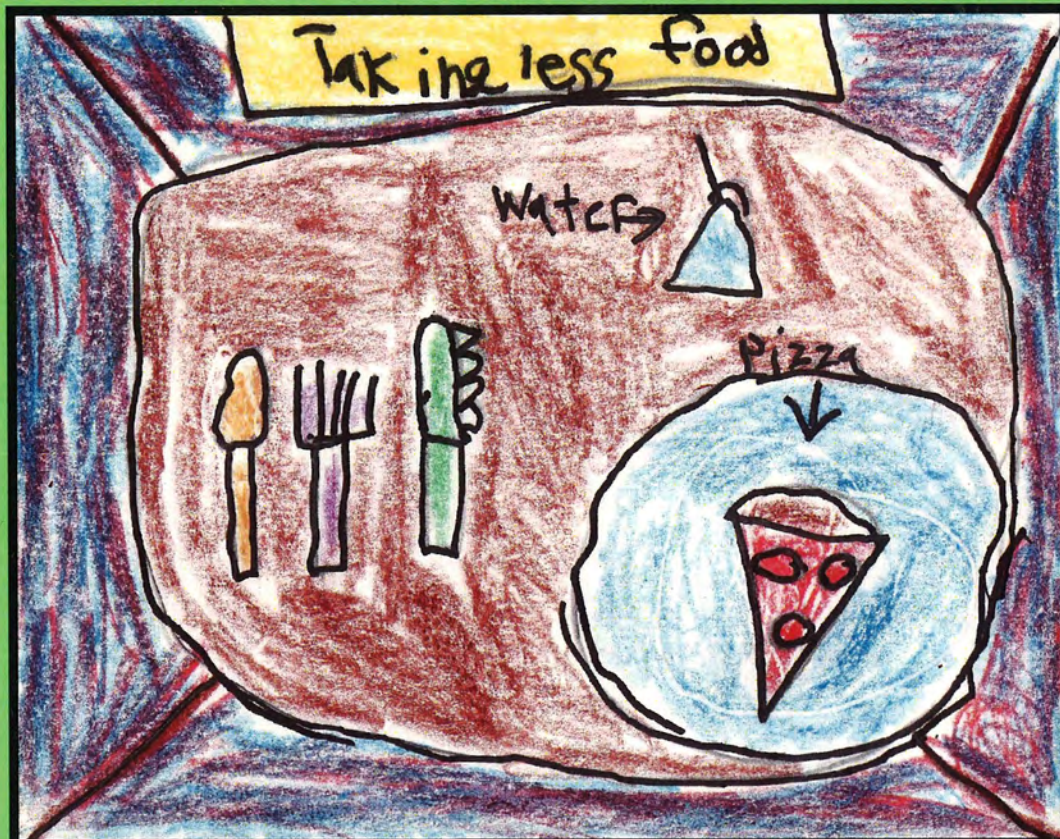


# 12 Things You Can Do to Help Everyone Have Enough Healthy Food



By the First Graders  
Young Achievers Science and Math Pilot School  
Spring 2008

