

REALIZE
the DREAM



FIGHTING HUNGER

**A CLASSROOM RESOURCE FOR RAISING
AWARENESS AND TAKING ACTION ON HUNGER**

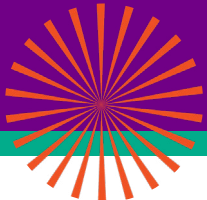
CAMPAIGN GUIDE

an initiative of
**MARTIN
LUTHER
KING III
FOUNDATION**

LEGACY+



ACCESS + COMMUNITY = IMPACT



WHEN PEOPLE HAVE ACCESS TO FOOD AND ACHIEVE FOOD SECURITY, THEY CAN THRIVE AND LEAD HEALTHIER LIVES.

But what happens when communities can't get fresh foods? Some communities are far from gardens, farms or other growing facilities, so people there often don't eat as healthily as they should. Local food sources are full of flavor, provide more nutrients and support the local economy. Together, we can change the story and help make sure everyone has access to fresh, healthy food in their community.

The **Fighting Hunger** campaign teaches students to raise awareness about where food comes from in their community, support or help create local farmers markets and community gardens, and work toward a world where local food sources are accessible and sustainable.



ABOUT DOORDASH AND THE FIGHTING HUNGER INITIATIVE



Grounded in the belief that **Access + Community = Impact**, and in its brand mission to empower and grow local economies, DoorDash has partnered with Realize the Dream to help ensure that everyone—especially students and families—has access to fresh, healthy food. Through this partnership, DoorDash is supporting the **Fighting Hunger** campaign to inspire youth-led service projects that address food insecurity and strengthen local food systems.

As part of DoorDash's ongoing commitment to expanding access to opportunity, the company is empowering students and communities to take

action—whether by creating community gardens, supporting local food drives, or helping connect families to fresh produce. Together, we're building a movement that demonstrates how small acts of service can lead to meaningful change and a stronger, more food-secure future for all.



**FACT: THE AVERAGE COMMUNITY
GARDEN CAN PRODUCE 20
SERVINGS OF FRESH PRODUCE
PER 11 SQUARE FEET.**



**“LIFE’S MOST
PERSISTENT
AND URGENT
QUESTION IS,
‘WHAT ARE YOU
DOING FOR
OTHERS?’”**

DR. MARTIN LUTHER KING JR.

WAYS TO TAKE ACTION



BLENDED EDUCATION IDEA:

If your class is not able to plant a garden, contact your local farmers market or community garden to ask how you can best support them. Maybe they need advertisements or would prefer online financial donations. Use social media to raise awareness about when and where farmers markets occur in your area or how people can purchase a plot in a community garden. Social media can also be used to create a fundraising site to help them.

Another way to help is by finding a nearby food bank. If your class cannot go there to volunteer, you can contact them to see what items are in need. Then, you can organize a food drive for those specific items. Social media can be used to expand the drive to the outside community, as well.

GRADE LEVEL SPECIFIC ACTIONS:

GRADES K-3	GRADES 4-6
■ Create a class ABC book about advocacy to teach students about speaking up for local food sources and environmentally conscious farming. Or an ABC book with facts about gardening and healthy food. ■ Have students create an indoor classroom garden and plant seeds of herbs and spices. After the seeds are grown, they can be donated to a local food pantry or used at a family cooking night. ■ Contact a food bank or senior living homes or assisted living facilities to organize a drive to bring the items they need to them.	■ Research online to learn more about obtaining food locally and how it affects your community socially, economically and environmentally. Create posters to post around your school to share all the interesting facts you've learned! Use slogans such as #buylocal or #visitfarmersmarkets. ■ Host a Garden Supply Lottery at your school, where every garden tool or item donated will earn your class one ballot in the lottery! Work together with your teacher to come up with a great prize (maybe a pajama party, movie day, pizza lunch, etc.) and get everybody in on the growing fun! ■ Contact a food bank or Veterans organization to organize a drive to bring them the items they need.
GRADES 7-8	GRADES 9-12
■ Research online and contact local farmers markets to learn what they sell and where the vendors are from. Create posters or flyers advertising the markets and hang them up around school and in your community at places such as the library or park district! ■ Look into different food-sharing initiatives in your community and learn how you or your class can become involved. A great place to start is Olio—an incredible startup that connects community members and local businesses so that extra food can be shared instead of thrown away. ■ Contact a food bank or an at-risk school in another community to organize a drive to bring them the items they need.	■ Volunteer with your class or school group at a community garden or grade school garden. Help care for the garden and learn about the important role these gardens play in your community. ■ Start a biweekly after-school Garden Club, where students can come together after the bell to work together in your school garden or a plot at a community garden. In the colder months maybe have fundraisers to help get supplies that you will need in the spring for planting. ■ Organize a backpack program to provide students who have limited access to food, small meals that they can take home over the weekend.

