



# A SIMPLE GESTURE

Guilford County Schools

High School Students Ending Hunger in Guilford County

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# BLURB FOR COORDINATOR

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The goal of A Simple Gesture's school plan and our provided toolkit is to spread the word about hunger to Guilford County high school students. They can help solve the hunger crisis throughout our county by raising awareness about available resources such as food pantries at their schools. The way A Simple Gesture's program works is that willing students will be given one of our bags to take home and bring back to school filled with non-perishable foods on a specific date. A Simple Gesture's trucks will come to these schools on those dates in order to pick up the items and distribute them to needed areas. We have planned a friendly rivalry between your school and another school in order to encourage your students to donate food. Possible incentives may be given to both the participating students at each school and the winning school. The winning school will be determined by which student body donated the most food.

Our plan is to start implementing this hunger curriculum into the school systems on the week of October 15-19. This week was chosen because October 16 is World Food Day. All information and resources for this week will be included in our toolkit.

Since June 2015, A Simple Gesture has collected over \$700,000 worth of food and are helping local food partners reach more hungry people than ever. Watch their video and visit their website to learn more, and join us in supporting A Simple Gesture and fighting hunger across Guilford County.

<https://asimplegesturegso.org/>



# PREPARATION FOR THE WEEK OF OCTOBER 15-19

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- Provide Civics and Economics teachers with the activity packet about curriculum for their classroom. Information about all the activities in this packet will be provided separately.
- Hang up posters about food drive, rivalry, and the infographic around the school.
- Hang up banner in a visible, central place, or on the PODS unit provided (further details on PODS unit below)
- Equip teachers with appropriate amount of bags.
- Make sure teachers have easy access to the hunger powerpoint and videos.
- Give the correct person the script for announcements.

# SCHEDULE FOR THE WEEK OF OCTOBER 15-19

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## Day 1 (October 15)

Announcements will introduce the hunger curriculum and note that October 16th is World Food Day, as well as say a fact about hunger in Guilford County.

Teachers should show their selected class the provided powerpoint presentation about hunger, which introduces A Simple Gesture, and they will figure out how many bags will be needed by taking a poll in their classroom. A two minute video will be included in the powerpoint.

## Day 2 (October 16)

Announcements will mention World Food Day and another fact about hunger in Guilford County. Teachers will show a two-minute video about hunger. Bags should be passed out to the students who said they were willing to participate in the food drive.

## Days 3, 4, and 5 (October 17-19)

Announcements have a fact about hunger in Guilford County. Teachers should show their classes another short video about hunger.

# FUN FACTS FOR ANNOUNCEMENTS FOR WEEK OF OCTOBER 15-19

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1. **Monday, October 15th:** Did you know that in the United States more than 1 in 5 children is at risk of hunger. Among African-Americans and Latinos, it's 1 in 3?
2. **Tuesday, October 16th:** Did you know that 19% of our residents and 23% of our children in Guilford County are food insecure? One way you can help is by donating to your local pantries including the one right in your school.
3. **Wednesday, October 17th:** Did you know that Greensboro is among the nations leaders in food deserts with 27 and has previously been voted one of the nations hungriest cities? You can help eliminate these by donating to A Simple Gesture who takes this food and sets up mobile shops in these deserts.
4. **Thursday, October 18th:** Did you know that over 25,000 students in Guilford County are eligible for free and reduced lunch but only 71% of them take advantage of this opportunity? Spots are available and anyone can apply for free and reduced lunch throughout the course of the year.
5. **Friday, October 19th:** Did you know that 5 out of every 6 children who rely on free or reduced lunch during the school year don't receive free meals during the summer? Backpack Beginnings is a group that supplies food to those in need during the summer, donate to them in order to help.

# STEPS FOR INCORPORATING AN ONGOING FOOD DRIVE IN YOUR SCHOOL

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## 1. October 15

Ask teachers to introduce A Simple Gesture to their first class and get a survey of how many students want to donate. Teachers will get a green bag for each student who wants to donate and a few extra for people who change their mind. These bags will have tags saying what food is needed most and the dates of pickup.

## 2. October 16

Have teachers pass out A Simple Gesture bags to the designated students.

## 3. Ongoing

On the weeks of November 12-16, January 28-February 1, and March 18-22 the food will be picked up by A Simple Gesture. Have students bring in their food throughout the week and have announcements remind students that their food will be picked up at the end of the week. When students drop off food they leave it in the green A Simple Gesture bag and pick up a new one.

\*Your school will either receive numerous cardboard bins or a PODS storage unit which will be placed in a location of your choosing.