# Take a Little Less and Save Some for the Next Day



July

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

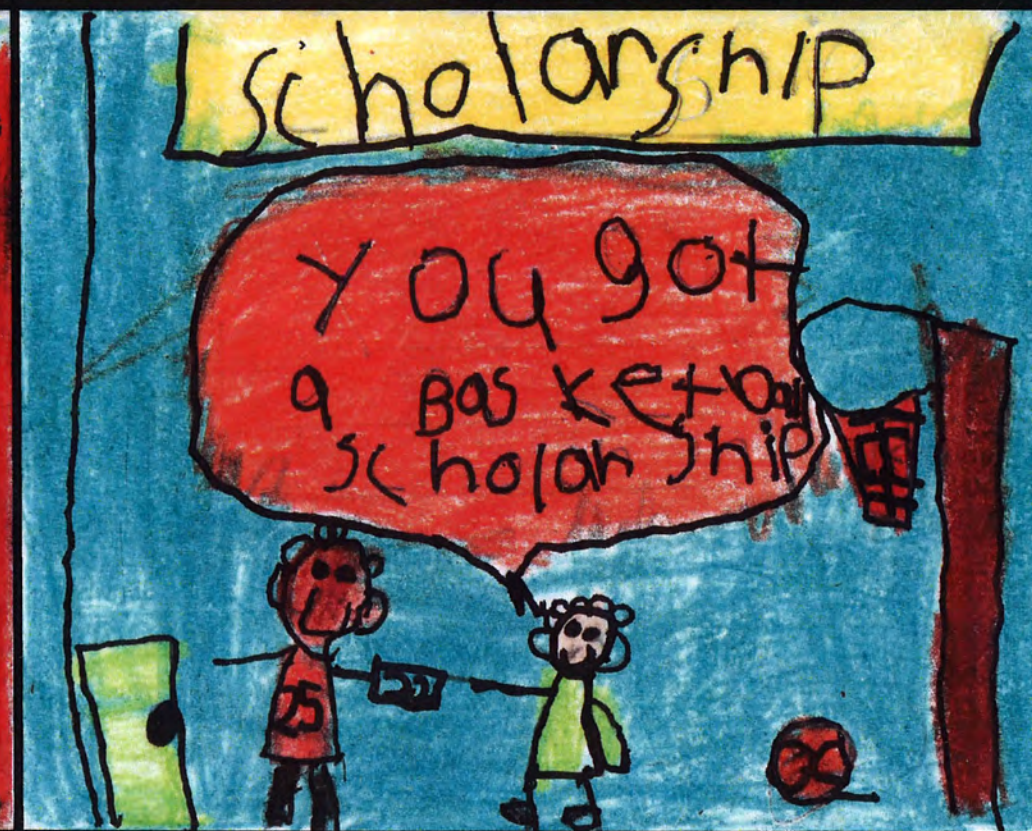
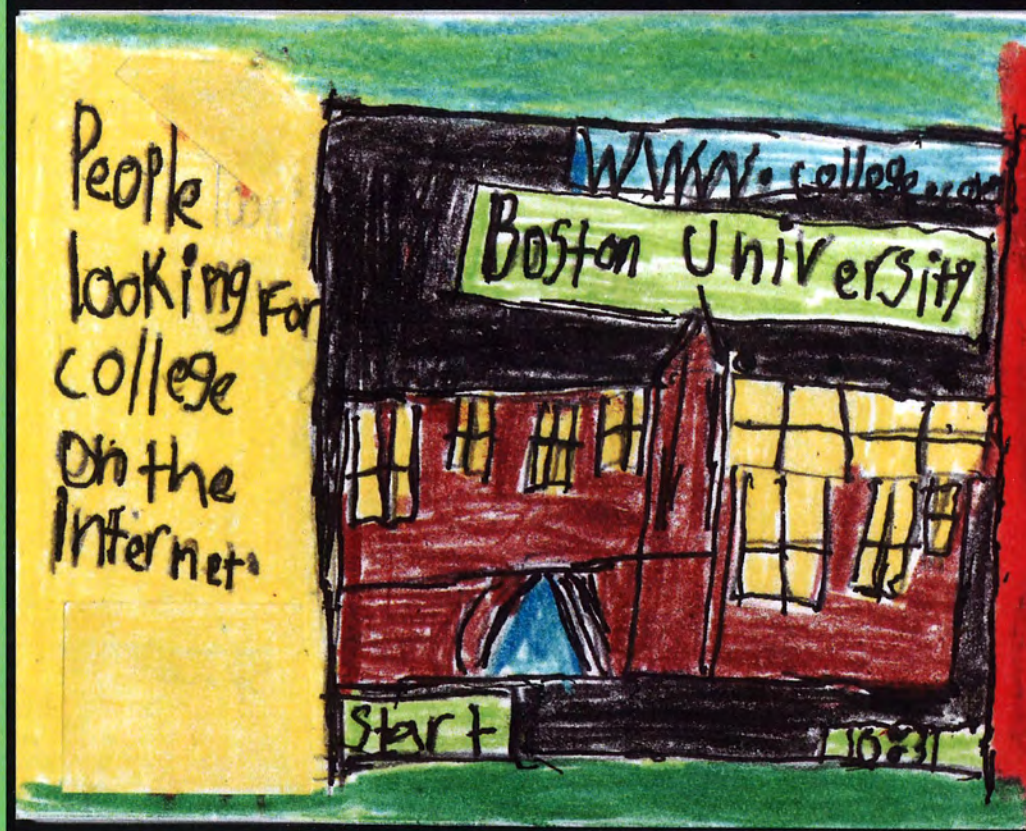
# August 2008

