



# Thanksgiving Service Project

## Feeding the Hungry, Nourishing the Soul

Thanksgiving is a time to celebrate the abundance of God's many blessings in our lives. It is also a time to recognize that there are those who struggle to put nourishing food on their table every day of the year. This Thanksgiving, Catholic Charities asks you to come together with your loved ones to assemble **meaningful snack packs** in your own home. Your snack packs will be distributed to those who struggle with food insecurity right here in our community. We appreciate your prayers and your support!

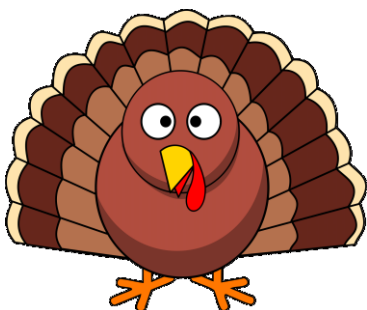
Please register at:

<http://catholiccharitiesphoenix.volunteerhub.com/Events/Event/Summary.aspx?EventID=3808967>

This Kit Includes:

- Facts and discussion questions about poverty and food insecurity in Arizona
- Word Search (make it a fun family competition!)
- Cornucopia Coloring Sheet
- Suggested food items (**non-perishable items**)
- Drop-off locations for snack packs
- Blessing Card to fill out for your neighbor in need (or you can include a greeting card or homemade card of your own!)

When your snack pack/s is complete, insert your blessing/card and drop off at any of the listed drop-off locations in this kit.



Thank you for helping  
feed the hungry this  
Thanksgiving!

## **Facts**

- **Food Insecurity is:**
  - not knowing where your next meal will come from
  - not having enough food to feed the entire family - often family members will skip meals
  - resorting to less expensive empty calorie food
  - not having enough money for lunch (especially school children)
- Currently nearly 1 in 3 children, 1 in 5 Arizonans, and 1 in 7 seniors in Arizona live in poverty.
- Arizona's hunger rates are higher than the national average: **17.8%** of Arizonans are food insecure, compared to 15.9% nationally, and **28.2%** of Arizonan children face hunger, compared to 21.6% nationally.
- **Arizona ranks third in the country for high child food insecurity rates, behind only New Mexico and Mississippi, with 456,760 children facing hunger on a daily basis.**
- **What hunger is:**
  - "People often say, "I'm hungry!" But is hunger a growling stomach before lunch, a craving for an after-school snack, or something more? In school you learn about nutrition and how eating a balanced diet builds strong bodies, helps you think clearly, and provides energy you need to live life. When people do not have enough nutritious food to eat on a daily basis, this is real hunger. Hunger that continues over weeks and months is called *chronic hunger*. People who experience chronic hunger may get sick more often, and their ability to study or work is affected." (*A Kid's Guide to Hunger and Homelessness*)

## **Discussion questions for your family**

- How would both your body and mind feel if you couldn't have breakfast and lunch? If you had little or no food for many days what would happen to you?
- When you think of the parable of the Good Samaritan, what does it mean in today's world to be a Good Samaritan? What are ways you have been a Good Samaritan recently?
- Why do you think that people in our community suffer from food insecurity? Discuss reasons why there are many living among us don't have enough food to eat.
- Everyone is called to follow God's call to serve the poor. Even young people!! What are some things that kids do to serve the poor –this could be the poor in spirit, the poor in health, and the poor in material things!

