

CARE Package[®] Supper Toolkit



care package[®]

#ShowYouCARE

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Dear CARE Package Supper Host,

Thank you for bringing your passion for social justice at home and around the world to your dining table!

For 75 years, CARE has been on the frontlines of disaster response and humanitarian aid worldwide. Today the need is more urgent than ever in a world facing one of the greatest challenges of our time. The COVID-19 pandemic knows no borders – and neither does CARE’s work.

CARE was founded in the shadow of World War II when a small group of Americans came together to help millions of Europeans with a simple, but powerful idea: the CARE Package®. This sparked an American movement that would deliver more than 100 million CARE Packages containing food and medicine to war survivors and families around the world, along with the tools and supplies needed to rebuild their lives.

In 2019, CARE introduced poverty-fighting initiatives in the United States, where poverty is a growing, persistent issue. Poverty in the U.S. is most likely to affect women (especially unmarried mothers), children, Native Americans, Black Americans, those without a high school diploma, unemployed individuals, and residents of rural areas, inner cities and the deep south.

In response to COVID-19, CARE introduced a new CARE Package, specially built to help address problems we’re facing at home and overseas. CARE’s work focuses on some of the most vulnerable communities in over 100 nations worldwide.

After good food and good conversation, we hope you feel inspired to create your own CARE Package to address poverty, hunger, and inequality in your community. By hosting a CARE Package Supper, you’ll turn your passion for social justice into action while rallying your friends and family to do the same.

We’ve prepared this guide to ensure that your CARE Package® Supper goes off without a hitch. Please stay in touch with questions or simply to tell us how everything goes.

Best,
Your friends at CARE

care.org

PREPARING FOR YOUR EVENT

This toolkit will make hosting your CARE Package® Supper as easy as possible. It includes a to-do list that will lead you every step of the way to an enjoyable, worry-free event, and includes a discussion guide to ensure exciting and meaningful conversation. A CARE Package® Supper is an opportunity to bring people together, inspire each other to spark change. As we are all adjusting to life during a pandemic, we have provided some tips on how to have a social distanced or virtual CARE Package Supper.

Be sure to follow the WHO COVID-19 guidelines for socially distanced events. It's up to you to decide how you'd like to carry out your CARE Package Supper, whether it be a traditional dinner party, socially distanced or virtual. Please carry out your CARE Package Supper in the way that makes you, your friends and family most comfortable. If you have questions about how to run the program, contact CAREPackagedata@care.org.

GETTING STARTED

CARE has compiled some tips and tricks for planning your event from start to finish:



Pick a time and location for your dinner: A secret of hosting a great dinner party is to keep things simple. If you're doing a socially distanced gathering, we recommend setting up outside your home or at a nearby park. Consider supporting a local restaurant by ordering individual meals that diners can grab as they arrive. Be sure everyone sits at least six feet apart. Go virtual with a free tool like Zoom or Google Meet. We recommend using breakout rooms to create more intimate conversations.



Create your attendee list and send out invitations: Decide how many people you'd like to attend — we suggest 8-10 people, but any number is fine as long as it's small enough for guests to have equal participation in the discussion.



Think of friends, family members, colleagues, or acquaintances who would be interested in creating a CARE Package for someone else. It can help you reflect on the power we have as individuals to support others. Invite a mix of people who are great conversationalists and have an interest in supporting others in their communities. Think of guests who would be excited to build a CARE Package! Try to include people who may not be familiar with CARE.

Talk about the origin of the CARE Package in your invitation to spark some excitement (see context section for more information). Ask individuals to brainstorm some ideas for a CARE Package. Good food and great company will kick off an exciting evening. Working together to create a CARE Package and share some good will bring you together and make the evening unforgettable!

Send out invitations via email, over text, or by creating a Facebook event for your attendees.



Begin donation requests: When you send out your invitations, consider asking your attendees to make a donation through the CARE Package website. Suggest that your guests contribute a donation to CARE to support our poverty-fighting work around the world and here at home. Donating to CARE is a great way for your friends and family to participate in a meaningful activity together.



Do a little homework. Many communities are home to food pantries, refugee outreach centers, homeless shelters. Search your local news outlets if you're unsure what's in your neighborhood. Brainstorm how you could create a Care Package for one of these groups and why you feel passionate about supporting them. This will give you a starting point to discuss why sending a CARE Package is meaningful.