September

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Help People Go to College



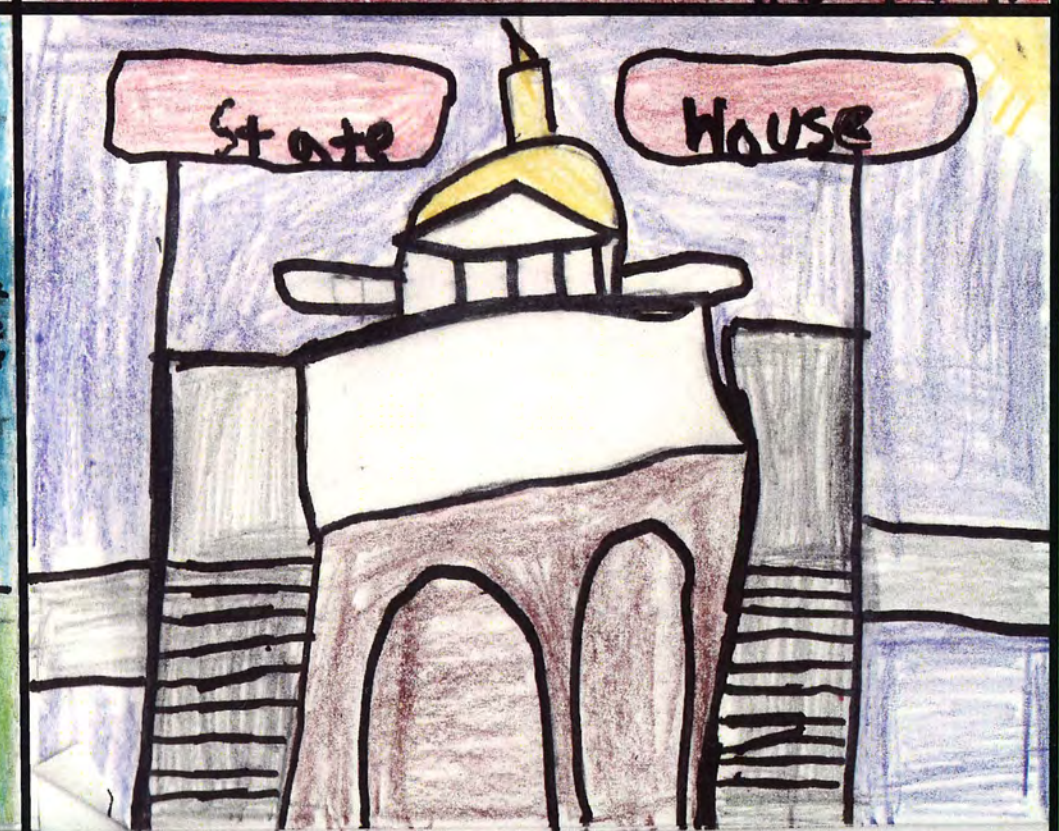
August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# September 2008

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day	2 Ramadan Begins	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30 Rosh Hashanah				

# Ask the Government to Help the Poor



**September**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# October 2008

**November**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
				Ramadan Ends		
5	6	7	8	9	10	11
				Yom Kippur		
12	13	14	15	16	17	18
	Columbus Day					
19	20	21	22	23	24	25
26	27	28	29	30	31	
					Halloween	