## End Hunger Word Search – Who can finish first?

T	F	O	O	D	F	E	P	Z	E	V	I	G
J	P	Z	A	Q	O	U	D	Q	A	D	R	T
P	U	K	W	M	Y	N	W	I	P	E	F	Y
E	D	N	U	T	R	I	T	I	O	N	R	P
T	O	I	C	A	T	S	D	F	C	E	U	L
A	U	Z	H	U	N	G	E	R	F	E	I	G
N	D	U	A	Q	A	N	Y	E	L	F	T	I
O	L	Y	N	A	P	U	O	B	E	K	S	P
D	K	I	G	L	O	H	A	Z	N	Y	E	U
D	P	H	E	A	L	T	H	S	D	J	F	O
B	C	E	M	Y	E	S	L	A	E	M	B	K
O	D	F	N	G	Y	G	E	Z	L	G	S	H
D	F	E	E	D	H	E	Q	K	P	J	D	G
Y	E	V	J	H	P	Y	H	U	O	H	I	R
J	R	P	W	Q	G	S	L	R	E	P	K	H

Food	End	Hunger	Health	Nutrition
Life	Give	Donate	Kids	Feed
Change	Meals	Fruits	Vegetable	Pantry

# Cornucopia- the “Horn of Plenty”

The English word "cornucopia" originates from the joining of two Latin words ("cornu", meaning "horn," and "copiae", meaning "plenty"). Together, the end term became "cornucopia", meaning "horn of plenty." The cornucopia is an emblem of Thanksgiving and -- in many homes -- the bountiful centerpiece of a bustling Thanksgiving table. Take a moment to reflect on those who are less fortunate and may not have the means to celebrate a bountiful Thanksgiving this year.



# Giving Thanks Snack Pack Instructions



## & Shopping List

Choose an item/s from each category, and pack in a one gallon sealable bag. Include a blessing card or handwritten note inside. Drop at designated locations.

- Beverage – Single Serving Size
  - Shelf stable boxed milk (plain or flavored)
  - Shelf stable boxed chocolate milk
  - Hot Chocolate packet
  - Juice boxes or Gatorade
- Snack Packs
  - Goldfish crackers
  - Single serving cracker packs with cheese or peanut butter
  - Pretzels
  - Granola bars
- Protein
  - Individual peanut butter 'go' cups
  - Vacuum sealed tuna packs
  - Single serving cans of tuna/chicken/Vienna sausage
  - Protein bars
- Fruit
  - Individual Fruit cups, Applesauce cups
  - Raisins or other dried fruit

## **Drop-off locations**

Please drop off your snack packs Monday – Friday between 8a-5p at the following locations.

Note: We are closed on Thursday and Friday, 11/24 and 11/25. **Happy Thanksgiving!**

### **1. Administrative Service Center:**

Catholic Charities Community Services

4747 N 7<sup>th</sup> Ave

Phoenix, AZ 85013

Contact Brittany Allen at [BAllen@cc-az.org](mailto:BAllen@cc-az.org) OR 602-650-4838

### **2. Catholic Charities Community Services**

1825 W Northern Ave

Phoenix, AZ 85021

Contact Pat Gillem at [PGilem@cc-az.org](mailto:PGilem@cc-az.org) OR 602-749-4442

### **3. Catholic Charities Community Services**

736 N Main St

Cottonwood, AZ 86326

Contact Mary McCoy at [MMcCoy@cc-az.org](mailto:MMcCoy@cc-az.org) OR 928-634-4254 EXT 54115

### **4. Catholic Charities Community Services**

2101 4th St

Flagstaff, AZ 86004

Contact Mary Lawson at [MLawson@cc-az.org](mailto:MLawson@cc-az.org) OR 928-747-9125 EXT 53005

### **5. Catholic Charities Community Services**

434 W Gurley St

Prescott, AZ 86301

Contact Stephie Smith at [SLSmith@cc-az.org](mailto:SLSmith@cc-az.org) OR 928-778-2531

## **Resources:**

Read more about the work Catholic Charities is doing in your community here:

<https://www.catholiccharitiesaz.org>

## **Questions? Contact: Brittany Allen**

Events & Community Engagement Coordinator [BAllen@cc-az.org](mailto:BAllen@cc-az.org) OR 602-650-4838





*In all things, give Thanks.*  
*1 Thessalonians 5:18*

**This meal pack was assembled with care for you by:**

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(first names only, please)