

Florida District of Key Club International, Inc.



**Feeding
Our
Future**

Guide Book



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What is the Purpose of Feeding Our Future?

- 🔑 To bring food, water, resources, and love to the hungry and homeless of Florida and the Cayman Islands through the growth of food, service, and literacy.
- 🔑 To increase awareness of those who are hungry and/or homeless in our communities.
- 🔑 To unite Kiwanis and each of its Service Leadership Programs in serving the disadvantaged in our communities.

There are over 3 million food insecure people living within the boundaries of the Florida District of Key Club. It's about time we did something about it.

Ways to Get Involved

Research

- Learn about the disadvantaged in your community.
- Learn about the systems already in place to help those in need.
- Learn how you and your club can be a part of those systems.

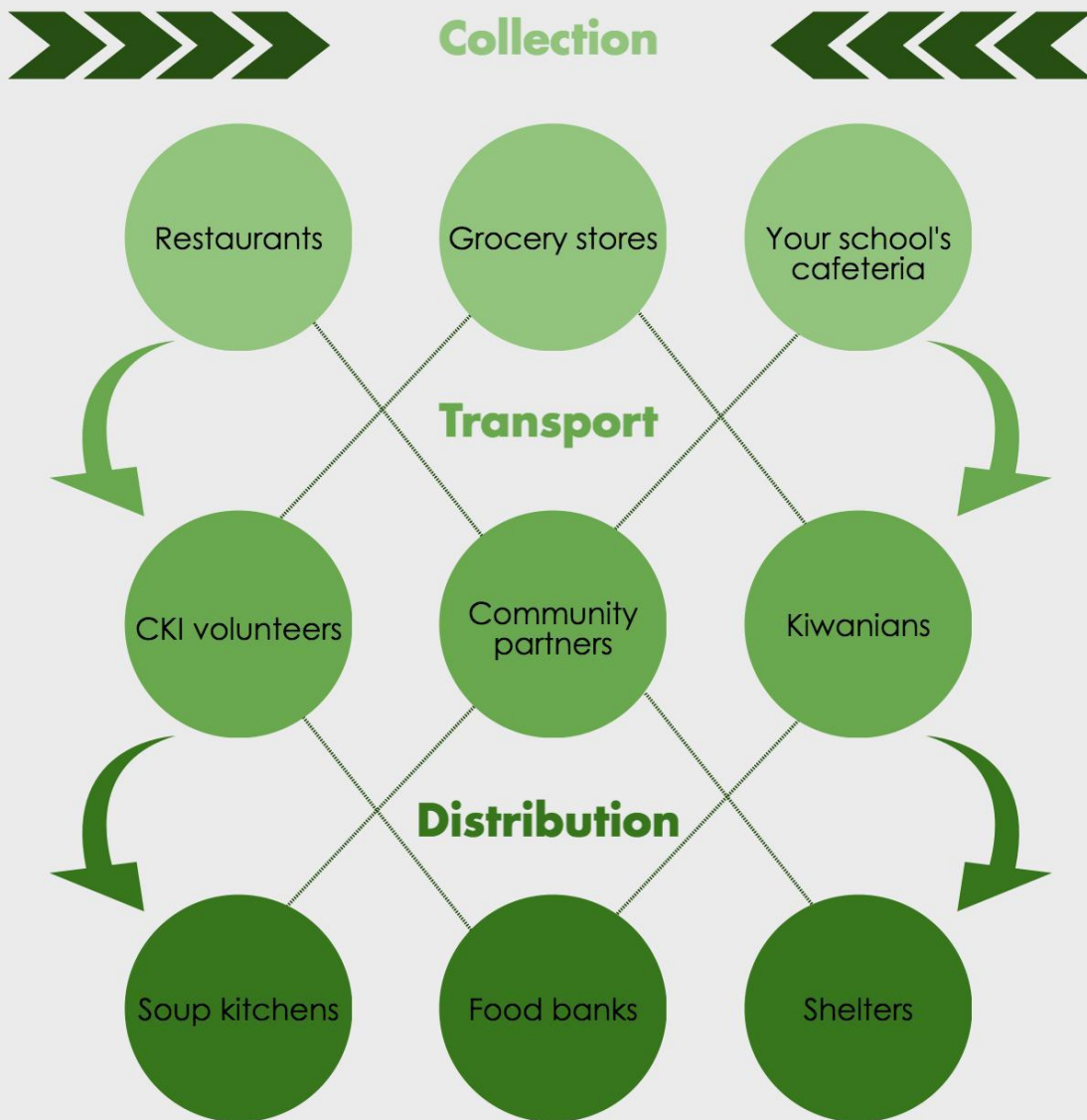
Serve

- Design and implement your own system to help the disadvantaged in your community.
- Create and spread informative messages about the hungry and homeless in your area and what your club is doing about it.

Ways to Get Involved

A Real Food Network

by the Governor's Project Committee



These are just suggestions. Brainstorm your own innovative ways of getting food from the places that don't need it to the people that do.

Kiwanis Family Relations

- 🔑 **Aktion Club:** You can team up with your local Aktion Club to start a community garden. You can make this a continuous project by visiting often and helping maintain the garden.
- 🔑 **Kiwanis Kids:** Working with local K-Kids Clubs, establish an annual food drive at their elementary schools and educate the children on why the food is being collected.
- 🔑 **Builders Club:** Plan a day to conduct workshops with your local community schools and organize fundraising competitions to benefit the disadvantaged.



Kiwanis Family Relations

