



# Food for Friends

Food for Friends is a community-driven initiative that invites school families to prepare and share one extra portion of their regular meal to support neighbors in need. It's simple, personal, and rooted in compassion.

## The program:

- Is easy for any school to implement
- Encourages children to take part in giving
- Directly supports families facing food insecurity
- Builds empathy and strengthens school communities

This toolkit provides everything you need to launch Food for Friends Fridays at your school.

## How It Works

1. Participating families prepare one extra meal portion (enough to feed one person).
2. Meals are dropped off Friday morning at school in food-safe containers.
3. Volunteers organize the meals for distribution.
4. Meals are distributed discreetly to any family in the school community that could use extra support.

## What You'll Need

1. Containers
  - Encourage families to use reusable, food-safe containers with tight lids.
  - You can optionally provide containers.
2. Label Stickers

### **Include:**

Dish name

Dietary notes: vegetarian, vegan, gluten-free, etc.

Common allergens: nuts, dairy, soy, eggs

👉 [Download Printable Labels Template](#)

(or create one with your school's logo)

## Sign-Up Form

Use a simple form like a Google Form to manage sign-ups and optionally distribute containers in advance.

👉 [Sample Google Form Template](#)

## Logistics

- Drop-off Time: Friday mornings before school
- Distribution Time: Friday afternoon dismissal
- Location: Tables set up near the school entrance or a designated private area
- Volunteer Roles:
  - Morning greeter / meal collector
  - Meal organizer
  - Afternoon distribution support

## Messaging Templates

### Family Invitation (Email / Flyer)

**Subject:** Join Food for Friends Fridays!

Let's support each other — one meal at a time.

Every Friday, families are invited to prepare one extra portion of a meal to help another family in our community.

Meals will be collected in labeled containers at drop-off and distributed at the end of the day.

Sign up here: [Insert Form Link]

👉 [Sample Flyer](#)

### Reminder Message

Don't forget — *Food for Friends* is happening tomorrow!

Bring your extra meal portion in a sealed, labeled container at morning drop-off.

Thank you for being part of this beautiful show of community care.