



Food Bank Myth Busting

Food banks help people in our country and our community get the food they need. The Greater Pittsburgh Community Food Bank opened in 1983 and has been helping neighbors for many years.

Even though the Food Bank does important work, some people have ideas about food banks that are not true. During this activity, you'll become a Myth Buster! You'll learn what the Food Bank really does, who it helps, and how our community works together to make sure everyone has food.

Below, answer "true" or "false" next to the statements.

- ____ 1. Food banks typically give out expired or undesirable foods.
- ____ 2. Food banks and food pantries only have canned and non-perishable items on their shelves.
- ____ 3. People with jobs might still use the Food Bank.
- ____ 4. People of all ages can help food banks.
- ____ 5. Once you need help, you always need help.
- ____ 6. Food banks have unlimited food.
- ____ 7. People that own a house and a car can be food insecure.
- ____ 8. Hunger isn't an issue in my city.



Activity Time:
10-20 minutes



Age Range:
1st grade - 4th grade

Discussion Questions:

- What surprised you most about the myths and facts above?
- What surprised you most when touring the Food Bank facility?
- Who does the Food Bank help?
- What are ways that you can help the Food Bank?