- 🔑 **Circle K:** The Welcome Home Initiative is this year's Governor's Project of the Florida District of Circle K International. This project focuses not only on children, but also on veterans and the mentally disabled. This year CKI hopes to serve the community by reading to children, helping kids with their homework, and sending members to sit down and have conversations with the lonely. Be sure to reach out to your local CKI and find out how you can help. On top of that insure that CKI members are invited to your Key Club's service projects. Contact CKI Governor Jackie Aranibar at governor@floridacki.org for more information.

CKI[®]

Circle K International

Kiwanis Family Relations

- 🔑 **Kiwanis:** Assist Kiwanis International with its ongoing mission of “Serving the children of the world.” Speak at your Kiwanis Club about issues regarding the disadvantaged in your area. Work with your advisors and sponsoring Kiwanis Clubs to organize fundraisers to benefit the hungry and homeless in your community. Find out what projects your Kiwanis Club has been working on and ask how you and your club can join in.



Kiwanis®

Club Spotlight!



#FeedingOurFuture

Club Spotlight!



ppchskeyclub
Feeding South Florida >



flkczoneg



#FeedingOurFuture

Club Spotlight!



#FeedingOurFuture

Club Spotlight!



flkcdivision20a

St. George's Episcopal Church an... >



#FeedingOurFuture

Awards



- ✦ If your club participates in at least **3 Governor's Project events**, they will qualify for the **Governor's Project Banner Patch!**
- ✦ If you have completed at least **25 hours** in relation to Feeding Our Future, you will qualify to apply for the **Governor's Member award!**
- ✦ The **Governor's Project Scholarship** will be awarded to a member of Key Club International who has placed his/her efforts into Feeding Our Future. The application will be available on the "Scholarships" page of the Florida Key Club website.

Organizations

- 🔑 **America's Second Harvest of the Big Bend**
- 🔑 **Feeding Northeast Florida**
- 🔑 **Second Harvest Food Bank of Central Florida**
- 🔑 **Feeding South Florida**
- 🔑 **Feeding Tampa Bay**
- 🔑 **Treasure Coast Food Bank**
- 🔑 **All Faiths Food Bank**
- 🔑 **Harry Chapin Food Bank of Southwest Florida**
- 🔑 **Lord's Place**

