



Hit Hunger DIY Project

Civic Circle Area: Donate, Volunteer

The impact of COVID-19 continues to change our daily lives and routines, but volunteering and civic engagement are just as important as ever. This project can be modified to adhere to social distancing guidelines set by local and national authorities, to do virtually or to do at home and deliver via mail or drop off.

Over 35 million people in the United States are food insecure, meaning they don't always have enough food to stay full and healthy. Due to the effects of the coronavirus pandemic, an estimated 42 million people may experience food insecurity this year. Many face choices like choosing between food or paying bills. Organize a dodgeball tournament and charge a can of food for admission to help put hunger in its place!

What You Need:

- Facility such as a school gym or athletic complex;
- Dodgeballs (around seven, depending on the number of participants). You may be able to get these donated or borrow them from school or neighbors;
- Materials to make posters and flyers.

Steps:

1. Get a group of friends or classmates, or a sports team together to help organize a dodgeball tournament. Tell them why collecting food donations to end hunger is so important.
2. Decide which hunger relief organization will benefit from your project. This could be a soup kitchen, a food pantry or a senior center. Be sure to contact the organization beforehand and ask what their needs are, and whether they will be able to accept your donation.
3. Think of the best place to host your dodgeball game. This should be somewhere that people can get transportation to easily. You could have it at a school gym, a local sports center or gymnasium, or an outdoor area such as a volleyball/tennis court. Ask the facility if they have balls you could use at your event.
 - Be a conscious consumer: If you buy dodge balls for the event, purchase supplies from companies whose values and policies reflect your own.
4. Ask participants to bring a canned good or two to the tournament. Their canned food donation will serve as their entrance fee.
5. Talk with your group about how you want to divide participants into teams and about how many members you want per team (seven members per team is suggested).
6. Ask an adult to help by serving as referee or take turns being the referee.
7. Choose the day and time of the event.
8. Make flyers and posters to advertise your dodgeball game, and remember to tell people it's for a good cause. Share it on social media, try setting up a table in the school cafeteria during lunch, or put it into the morning announcements at school.



9. Set up a roster which tells teams who they will be playing.
10. Hold the event! Make sure to give a trophy or certificate to the winners.
11. Donate the goods you collected to whichever organization you chose and thank everyone for participating. Make sure to tell everyone how many pounds of food you collected, and what an impact it will have on people experiencing hunger in your community!

Reflection Questions:

- How did your event help raise awareness of the issue of hunger?
- Did the tournament participants understand how they were helping others by participating?
- Are there other ways you can help fight hunger in your community?