



SET A PLATE FOR KATE

and help fight hunger in our community

1. Go to HungryKate.org and watch the Hungry Kate video.
2. Set an extra plate at your table for Kate and leave it empty. Let the plate be a reminder that too many individuals in our community do not have enough to eat each day.
3. Take a photo of Kate at your table and share it at facebook.com/HungryKate.

ADDITIONAL CHILDREN'S ACTIVITIES

- Bring Kate to lunch, a school play, or other community event and explain to others why Kate is hungry.
- Draw some of the foods that you would like to give Kate on a paper plate or sheet of paper.
- Discuss hunger with your family:
How does being hungry make a person feel?
What kind of setbacks could lead a person to be hungry?
How could we help those who are hungry?
- Hold a food drive for Kate and ask children to donate cans of food to give hungry children like Kate.

Visit HungryKate.org for more activities for your family, classroom or organization.



**FEED PEOPLE.
FIGHT HUNGER.**

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