Organizations

- 🔑 **Community Improvement Organization**
- 🔑 **Harvest Time International**
- 🔑 **Palm Beach Harvest**
- 🔑 **Grandma's Place**
- 🔑 **Children's Hunger Project**
- 🔑 **Dosomething.org**
- 🔑 **The Hunger Project**
- 🔑 **UNICEF**
- 🔑 **World Food Programme**

PB&J-athon

🔑 What you'll need:

- A solid group of people ready to make sandwiches
- Sliced Bread
- Peanut Butter
- Jelly
- Butter Knives
- Cafeteria tables or park benches (these will be your assembly lines)
- A way of storing the sandwiches you make
- Gloves

Be sure to make plans with an organization beforehand to ensure that they will accept the food that you prepare. Pick up the phone and call if you need to.

🔑 Seat everyone along the sides of the assembly lines.

🔑 Assign a quick, specific, and repetitive task to each person in the line.

A line of PB&J



<https://blog.shutterstock.com/9959/freezer-peanut-butter-jelly-and-other-back-to-school-time-saving-tips/>

PB&J-athon (Continued)

- 🔑 As soon as everyone is ready, start the assembly line!
- 🔑 You can make this project as large as you would like. It fits any size group. With large groups, you could split up into multiple assembly lines. Hold a contest to see which line makes the most sandwiches.
- 🔑 This project allows you to prepare large amounts of food in a short amount of time, but if there is a broken link in the assembly line you could have a pile up. If you have a long line be sure to have people monitoring and micromanaging.

An example of a sandwich assembly line



The Key to STEM

🔑 What is the Key to STEM?

- The Key to STEM is a collection of activities that encourage and develop the minds of our future generations through science, technology, engineering and mathematics.

🔑 How to do it:

- Go to a science teacher and ask for cool gadgets that would be exciting to kids.
 - You can get a light operated robot and show kids how the power of light is used to create movement.
 - Another idea is to get a solar-powered oven that uses the sun's rays to bake some of their favorite treats.

A light operated robot



A solar-powered oven



<http://maui Maui.org/2008/04/23/solar-powered-cooking-oven/>

The Key to STEM (Continued)

- 🔑 In addition to working with technology, children can also learn by participating in lab demonstrations that exhibit naturally occurring phenomena.
 - Work with science teachers to set up science experiments for your participants to conduct. **Of course, keep a close watch as certain activities can potentially be dangerous!** Demonstrations such as the Dry Ice Bubble and Liquid Light take seconds to set up and are sure to instigate curiosity in children.
 - For a list of ideas from the Scholastic Corporation, please be sure to visit <http://www.scholastic.com/teachers/article/40-cool-science-experiments-web>

A vinegar-and-baking-soda lab



An egg-in-a-bottle lab



<http://chemistry.about.com/od/chemistrydemonstrations/a/egginabottle.htm>

Canned Food Drive

- 🔑 Canned food helps fill up the food pantries for adults and children who are homeless and hungry.
- 🔑 See if you can pair up with your teachers and have classes collect canned food for a week every other month. This can boost the amount of food you take to your local food pantry.
- 🔑 If you make it a competition for the classes to bring in the most cans, see if you can get a pizza donated for that class for a lunch period.
- 🔑 Another time to collect is before pep rallies. Have the students show their school spirit by bringing in canned foods! Use social media to your advantage and spread the word around.

A room of Key Club collections



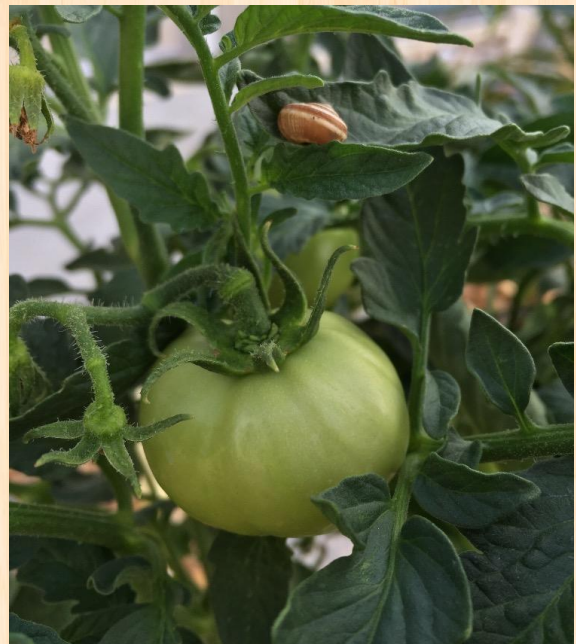
Can you do this?