# Give Away Some of the Food You Grow





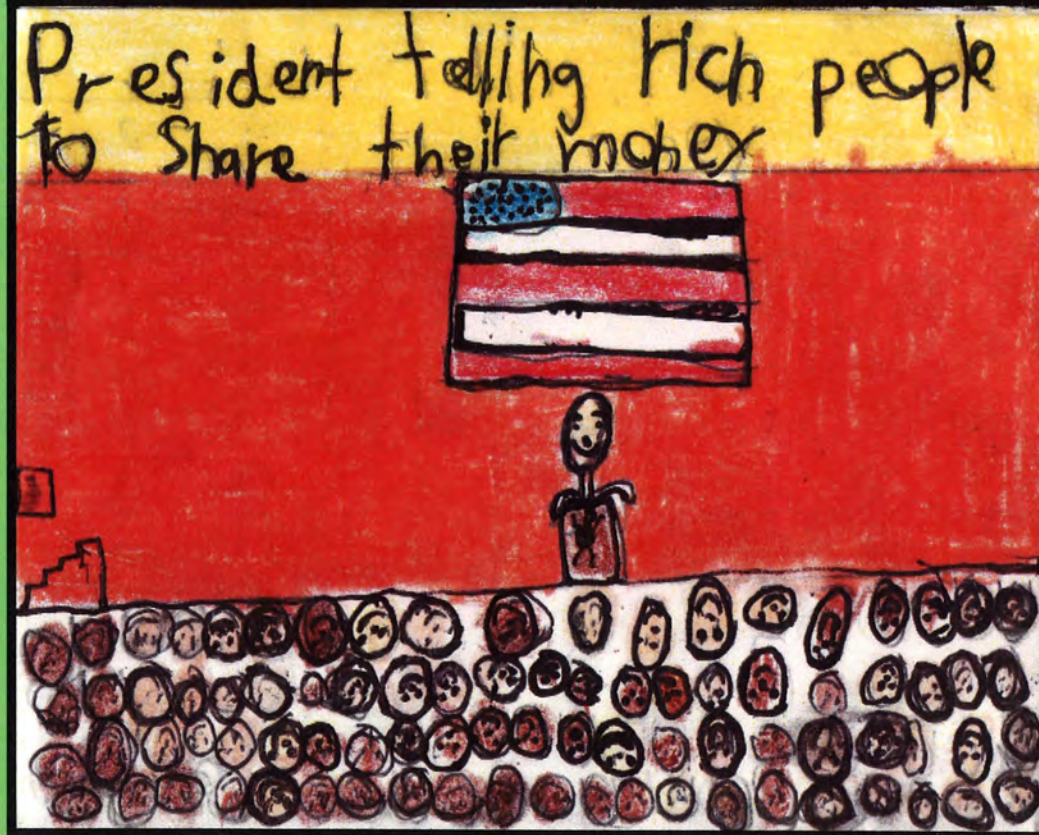
October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# November 2008

December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2  Daylight Savings Ends	3	4	5	6	7	8
9	10	11  Veteran's Day	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30				Thanksgiving		

# Rich People Should Share With the Poor



November

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

# December 2008

January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	Hanukkah Begins		Christmas Eve	Christmas	Kwanzaa Begins	
28	29	30	31			
	Hanukkah Ends		New Year's Eve			

# Don't Throw Things Away



December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# January 2009

February						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Day	20	21	22	23	24
25	26	27	28	29	30	31