# SCHEDULE AND DETAILS FOR WEEKS OF PICKUP

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1. Cardboard bins/PODS should be located in the school somewhere easily accessible.
2. Announcements will remind students that pick up will be that week.
3. Starting on Monday, November 12 students can bring in their bags filled with non-perishable food items (and no glass). They will place the green A Simple Gesture bags in the bin with the food and grab another bag for the next time. (Students are not limited to 1 bag per pickup week)
4. On Friday, November 16 A Simple Gesture trucks will come and pick up all the food. Any student or staff volunteers to help load the trucks will be welcomed.
5. In February, the same events will play out, students turn in donations starting on the Monday and all the food will be collected by the end of the week. Students will once again grab a new bag to start filling for the March drive.
6. At the very end of the drive (after the March donations), A Simple Gesture will weigh the final food donations and report back on which schools won the competition!

# A SIMPLE GESTURE SOCIAL MEDIA

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**Twitter:** @SimplegesturGSO

**Instagram:** @asimplegesturegso

**Facebook:** A Simple Gesture

## Hashtags to use:

#hungerhurts

#asimplegesturegso

#kidshelpingkids

# A Simple Gesture



## A Simple Gesture

# FREQUENTLY ASKED QUESTIONS

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## What is A Simple Gesture?

A Simple Gesture is a door-to-food collection program that will help provide a steady supply of food to the neediest people in Greensboro, High Point, and Guilford County.

## How does A Simple Gesture work?

Our goal is to make giving food as easy as possible, with three simple steps.

1. Each week when you go shopping, buy one extra non-perishable food item. (A list of suggested foods are on the hang tag on the bag!)
2. Store your items in your cool, green bag.
3. On a designated Saturday of every month, leave the bag on your front porch. A volunteer will pick up the bag, leave another bag in its place, and take the filled bag to food pantries. (The dates of our pickups are also listed on the hang tags on your bag.)

## How will it work in my school?

The process of donating food through A Simple Gesture remains the same for the first two steps. After storing your items in your cool, green bag, make sure to:

1. Bring your filled bag back to your school during the designated week of donation drop-offs in the selected location within your school. (The dates and location will be specified to each student prior to week of donation drop-offs.)
2. After dropping off your bag in the donation bin, make sure to pick up another cool, green bag for your next donation.

## **Where does the food go?**

All of the food will stay in local food banks and food pantries for schools in need. We partner with Out of the Garden, Backpack Beginnings, Greensboro Urban Ministry, and Jewish Family Services.

## **Who does the food benefit?**

Our food benefits the three major programs in Greensboro and Guilford County:

- Backpacks full of food that children receive every Friday that they can eat over the weekend when they are not receiving school breakfasts and lunches.
- School food pantries, that serve the same purpose.
- Emergency food assistance for families that cannot afford food, due to a crisis.

## **How will I remember to bring my bag back to school?**

School announcements will contain reminders for students to bring back food items during the designated weeks of donation pick-ups. The students/staff in charge of the food drive will send out reminders the Friday before each pick-up week as well as throughout the specific donation week. Posters containing information regarding the food drive will also stay up around the school throughout the year in case students forget. In addition, the dates of donation pick-ups are listed on the hang tag on each cool, green bag.

## **How is this program different than other food banks and pantries?**

A Simple Gesture is the only organization that is solely dedicated to collecting food to make sure local food banks and pantries don't have a shortage of food. Ensuring that these programs always have enough food allows them to expand their programs and reach more hungry people.

## **How much food is collected by A Simple Gesture?**

Each bag can hold about 20 pounds of food. Since our first pickup, June 2015 to December 2017, we collected over 380,000 pounds of food from more than 3,000 donors! This has saved local food pantries more than \$650,000 in the food they would have had to buy.

## **I would like to be more involved, how can I do that?**

Along with donating food to support the goal of A Simple Gesture, students can also volunteer at local food banks, for their school pantry, for our partner organizations in the sorting and distribution of food, and for A Simple Gesture. A Simple Gesture depends on the kindness of dedicated volunteers. See our needs for volunteers on our website: [ASimpleGestureGSO.org](http://ASimpleGestureGSO.org)

Students can also create projects to educate the community about food insecurity in Guilford County, specifically in schools. This way, students will not only help people in need, but will also receive service learning hours for their work.

## **I would like to get my neighborhood, church, friends, etc. involved, how can I do that?**

Thank you for your support! We rely on the efforts of people signing up their networks. Find a toolbox on our website to help you sign up your family and friends!

## **I would like to get my place of work involved, how can I do that?**

A Simple Gesture has a corporate program where we ask employees to fill up bags and bring them to work. We pick up the bags on a designated Friday and distribute new bags to employees. Learn more on our website: [ASimpleGestureGSO.org](http://ASimpleGestureGSO.org)

# Hunger

## In Guilford County Schools

1



### Food Insecurity

In Guilford County alone, 19% of the population live in food insecure homes. This 19% translates to about 94,000 people living in homes where there is no easy, reliable access to food.

