



BROWN BAGGING FOR
Calgary's Kids
● LUNCHES ● PROGRAMS ● SOCIAL CHANGE

Kids Helping Kids!

Taking Action to Feed and Care for Each Other

How does it feel when you are hungry? When you are hungry, it can be hard to pay attention at school, have the energy to play at recess, or to be a nice friend. Sometimes, kids get hungry at school because they do not have enough food to eat. Whatever the reason, you can help make sure everyone gets a good, healthy lunch!

Each school day, the Brown Bagging for Calgary's Kids (BB4CK) Community takes action to feed and care for over **3,200** kids in our city and we need your help to make sure there are no hungry kids in your neighbourhood!

Everyone can take action and make a difference in their community!

- **If you see a friend who looks like they might be hungry, ask if they have enough food to eat.** If they say no, talk to your teacher or parents. You could offer them some of your food if you have extra, and help them to get food from somewhere else.
- **Remember that healthy food comes in all shapes, colours, and smells!** Eat lunch with your classmates who have lunches that are from all sorts of different places and learn about new foods. You could plan a lunch day where everyone shares their favourite type of healthy lunch and gets to try something new!
- **Talk to your teacher or principal about ensuring no one is hungry at your school.** If there are hungry kids at your school, you could organize a sharing table of extra food in your classroom or cafeteria or become someone's lunch buddy and bring them a lunch on certain days.
- **Plan a food drive** at your school to collect non-perishable snacks that can be shared when someone doesn't have enough food in their lunch. Check out the BB4CK Wish List and Snack Drive Guide on [our website](#) for more information.
- **Raise awareness by talking to other people about hunger.** For a school project, report, or presentation, teach other people about hungry kids and how they can help ensure all kids have enough to eat.
- **Decorate brown bags and create notes** of kindness and inspiration to send with BB4CK's lunches for kids. Check out the Brown Bag Craft Guide on [our website](#) for more information.
- On your birthday or on the next holiday you can **collect donations of money or food** to help feed kids instead of asking for gifts. Check out the Birthday Party Guide on [our website](#) for more information.
- **Create a fundraiser** to raise money to help buy food for hungry kids. You could host a bake sale or lemonade stand, grow vegetables to sell, create artwork, or hold a concert or show. There are so many creative ways to help feed kids when you use your imagination!

You are a superhero! You can change the world with what you choose to do with your time, your voice, and the things you have. Use your superpowers wisely. Your actions make a big difference!

If you have an idea or want to learn how you can help, please email us at info@bb4ck.org or call **403-264-7979**.