Grow a Garden

- 🔑 Growing a garden can help benefit the soup kitchens in your community with nutritious meals. Here are a few tips:
 - Talk to your Kiwanis Club about sponsoring supplies.
 - Find an area at school where you can plant food and make sure it is in an area that won't be messed with.
 - Have your club plant seeds and regularly go care for your garden.
 - Donate the food to a local soup kitchen to provide nutritious meals.

A successful Key Club garden



Grow a Garden (Continued)

🔑 Here are some instructions from the American Community Gardening Association:

1. Organize a Meeting Of Interested People

- This could be a group consisting of many members of the entire Kiwanis Family.

2. Form a Planning Committee

- This would be one of the committees in your Key Club that would contain the Key Clubbers that have the time and passion to pursue this endeavor.

3. Identify All Your Resources

- This way you can see what you already have and what needs to be either bought or donated.

4. Approach a Sponsor

- You will need reliable organizations to keep your garden well funded.
- “One garden raised money by selling ‘square inches’ at \$5 each to hundreds of sponsors.”

Grow a Garden (Continued)

5. Choose a Site

- This could mean the life and death of your garden. Consult a gardener if you are unsure of a how well a location can accommodate your garden.
- How to tell you have good soil:
 - Squeeze a handful of soil in your fist.
 - If the soil crumbled, it's too dry.
 - If the soil released water, it's too wet.
 - Good soil should form a nice, damp clump when squeezed.

6. Prepare and Develop the Site

- Organize Key Clubbers to clean up the area of your garden.

7. Organize the Garden

- Be knowledgeable about invasive species.
- Plant what your community will use.
- Plan pathways through your garden.

Grow a Garden (Continued)

8. Determine the Rules and Put Them in Writing

- Similar to your club's bylaws, these rules will insure that people know what they can and cannot do with the garden.

9. Plant your garden

At the end of the growing season, send a team in to transport the food to where it needs to go and restart the growing process with new members of the committee.

Somethings to keep in mind during the growing season:

- Compost as much as possible. Install a composter in the garden so that compost is ready and available when needed.
- A rain barrel may prove very useful in watering your garden.
- Spread the word about your garden. Use social media and get as many people involved as possible. Remember to use #FeedingOurFuture.

District Large Scale Service Project

- 🔑 A District Large Scale Service Project (DLSSP) is a service event that clubs from across the Florida District are invited to. The DLSSP Committee is responsible for planning and coordinating these large, multi-divisional service opportunities that support this year's Governor's Project, Feeding Our Future. One way that Governor Martha Grace's project hopes to make a difference is by bringing Key Clubbers and Kiwanians together to pack food for the hungry and homeless. To make the impact that we are striving for, the DLSSP Committee has planned several food-packing projects that will take place across the state of Florida.
- 🔑 Be sure to talk to your Lieutenant Governor about how you can help out at an upcoming DLSSP.
- 🔑 If you have any questions or concerns please contact the DLSSP Committee Chair, Rabeea Rehman, at: division10b@floridakeyclub.org.

Thank You!

In addition to serving their homes, schools, and communities, the following Key Clubs took the time to help us create this Guide Book:

- 🔑 Hialeah Gardens High School
- 🔑 Hialeah High School
- 🔑 Manatee High School
- 🔑 Keystone Heights High School
- 🔑 Pembroke Pines Charter High School
- 🔑 Hallandale High School

Questions? Contact Us!

If you have any questions or would like to learn more about Feeding Our Future please send us an email. We look forward to hearing from you!

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