2



### Free & Reduced Lunch

Over 50% of Guilford County kids have to rely on free and reduced lunch. About 25,000 children are eligible for free or reduced lunch, and out of that 25,000, only about 71% are receiving the lunch free or reduced.

3



### Food Pantries

A food pantry provides people directly with food. 95 out of 127 schools in Guilford County have food pantries.

4



### Summer Feeding Programs

In Guilford County, there are summer feeding programs that feed kids during the summer, serving children breakfast and lunch. Below is a link to summer feeding sites.

5



### What Can You Do?

Want to make a change? Volunteer at a local food pantry or nearby nonprofit organizations like Open Door Ministry, Urban Ministry, A Simple Gesture, Out of the Garden Project, etc.

# GCS Food Drive 2018-19

Participating Schools:

*ECG vs. STEM vs. Weaver Academy*

*Grimsley vs. Page*

*Northwest vs. Western*

October 15:  
Introduce Ongoing Food Drive

November 16:  
First Pickup of Donations (Checkpoint #1)

February 1:  
Second Pickup of Donations (Checkpoint #2)

March 22:  
Final Pickup of Donations (Checkpoint #3)

1st Week of April:  
Winner Announced

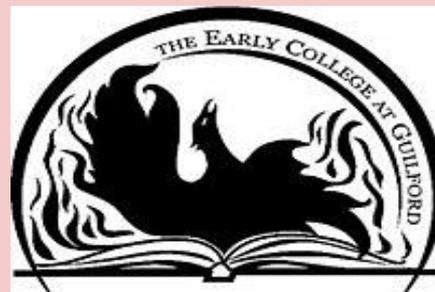
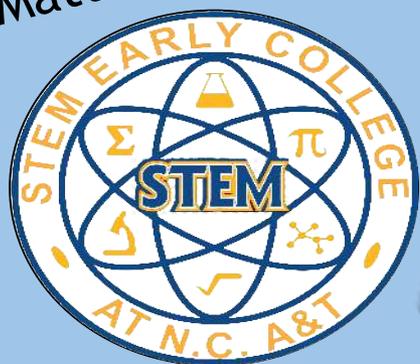


# STEM VS. ECG VS. WEAVER FOOD DRIVE COMPETITION

Every  
Item.  
Matters!

Oct 15 – March 22

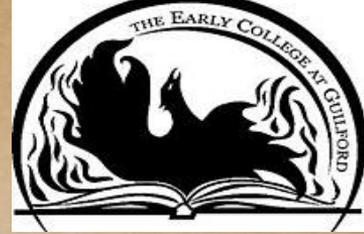
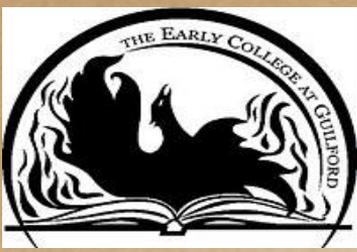
Most lbs.  
of food  
wins!!



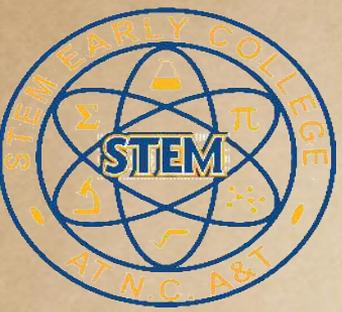
Look for the  
donation  
collection bins!!



**MAY THE BEST SCHOOL WIN**



# Suggested Non-Perishable Food Donations



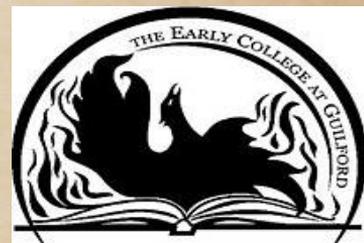
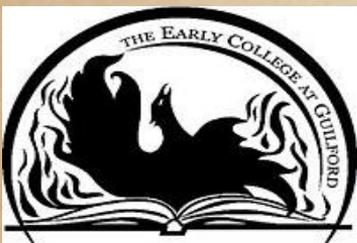
## CANS

- Tuna
- Beans
- Vegetables
- Chili
- Fruit
- Juices
- Soup
- Tomato



## JARS

- Peanut Butter
- Pasta Sauces
- Jelly



## BOXED/DRY

- Cereal
- Oatmeal
- Macaroni and Cheese



## BAGS

- Rice
- Beans



*\*Please do NOT give glass items*

# **MAY THE BEST SCHOOL WIN**