

Youth and Family Corner

We may not always think of young people first when we think of who has the ability to donate. However, by considering the ways in which young people can give to a cause they care about, we not only help them recognize their power in a new way, but we open new pathways to solving problems in the world.

There are different ways young people can donate even with limited resources:

- **Donating money:** There is no denying the need for financial support for projects that have a positive impact on our world. However, young people don't need to gather funds by themselves or even collect a large amount. Doing things like penny drives with classmates or a bake sale with proceeds going to a cause of their choice can help. For \$0.80, a young person can share a meal with another young person through [the United Nations World Food Programme's \(WFP\) Share the Meal program](#).

What is the one service that almost all school-aged young people can provide? Playing a game! [Freerice.com](#), another program of the United Nations WFP, is an educational trivia game that helps you get smarter while supporting people around the world. Every question you answer correctly in the game triggers a financial payment to the WFP to support its work saving and changing lives around the world.

- **Donating services:** If raising and donating money isn't ideal, young people can always offer their services. This can include everything from helping a sibling with their homework to providing babysitting services at their local place of worship.
- **Donating goods:** Young people can also consider donating toys that have been lightly used or clothing that's still in really great shape, but that they've outgrown. Sorting through their items and thinking "what is still in great enough shape that I'd want to receive for myself or my family?" is a great way for them to ensure they're donating items others would want to use.

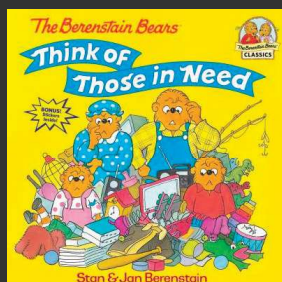
Youth in Action

Here are a few young people making an impact by donating:

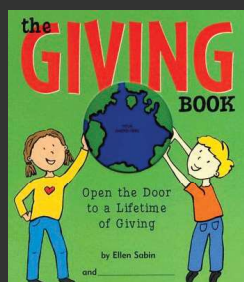
- When her service trip to her native Colombia was cancelled due to the COVID-19 pandemic, [Sara Molina](#) baked and sold \$8,000 worth of cookies to support the nonprofit she was going to volunteer with so that they could still provide food, health care, education and other support to vulnerable citizens in the city of Cali.
- University of Oklahoma student and Food Pantry Director, [Ethan Maddy](#), used his years of supporting food insecure students, staff and faculty at OU to still provide food during the COVID-19 pandemic.
- [Jahkil Jackson](#) collects hand warmers, wipes, socks, deodorant, hand sanitizer, granola bars, toothbrushes, toothpaste and bottled water for "blessing bags" he distributes to unhoused individuals.

Family Friendly Books & Resources

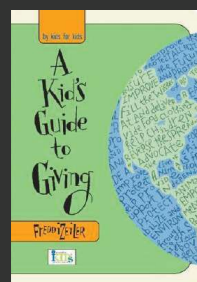
The following are resources for families to encourage listening and learning from others as well as information on finding other resources you can trust:



Think of Those in Need
Stan Berenstain and
Jan Berenstain



The Giving Book
Ellen Sabin



A Kid's Guide to Giving
Freddi Zeiler