



May is Skip a Meal Month

A Gamehaven Council-wide Project

Skip a meal – Put a meal on another family’s table. Families are encouraged to skip a meal during the month of May, estimate what they would have spent on the meal, and then contribute that money to an organization that provides food to those in need. The money can be contributed to any appropriate organization of your choice. Your unit can choose whether it wants to collect the money for the unit and donate it to an agreed upon organization or let individual families donate individually. Many charter organizations have benevolent funds through which they provide such services. There are many other options too. Donations can be made to a food shelf in your community, a rescue mission, or the Salvation Army, etc.

Extreme Options for Skip a Meal Month: Skip a meal and contribute what you would have spent at your favorite restaurant. Skip a meal once each week during *Skip a Meal Month*. Skip a meal a day for a week. etc.

Service Hours: One service hour may be credited for each meal skipped /donated by the individual.

Please e-mail Faith (fzeller@bsamail.org) with the number of meals provided by your unit.

Simple Steps:

- 1) Discuss with your unit leadership whether or not they want to participate in *Skip A Meal Month*.
- 2) If your unit chooses to participate, choose the place your group will donate their skipped meal money, or choose to have families donate to the place of their own choice.
- 3) Tell your unit about *Skip A Meal* month.
 - a. Please tell them about *Skip a Meal Month* even if you do not choose to take it on as a unit service project. It is a project that is easy to do individually. If they do *Skip a Meal* individually and not as a unit, please also ask them to e-mail Faith with the participation information requested in step 7.
- 4) Donate the skipped meal money to an organization that provides food to people in need.
- 5) Ask for a count of skipped meals and award your participants with the service hours.
- 6) Determine the total number of individual meals donated by the unit. (Count the number of meals skipped for each member of participating families. For example, if a family of 4 skips one family meal and donates the money, it is counted as 4 individual meals. If a family of 4 skips 2 family meals it is counted as 8 individual meals.)
- 7) After Skip a Meal Month - Please send an email to Faith (fzeller@bsamail.org) with the following information:
 - a. Unit ID
 - b. Contact Person
 - c. Number of individual meals donated by your unit.