



Either during or after your learning experience, you and your group may want to start fighting hunger in a very concrete way. If so, choose this option for a hunger-fighting project that can be done as a group now or in the near future. More ideas can also be found in the “Closing and ACTION” module above.

HEALTH KITS FOR THE WORLD

People who must flee their homes quickly often do not have time to pack essential items. Health kits can help refugees maintain personal hygiene while living in exile. Lutheran World Relief (www.lwr.org) is a trusted partner of ELCA World Hunger and distributes health kits to those most in need around the globe.

STEP ONE: LEARN

- Take some time to read the following information about where the kits are shipped to and how they are used. This will help you to more fully share the impact of the kits you are preparing as well as to answer questions.

Where will the kits go?

www.lwr.org/parish/how.asp

Stories from the field: A positive impact

www.lwr.org/parish/field/index.asp

- How will you share this information with participants?

STEP TWO: COLLECT

- Read the general assembly notes listed here: www.lwr.org/parish/assembly.asp. Here is where you will find the general guidelines for the types of items that can and can not be included in the kits.
- Two or three weeks before your gathering, invite participants, families or even the entire congregation to begin collecting health kit items. A list can be found here: www.lwr.org/parish/healthkit.asp.
- Set a goal to collect enough items for a certain number of complete health kits. Set up a visible collection point so everyone can see the progress being made toward the goal.

- Consider how you will invite people to donate items for the health kits. This invitation can be shared in the Sunday bulletin, during worship announcements, on bulletin boards, or in electronic and print newsletters. If appropriate, don't forget to invite folks to help assemble and ship the health kits.

STEP THREE: ASSEMBLE

- Determine when, where, and by who the health kits will be assembled, packed, and mailed.
- Gather all the donated health kit supplies and items that you will need for assembly and shipping. A handy guide can be found here: <http://lwr.org/beinvolved/assembly.asp>. Read carefully and follow the instructions provided in the guide.
- Develop a process for assembling and packing the kits that will involve as many people as possible.
- Box up the kits according to the specifications provided in the guide referenced above. Take special care in ensuring that the boxes are labeled properly.
- During the activity, ask someone to take pictures so that your efforts can be shared with others in your congregation and community. Don't forget to e-mail a few to ELCA World Hunger at hunger@elca.org.

STEP FOUR: PRAY

Offer a special prayer of protection and care for those who will receive the kits before you mail them.

