

World Hunger Day Activities

Infants (Birth–12 months)

1) “Mealtime Routines” Comfort Practice

Focus: safe, calm feeding routines

Materials: soft bibs, baby-safe spoon, empty bowl, doll (optional)

Directions:

1. During feeding/pretend play, narrate calmly: “Spoon... gentle... all done.”
 2. Practice “care language” with a doll: “We take care during meals.”
 3. End with a soothing routine (wipe hands, smile, cuddle).
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2) Food Photo Talk (Real Objects or Pictures)

Focus: early language + noticing

Materials: board book about food or printed photos of fruits/veggies

Directions:

1. Show 3–5 pictures slowly.
 2. Name them: “apple,” “banana,” “carrot.”
 3. Add simple phrases: “Food helps us grow.”
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3) Sensory Basket: “Smooth, Bumpy, Round”

Focus: safe sensory exploration

Materials: large whole fruits/vegetables (e.g., apple, orange, potato) *for touch only*, basket

Directions:



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1. Offer one item at a time to touch (adult holds if needed).
 2. Label texture/shape: “round,” “bumpy,” “smooth.”
Safety: No small pieces; supervise closely.
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Young Toddlers (1–2 years)

1) “Food Group” Sorting (Pictures Only)

Focus: matching + vocabulary

Materials: picture cards of foods, 2 baskets labeled “fruits” and “veggies” (pictures)

Directions:

1. Hold up a card: “Fruit or veggie?”
 2. Help the toddler place it in the correct basket.
 3. Count together: “1–2–3 fruits!”
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2) Pretend “Grocery Delivery” Helper Game

Focus: helping + movement

Materials: toy food, baskets, a “store” shelf area

Directions:

1. Say: “Let’s be helpers and deliver groceries!”
 2. Toddlers carry 1–2 items to a “family basket.”
 3. Practice phrases: “Here you go,” “thank you.”
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3) “Wash Hands for Meals” Routine Song



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Focus: hygiene + mealtime habits

Materials: none

Directions:

1. Teach a short handwashing song (20 seconds).
 2. Practice before snack/lunch.
 3. Praise: "Clean hands help keep us healthy."
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Older Toddlers (2–3 years)

1) "Community Kitchen" Dramatic Play

Focus: empathy + social skills

Materials: play kitchen, pretend food, bowls, aprons (optional), paper "menus"

Directions:

1. Set up a "community kitchen" where everyone is welcome.
 2. Kids take turns cooking/serving/cleaning.
 3. Model kind phrases: "Would you like some?" "You can have a turn."
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2) "Thank You, Farmers" Finger-Paint Garden

Focus: gratitude + creativity

Materials: paper, green paint, sponge/brush, dot markers

Directions:

1. Paint a green "garden."
2. Add fingerprints as "berries" or dots as "seeds."



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3. Say: "Farmers grow food that helps us."
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3) "Helping Hands" Clean-Up for a Cause

Focus: service mindset (no money)

Materials: wipes, bins, picture job chart

Directions:

1. Explain: "Helping can be cleaning and organizing."
 2. Give each child a job: books, blocks, art shelf.
 3. Celebrate: "We helped our classroom community!"
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Preschool (3–5 years)

1) Read-Aloud + "Ways We Help" Chart

Focus: empathy + problem-solving

Materials: kid-friendly book about helpers/food community, chart paper

Directions:

1. Read a short book.
 2. Discuss: "Some people need help getting food."
 3. Brainstorm ways to help (classroom level): share kindness, donate canned goods (optional), thank cafeteria staff, reduce waste.
 4. Make a chart: "Our Class Can Help By..."
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2) Food Drive Role-Play



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Focus: sorting + community care

Materials: empty clean boxes/cans (props), labels, bins

Directions:

1. Set up a “donation station.”
 2. Children sort items by label pictures: “cans,” “boxes,” “snacks.”
 3. Count how many in each bin and compare.
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3) “Waste-Free Lunch” Challenge

Focus: reducing waste

Materials: poster, stickers

Directions:

1. Teach: “One way to help is not wasting food.”
2. Practice realistic habits: take small portions first, try again later, compost if available.
3. Track class effort with stickers for “we tried not to waste.”

Important: Keep it positive, no food shaming.

School Age (6+)

1) Hunger Helpers Service Project

Focus: real impact

Materials: paper, markers, optional envelopes

Directions:

1. Choose one class action:



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- write thank-you notes to cafeteria staff
 - make posters reminding about reducing waste
 - organize a classroom snack shelf (if your program has one)
2. Assign roles and complete the project.
 3. Reflect: “How did our action help someone?”
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2) “Food Systems” Simple STEM/Science Connection

Focus: understanding where food comes from

Materials: paper, markers, optional pictures

Directions:

1. Create a simple flow: seed → plant → harvest → store → home.
 2. Students draw each step and label it.
 3. Discuss: “Where can food get stuck? How do helpers solve that?”
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3) Meal Planning on a Budget

Focus: math + empathy

Materials: pretend grocery flyers (teacher-made), paper, pencil

Directions:

1. Give a pretend budget and a short list: fruit, veggie, protein, grain.
2. Students plan a balanced meal using prices.
3. Reflect: “Why do budgets matter? How can communities help?”



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