With our Classroom Resources, educators can integrate more resources and lesson activities into their curriculum to broaden students' understanding of issues they are passionate about regarding food accessibility and fighting hunger.

Packages are available for grades K-3, 4-6, 7-8 and 9-12.

GET DOING

STEP
1

INVESTIGATE & LEARN

Dive into the issue of hunger by researching the causes and effects of it across the country, using the **Fighting Hunger** Issue Cards. Explore the issue further by focusing on how it affects your community. Reach out to local community gardens, farmers markets or food banks to learn more about the services they provide, what they need to support the people who use them and how you can help.



CHECKLIST

- ☐ Check out the Fighting Hunger Issue Cards
- ☐ Learn more with our Fighting Hunger Lesson Packages
- ☐ Create an action plan
- ☐ Share on social media with #realizethedream





WHAT DID YOU LEARN?

How do organizations (farmers markets, community gardens, food banks, etc.) provide support to the people that use them? _____

What types of food items do people need the most? _____

ZONE IN ON YOUR COMMUNITY

What hunger relief organizations or programs exist in your community or school? _____

How could you help support food security in your community and school? _____

How could schools create a food security program (community garden, food pantry, food distribution, etc.) and keep it sustainable? _____

What aspect of fighting hunger do you feel most passionate about? Why? _____



Now that you've learned more about taking action on fighting hunger and food security, set a goal for your support of local food sources.

SET YOUR GOAL

How do you want to take action on fighting hunger? _____

When will your food security project take place? _____

How many hours of service do you plan to complete (remember to dedicate these to *Realize the Dream!*)? _____

How will you measure your positive impact (e.g., hours, actions, number of people you help)? _____

More people means more impact! How will you increase participation in your food security project? _____

CREATE A TIMELINE

Create a timeline to help plan your actions! Plot the steps your group will take to gear up for your community service around the school or community, including how you will rally people together to participate.

1 _____

2 _____

3 _____



MATERIALS

What supplies will you need?



IT'S TIME TO GET OUT THERE AND GET DOING! Whether you're starting a garden at your school, working on a plot at a community garden, volunteering at a food bank or eating at family-owned restaurants, you are helping to promote local food security in your community. And that is such an important contribution to your community.



TIP: There are so many ways you can seek out support for your project! For example, businesses and organizations in your community are often willing to donate supplies and you can also research grants you could apply for to receive financial support.

Share your pictures, progress and success on social media with **#realizethedream**



REFLECT

How did your group do with its goals? _____

Did you run into any challenges? How did your group overcome those challenges? _____

Is there anything you would do differently next time? _____





SUMMARIZING YOUR COMMUNITY SERVICE IMPACT

What impact did you have on your community? Include data, if possible (e.g., number of food items collected).

How many people did you get involved with your project? _____

How many hours, on average, did each person serve? _____

How did it feel to help others? _____

REPORT YOUR COMMUNITY SERVICE HOURS

Don't forget to log your *Realize the Dream* community service hours!
[Click here to log your hours.](#)



SHARE YOUR SERVICE STORY

We want to recognize and celebrate your inspiring service!

Share your service story with us! We want to know:

- What service action did you take?
- Why is it meaningful to you?
- How did it benefit your community?

Plus, we love photos, videos, artwork or anything else you can share to tell your story! You can even receive special recognition opportunities and incentives for sharing it with us.



**THANK EVERYONE WHO SUPPORTED
YOUR PROJECT!**

RESOURCES:

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