: Do you know what a food pantry is? [Collect answers]

SAY: Food Pantries are places like a free grocery store for people who are hungry. Food pantries don't always have all the food that you are looking for though because they rely on donations. Most of the food at the JF&CS Food Pantry is donated! Sometimes the donations come from people like you that can drop extras off, or sometimes they come from a larger Food Bank that can drop off a lot of food.

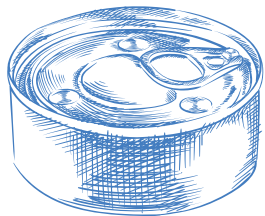
WATCH:  [YouTube Child Food Insecurity Report on NBC Nightly News: Kids Edition](#)

JF&CS KOSHER FOOD PANTRY QUICK FACTS

The JF&CS Kosher Food Pantry is open to those in need on Mondays and Wednesdays from 11 AM – 2 PM. We also make deliveries to people who can't come to the pantry in-person.

We have Kosher and non-Kosher food options, fresh produce, baked goods, meat, frozen foods, and pantry items.

140-170 households are served every week — that's over 550 individuals!



Most-needed items include: canned tuna, canned fruit, canned vegetables, rice, beans, canned tomatoes, and dry pasta. More needed items can be found on our [website](#) or on the [Amazon Wish List](#).

The Food Pantry relies on volunteers to run the distribution, make deliveries, and collect donations.



WHAT CAN YOU DO?

Check out the JF&CS Food Pantry [Wish List](#) before your regular grocery run and pick up some extra food to donate.

Hold a fundraiser for the JF&CS Food Pantry — raise money by hosting a bake sale, setting up a lemonade stand with your child, washing cars, or selling jewelry.

Host a food drive in your community and collect food for the JF&CS Food Pantry.

Volunteer with JF&CS on family days.



TAKE ACTION

Get a grocery store gift card with the amount you would like to purchase in donations. Allow your child to shop around the grocery store, locating food items on the list, while sticking to the budget on the gift card. Your child can use the gift card at check out. This is a great way to also learn about what grocery shopping on a tight budget looks like.

Bring your child along for your regular grocery run. Pretend you're on a scavenger hunt, searching for food items from the JF&CS Food Pantry [Wish List](#) or [website](#).

MOST-NEEDED ITEMS

PROTEINS	WHOLE GRAINS	FRUITS AND VEGETABLES	OTHER
Canned tuna or salmon, packed in water (not oil)	Brown rice	Canned vegetables (any)	Olive oil, canola oil
Canned beans (black, lima, and kidney)	Whole grain cereals	Canned fruit (any)	Shelf stable milk: dairy, almond, soy
Dried beans and lentils	Oats and instant oatmeal (packets or cylinders)	Applesauce (preferably with no added sugar)	Kosher boxed macaroni and cheese
Peanut butter and other nut butters	Whole wheat or brown rice pastas	Raisins and other dried fruits (preferably with no added sugar)	Herbs and spices: oregano, basil, black pepper, garlic powder, cumin, chili powder
Nuts and seeds: almonds, walnuts, cashews, pumpkin seeds, sunflower seeds	Whole grain crackers	Canned soups	

DROP OFF HOURS

You can currently drop food off at JF&CS on Mondays, Wednesdays, and Fridays 10 AM – 2:30 PM.
Donated items do not need to be Kosher. No glass jars, please.



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