# Teach Young People How to Garden



January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

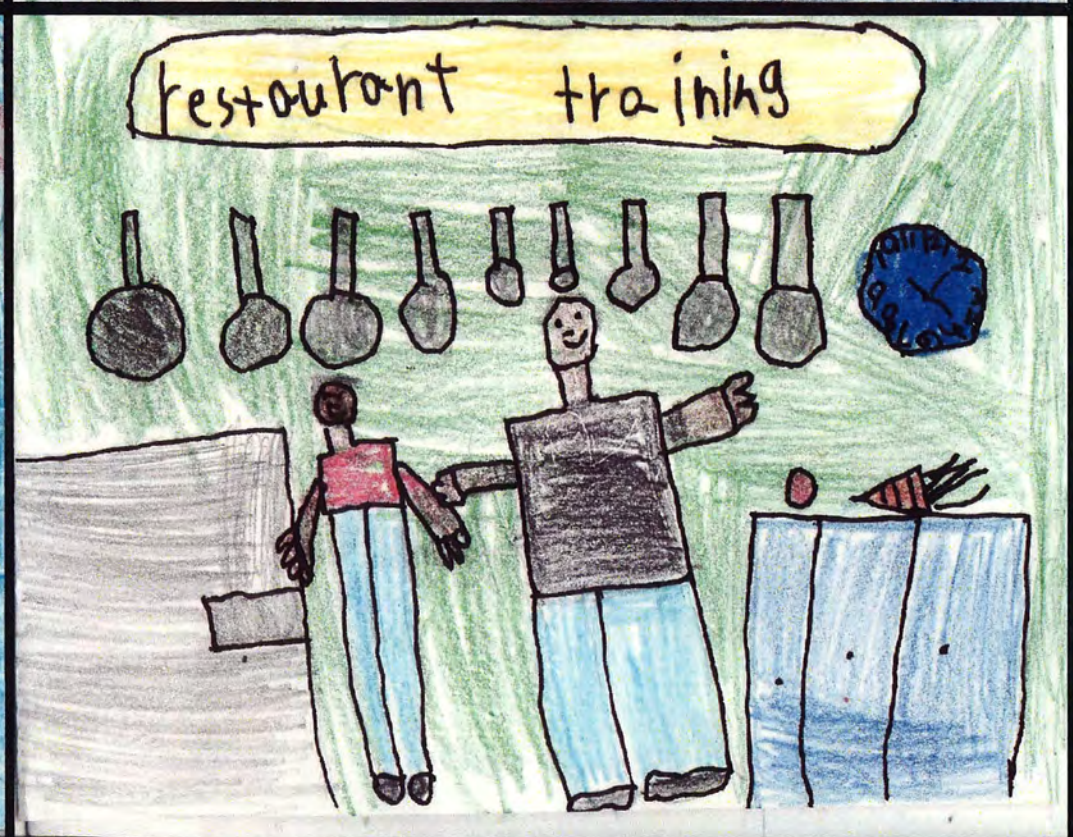
# February 2009

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Washington's Birthday	17	18	19	20	21 Valentine's Day
22	23	24	25 Ash Wednesday	26	27	28

# Help People Get Job Training





February						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

# March 2009

April						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8  Daylight Saving Time Begins	9	10	11	12	13	14
15	16	17  St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# Grow Your Own Produce



