

# Harvest Sorting Activity

Use this sorting activity with younger children to start conversations about the contents of a food parcel and what your school community could donate to their local food bank this Harvest.

## Instructions

1. Print out as many copies of the assets below as needed.
2. Cut out the individual food items.
3. Explain to children that the crate they've been provided with is for donations to your local food bank. The cupboard and fridge/freezer are for food items that the food bank can't accept but they could use in their home instead.
4. Ask children to sort each food item into the crate, cupboard or fridge, depending on whether they think the donation is right for the food bank or something to take and use at home.
5. You can facilitate sorting by referring to the Food Bank Shopping list provided.
6. Let the choices children make about which food items can be donated and which can't lead to discussions within the group about how food banks operate and the people they support

## Shopping list

This list contains items that are ideal for donating for a food bank and can be stored and kept fresh for long periods of time.

The following items are normally what food banks can't take because they won't stay fresh or won't be suitable for the people who need emergency food.

Food banks generally can't use:

- Fresh fruits and vegetables
- Fresh baked goods
- Frozen food
- Alcohol
- Fresh meat
- Fresh eggs and dairy
- Fresh milk

Some food banks do have the facilities to store and distribute fresh food so it's best to check with your local food bank to see if they can.

- Cereal
- Tinned soup
- Tinned baked beans
- Tinned vegetables
- Tinned meat
- Tinned fish
- Tinned fruit
- Tinned or long-life puddings
- Pasta
- Tea bags
- Coffee
- Long-life juice
- UHT milk
- Instant mash potato
- Biscuits
- Packet snacks
- Jams, peanut butter, honey
- Rice
- Pickled vegetables
- Chocolate
- Nappies
- Baby formula
- Instant noodles
- Shampoo and other toiletries

















