

SEVEN WAYS



“feed my sheep.”

John 21:17

ADDRESSING FOOD INSECURITY AT SOUTHERN.

Seven ways to get involved with Feed My Sheep

- 1: Donate non-perishable food items.
- 2: Spread the word to students who are in need.
- 3: Establish a recurrent payment of \$5-10 each month for the pantry.
- 4: Provide fresh produce if you are involved in gardening or farming.
- 5: Donate extra ingredients after church potlucks or similar events (unused items such as canned goods, baking items, fresh ingredients, etc).
- 6: Get involved in volunteering with your local Food Bank.
- 7: Ask your local church if they would be willing to support Feed My Sheep.

Seven Essential Items

- 1: Cereal/Oatmeal
- 2: Pasta/Sauce
- 3: Quinoa/Rice
- 4: Granola Bars
- 5: Beans/Rice
- 6: Vegan Options (Tofu, Seitan)
- 7: Canned Goods

Seven ways to address food insecurity in the classroom

- 1: Familiarize yourself with signs and symptoms of food insecurity.
- 2: Include the Feed My Sheep email address in your syllabus.
- 3: Foster an atmosphere where food insecurity is not ignored.
- 4: Provide a year-round donation box (food items only).
- 5: Build elements of student advocacy into your curriculum.
- 6: Acknowledge the need, even if you may not observe hunger among your students
- 7: Identify yourself as an ally for students experiencing food insecurity.

