

**NEEDHAM**



**COMMUNITY  
COUNCIL**

## COUNTING ON YOU TO FIGHT HUNGER

Little hands make a big difference. Here are some **easy and fun** daily activities that your family can do together to be **mindful of hunger** and help your **local food pantry** at the Needham Community Council ([www.needhamcouncil.org](http://www.needhamcouncil.org)) All you have to do is:

**FIND:** Find a bowl or storage container. Place it at your table to remind you of those who go without nutritious food each day.

**COUNT:** Every day, count something in your home according to the prompt on your calendar.

**COLLECT:** Put a coin in the bowl for each item counted.

**DONATE:** At the end of the month, donate the coins to the **Needham Community Council's** Food Pantry, located at 570 Hillside Ave.

**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

	<b>1</b> Count how many shoes you have in your closet.	<b>2</b> Count how many times you ate today (meals and snacks).	<b>3</b> Count how many items are on your top refrigerator shelf.	<b>4</b> Count how many boxes of cereal you have in your home.	<b>5</b> Count how many spoons are in your silverware drawer.	<b>6</b> Count how many pairs of pants you have in your room.
<b>7</b> Count how many rooms you have in your home.	<b>8</b> Count how many times you washed your hands today.	<b>9</b> Count how many shelves of food you have in your home.	<b>10</b> Count how many t-shirts you own.	<b>11</b> Count how many stuffed animals you own.	<b>12</b> Count how many food items are in your refrigerator door.	<b>13</b> Count how many closets are in your home.
<b>14</b> Count how many pieces of fruit are in your home.	<b>15</b> Count how many cans of food are in your home.	<b>16</b> Count how many vegetables you ate today.	<b>17</b> Count how many pairs of socks are in your drawer.	<b>18</b> Count how many loads of laundry you do each week.	<b>19</b> Count how many remote controls are in your home.	<b>20</b> Count how many faucets are in your home.
<b>21</b> Count how many books are in your bedroom.	<b>22</b> Count how many granola bars or breakfast bars you have.	<b>23</b> Count how many drawers are in your home.	<b>24</b> Count how many programs you watch each day with your family.	<b>25</b> Count how many coats you have.	<b>26</b> Count how many televisions you have in your home.	<b>27</b> Count how many boxes of pasta you have in your home.
<b>28</b> Count how many times you go to the grocery store each month.	<b>29</b> Count how many toilets you have in your home.	<b>30</b> Count how many times you bathe or shower each week.				