



9/11 Day Good Deeds Guide

Project Ideas for Parents

INTERACTIVE



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Good Deed Ideas for Children Ages 2-7

Hunger and Food Insecurity

- Create colorful placemats and cards for donation to your local Meals on Wheels program ([Mealsonwheelsamerica.org](https://www.mealsonwheelsamerica.org)).
- Make a reusable “Giving Bag.” Buy a cloth shopping bag and ask children to decorate it. While grocery shopping, fill it with nonperishable items like pasta and canned goods and deliver those to your local food pantry ([Foodpantries.org](https://www.foodpantries.org)).
- Count up the cans and boxes in your pantry. Donate some amount (a penny, nickel or dime) for each item in your pantry to a hunger organization like No Kid Hungry ([Nokidhungry.org](https://www.nokidhungry.org)) or Feeding America ([Feedingamerica.org](https://www.feedingamerica.org))

Protecting Our Earth

- Plan a park or beach clean-up. Purchase gloves, bags and “trash grabbers” at the hardware store. Invite other families to join you. Bring snacks and games to make it a fun day ([kab.org](https://www.kab.org)).
- Kindness should extend to the natural world. Create a homemade bird or squirrel feeder for your yard.
- Plant a tree in your yard or a local green space. If you cannot plant a tree yourself, make a donation to a nonprofit that plants trees like One Tree Planted ([Onetreeplanted.org](https://www.onetreeplanted.org)), Arbor Day Foundation ([Arborday.org](https://www.arborday.org)), or the Jewish National Fund ([Shop.jnf.org](https://www.shop.jnf.org)).

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Poverty and Homelessness

- Assemble toiletry kits for those experiencing homelessness. Fill plastic bags with travel-sized toiletries (toothbrush, toothpaste, hygiene wipes, sunscreen and hand sanitizer). Donate these to a local shelter or homeless outreach organization.
- Sort through gently used children's books and donate them to under-resourced public schools or shelters serving homeless children.
- Organize a coat or sock donation drive during the days leading up to 9/11. Donate all collected items to a local homeless shelter. (Onewarmcoat.org or Operationwarm.org)

Honoring and Thanking our Heroes

- Bake cookies and deliver them to your local firehouse or police station. Include a note of gratitude and support.
- Write letters to soldiers and ask children to decorate them with crayons or stickers. Send to Soldiers Angels for inclusion in care packages (Soldiersangels.org)
- Order a Box of Hope and paint Stars of Hope (Starsofhopeusa.org) to send to a community that is grieving a natural disaster or other tragedy. Stars of Hope is a project of the New York Says Thank You Foundation (NewYorksaysthankyou.org) which was created after the events of 9/11.

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Good Deed Ideas for Children Ages 7-12

Hunger and Food Insecurity

- Volunteer as a family delivering meals to homebound, ill and elderly neighbors (MealsonWheelsamerica.org). Make colorful cards to include in the meal packages.
- Working with a homeless outreach program or food pantry, create emergency hunger relief packs for distribution.
- Host a lemonade stand or bake sale to benefit your local food pantry, soup kitchen or hunger relief organization (FeedingAmerica.org or Nokidhungry.org)

Protecting Our Earth

- Volunteer weeding, mulching or harvesting in a local community garden, or offer to plant flowers, vegetable and herbs in an elderly neighbor's yard.
- Plan a park or beach clean-up. Purchase gloves, bags and "trash grabbers" at the hardware store. Invite other families to join you. Bring snacks and games to make it a fun day! (kab.org)
- Plant a tree in your yard or a local green space. If you cannot plant a tree yourself, make a donation to a nonprofit that plants trees like One Tree Planted (Onetreereplanted.org), Arbor Day Foundation (Arborday.org), or the Jewish National Fund (Shopjnf.org).

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Poverty and Homelessness

- Fill backpacks with schools supplies and donate them to a local foster care agency or family. Explore Volunteers of America (voa.org) to find a local backpack drive.
- Create birthday bags/boxes for children navigating the foster care system or living in shelter. Fill bags with a box of cake mix, container of frosting, candles, party hats and a small toy (Confettifoundation.org or Thebirthdaypartyproject.org).
- Organize a coat or sock donation drive during the days leading up to 9/11. Donate all collected items to a local homeless shelter. (Onewarmcoat.org or Operationwarm.org)

Honoring and Thanking our Heroes

- Create care packages of puzzles, treats, and personal items for our active-duty military. (Operationgratitude.com)
- Bake cookies and deliver them to your local firehouse and police station. Include a note of gratitude and support.
- Order a Box of Hope and paint Stars of Hope (Starsofhopeusa.org) to send to a community that is grieving a natural disaster or other tragedy. Stars of Hope is a project of the New York Says Thank You Foundation (NewYorksaysthankyou.org) which was created after the events of 9/11.

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Good Deed Ideas for Children Ages 12-18

Hunger and Food Insecurity

- Volunteer making and serving a meal at a local soup kitchen. If you play an instrument, consider bringing it along to play music while the guests are enjoying their meal.
- Volunteer unpacking shipments, stocking shelves or distributing food at a local food pantry ([Foodpantries.org](https://www.foodpantries.org) or [Feedingamerica.org](https://www.feedingamerica.org))
- Explore the No Kid Hungry website ([Nokidhungry.org/youth](https://www.nokidhungry.org/youth)). Sign up to become a Youth Ambassador and start an advocacy letter writing campaign.

Protecting Our Earth

- Volunteer planting, weeding or mulching in community garden or local organic farm.
- Commit to taking action as a family: Reduce use of single use plastics. Start composting. Explore solar energy. Walk, bike or take public transportation whenever possible. ([Explore SustainUS.org](https://www.exploresustainus.org), [Upliftclimate.org](https://www.upliftclimate.org) or [Theclimateinitiative.org](https://www.theclimateinitiative.org))
- Launch a food rescue program (donating unopened/uneaten cafeteria food to a community fridge) or composting program at your school.

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Poverty and Homelessness

- Volunteer with a homeless outreach organization in your community, delivering bottles of water, socks, toiletry kits, feminine hygiene products and other essentials to people who are experiencing homelessness or living marginally.
- Organize and throw a party for children living in a homeless shelter or domestic violence shelter. Bring a craft project, goody bags and cupcakes to decorate.
- Create “comfort cases” (duffel bags containing a blanket, water bottle, stuffed animal, small toy and book) for children navigating the foster care system. These children often use garbage bags to carry their belongings. ([Togetherwiser.org](https://www.togetherwiser.org) or [Comfortcases.org](https://www.comfortcases.org))

Honoring and Thanking our Heroes

- Make paracord lanyards and donate them to Operation Gratitude for inclusion in military care packages. (Find more info and directions at [Operationgratitude.com](https://www.operationgratitude.com))
- Deliver a hot, home-made meal to first responders (firefighters, EMT workers, police officers or school safety officers) in your community.
- Organize a paperback book drive and send donations to Operation Paperback which supports our military serving abroad, as well as military families and veterans ([Operationpaperback.org](https://www.operationpaperback.org))