DAY OF THE DINNER



Organize your supplies: Queue your music playlist, arrange nametags and table settings for guests, and gather any other party materials you'll need. If you're hosting a socially distanced gathering, bring a portable speaker. Have guest bring their own chairs and/or blankets. If using an online platform, make sure the meeting link is easily accessible for your guests and test your equipment beforehand. Focus on making your event an inviting and comfortable space that fosters a sense of community.



Kick it off: Once your guests have arrived, start off by sharing why you have decided to host a dinner for CARE. Encourage your guests to get involved with CARE's work and consider making a donation



Begin introductions: Invite your attendees to introduce themselves.



Dig in: Start your meal and begin tackling the questions and conversation topics you prepared or use those provided in this toolkit.



Update your social media: Share photos, inspiring tidbits of conversation and fun event updates on Twitter, Instagram and/or Facebook, tagging CARE's accounts and using #ShowYouCARE.

- Follow CARE on social media:
 - Twitter: @CARE
 - Facebook: @CAREfans
 - Instagram: @careorg
 - Use: #ShowYouCARE for all of your posts across platforms

AFTER YOUR DINNER

- Celebrate your event on social media by posting pictures and event highlights on Facebook, Twitter, Instagram, etc. and use #ShowYouCARE. Send any stories or photos to CAREPackagedata@care.org. Make sure you tell us about your care package!
- Thank guests via email and encourage them to visit [the CARE website](http://theCAREwebsite) to donate, take action or sign up to receive information from CARE.
- Help us improve the experience: Complete the post-event survey included in this toolkit within one week of your Supper and send it to us at CAREPackagedata@care.org.
- Thank guests who made donations to CARE.
- Send your attendee and contact information list to CARE so we can thank them too!

CREATING CONTEXT

Before your dinner, learn more about the challenges of persistent poverty in the United States including, hunger, lack of savings and unemployment and how these issues disproportionately affect women, girls and communities of color. COVID-19 has only exacerbated these lasting challenges and it is important to understand and discuss how the Pandemic is affecting vulnerable communities. Once you've done some reading, plan some relevant questions to start off your conversation. Check out our sample questions to help you get started. Select your favorite pieces and videos to share with your guests ahead of the dinner or at your event to invite deeper discussion.

Read & Watch:

- [Power of a Box](#)
- [History of the CARE Package](#)
- [CARE Package Timeline](#)
- [75 Years of CARE and the Domestic CARE Package®](#)
- [CARE Package](#)

Persistent Poverty in the United States:

- [Persistent Poverty](#)
- [Children in Persistent Poverty](#)
- [The poverty rates for every group in the US: From age and sex to citizenship status](#)
- [Poverty in the US Will Reach Drastic Levels Because of COVID-19](#)
- [40% of Adults in the US Can't Cover a \\$400 Emergency Expense](#)
- [Understanding Savings and a Dynamic Process](#)
- [How Will Poverty Rise Due to The Pandemic?](#)
- [Basic Facts about Women in Poverty](#)

Food & Nutrition:

- [What is Food Insecurity?](#)
- [Facts about Hunger in America](#)
- [COVID-19 and Hunger in America](#)
- [Puts 265 Million at Risk of 'Hunger Pandemic'](#)
- [How African Americans are Affected by Hunger](#)
- [Quick Facts on Hunger in America](#)
- [COVID-19, hunger, and gender equality](#)
- [Food Programs](#)

Experiencing Homelessness in the U.S.:

- [Understanding Homelessness](#)
- [10 Facts About Homelessness in the U.S.](#)
- [State of Homelessness in 2020](#)
- [How Can the U.S. End Homelessness?](#)
- [How to Interact with People Experiencing Homelessness](#)
- [Racial Inequalities in Homelessness](#)
- [Understanding Homelessness in America](#)
- [Immediate Ways to Support the Homeless](#)

ABOUT CARE

CARE believes poverty is an injustice, poverty is solvable, and that together we have the power to end it. Working shoulder-to-shoulder with communities, we build relevant, sustainable solutions to defeat poverty, respond to humanitarian crises, ensure social justice, and create a world where all people live with dignity and security. Over the years CARE has worked to support people in 100 countries around the world with a special focus on women and girls. This means working to transform the political, social and economic relationships at the heart of poverty. For example, we can't just build a school – we must ensure girls' rights to education.

- CARE is an **international nonprofit organization** focused on **fighting poverty in countries all over the world.**
- CARE was founded in 1945 just after World War II, shipping the original **CARE Package®** to people who needed food and lifesaving supplies in war-torn Europe.
- CARE **fights poverty for all by focusing on women and girls** because they are not only most affected, but also most effective in creating change in their communities.

CARE's programs focus on education and dignified work for women and girls, health and safety, access to sustainable and nutritious food, and emergency and disaster relief.