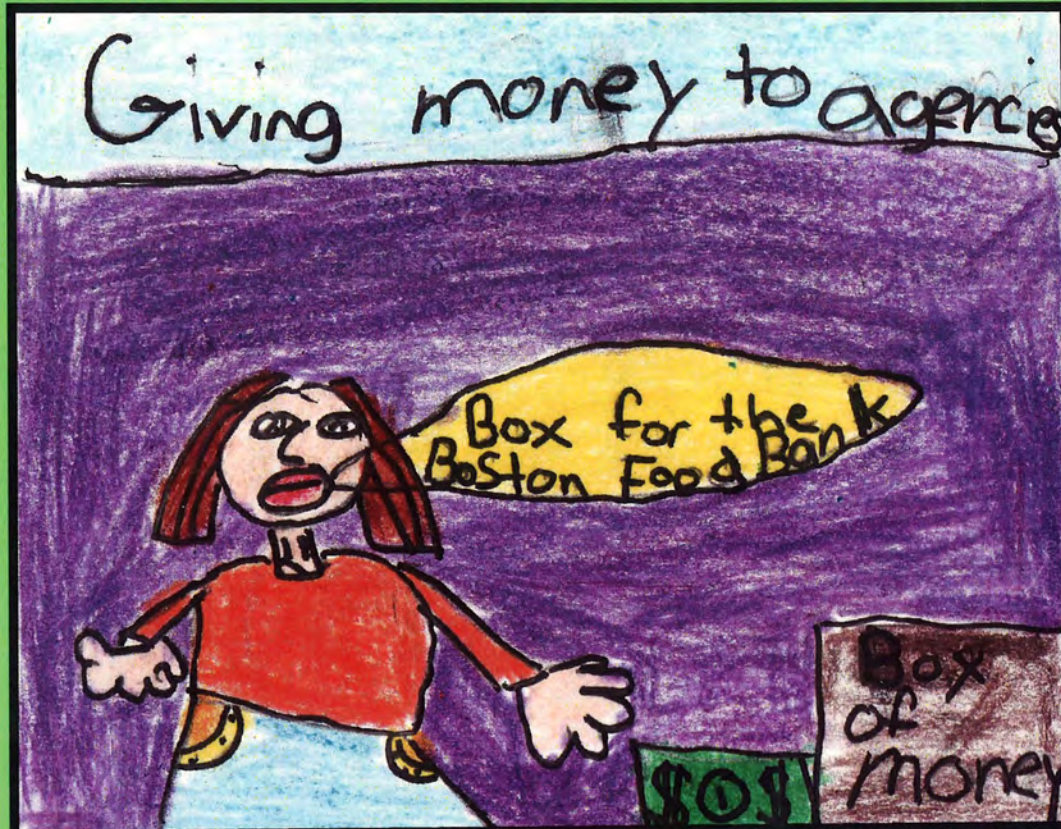
March						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

# April 2009

May						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
Palm Sunday				Passover Begins	Good Friday	
12	13	14	15	16	17	18
Easter Sunday (Christian)						
19	20	21	22	23	24	25
26	27	28	29	30		

# Donate Money to Those Who Need It



April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

# May 2009

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Cinco de Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Memorial Day	26	27	28	29	30
31						

# Plant More Gardens in the City



May						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# June 2009

July						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Father's Day						
28	29	30				

# Make Sure There Are Enough Bees to Pollinate Flowers





June						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

# July 2009

August						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

# Food Agencies in Boston

We visited agencies in Boston that help people get healthy food. These are the places we visited.

- II **The Clark-Cooper Community Gardens** have 285 plots where people can grow a garden for only a little money. They are located at the Boston Nature Center in Mattapan. Many people that come from different countries, have different skin colors, and speak different languages grow their gardens there.
- II **The Food Project** has farms in Dorchester and in Lincoln, MA. They hire teenagers from the city and the country who they teach to plant vegetables, and who get to visit each other's farms. They sell the food they grow at their farmer's market in Dorchester, and they donate some of it to poor people.
- II **The Greater Boston Food Bank** is a big warehouse in Boston that gives food to different agencies. The agencies then make sure that people who need the food can get it. The Greater Boston Food Bank has a lot of closed boxes filled with food, cleaning supplies, juice, and other materials. They use big and small forklifts to lift up the boxes and take them to the trucks so the food can be driven to the agencies.
- II **The Haley House** is a café in Dudley Square that helps homeless people get job training to cook and work in a restaurant. They cook nutritious and delicious food from places like Puerto Rico and the Dominican Republic. Customers can go there to eat and have conversations, and it is a good place for the community.
- II **WIC** is a place that helps women who are pregnant and their children get healthy food. WIC provides families with a check to buy healthy food at the store or a farmer's market. They teach women how to take care of their babies and what foods are nutritious like low-fat milk, cheese, and cereal with no sugar. They also weigh and measure women and children to see if they are healthy or if they need more exercise.
- II **The Long Island Shelter** is a shelter for homeless people. Over 400 people get bussed out from Boston to the shelter every night. The shelter has a big kitchen to make food, a cafeteria, and beds for people to sleep. There is a farm and greenhouse to grow their own food. They also train people to learn job skills like how to use a computer, how to cook, and how to grow food in a garden.