CARE AND ENDING POVERTY IN THE UNITED STATES

For most of our 75-year history, we have focused on the needs of the world's most underserved people and communities. Because of COVID-19, the U.S. is now included on our list of countries that require urgent humanitarian support.

The pandemic is creating unprecedented new economic challenges and exposing pre-existing systemic inequities and social injustices. An estimated 10 million people are being driven into poverty by the epidemic, and COVID-19 could lead to the highest rates of poverty the U.S. has seen in 50 years. This urgency is making CARE's domestic programming more important than ever.

CARE USA is introducing domestic programming through efforts such as Community Lending Circles, cash voucher assistance, and food and employment relief using the best of what CARE has learned from its work around the world to fight poverty here at home:

- Through **Village Savings and Loan Associations (VSLAs)**, CARE has worked with more than 8.4 million members in 54 countries across , Asia, and Latin America. Nearly 80 percent of VSLA participants are women. This program has helped women all over the world overcome extreme poverty. CARE's domestic program has adapted this model for the U.S. by establishing **Community Lending Circles (CLCs)**. With lessons learned from CARE's VSLAs, CLC's will help women work together to achieve achieve financial security.
- Through **the CARE Package Relief** program, CARE coordinates with local and national partners to mobilize resources to get food and/or funds to hungry people in low income neighborhoods. In partnership with gig platforms such as Lyft and Task Rabbit, CARE also creates paid jobs for workers who have had their jobs impacted by the pandemic.

DISCUSSIONS

We want your CARE Package® Supper to be an opportunity for connection. Your dinner party is a chance to learn about, discuss and play a role in fighting against inequality in the United States. CARE's commitment to uplifting the world's most vulnerable started by creating the CARE Package. Meaningful discussion at your event will inspire the same goal. As you go through the discussion topics, think about what issues you want your package to address.

A working definition of dialogue: We are here to engage in dialogue, which can be a more difficult and nuanced form of discussion. Please keep in mind that dialogue is not debate, which involves defending a particular position and trying to prove that the opposite position is wrong. In contrast, dialogue is about understanding people with different beliefs through the respectful exchange of ideas and views. In a successful dialogue, there are no losers. It is important to remind ourselves of the attitudes required to realize this kind of success. These are civility, collaboration and respect.

The guidelines:

- Everyone contributes
- Take no more than two minutes
- Share from personal experience
- Listen respectfully to the person speaking

Set expectations for your conversation: You'll be discussing big issues that can't be solved all at once. It's okay to spend time just getting to know the issues.

Have just one conversation: Try to keep your group united in a single discussion rather than having lots of side conversations. Sharing all of our ideas together can create a more productive and interesting conversation.

Keep it civil: Your dinner isn't the place for a heated debate. Acknowledge the value of differing opinions and treat disagreements with respect, but continue to move the conversation forward.

Encourage everyone to use their voice: Everyone is different, and not all of your members will feel comfortable chiming in. Be sure to encourage everyone to participate in the conversation in whatever way they feel most comfortable.

Team up to continue the conversation: Encourage your guests to work together to tackle the next steps you identify during your dinner. It can be as simple as exchanging contact information or setting a time to meet up for coffee — anything that will keep your conversation and your action moving forward.

Have fun: Your supper discussion will include some serious topics, but that doesn't mean it shouldn't be fun.

DISCUSSION TOPICS

TOPIC 1: PERSISTENT POVERTY IN THE UNITED STATES

Economic poverty is a growing issue in the United States. In 2018, 38 million Americans (12%) lived in poverty. In the wake of COVID-19, this number could increase by as many as 10 million people.

FOOD FOR THOUGHT

Poverty, by definition, is lack of income, but deep and **persistent poverty** reflects profound personal challenges, systemic barriers and the cyclical nature of poverty. Work requirements and federal programs may be beneficial for the working poor experiencing short spells of poverty, but they do not address the needs of people in deep poverty.

Poverty does not strike all segments of the population equally. American women and minorities disproportionately experience poverty. Black Americans and Hispanics account for half of all deeply poor people. People in deep poverty are more likely to face significant challenges including serious physical and mental health problems, disabilities, and addiction. These challenges make it harder to find work.

Women of nearly all races and ethnicities face higher rates of poverty. This is, in part, a result of the effects of sexism and racism on institutional structures across society. These barriers limit employment opportunities, availability of caregiving support and access to social assistance programs.

Poverty in the US is cyclical in nature. One in five children experience extreme poverty for at least one year before they reach 18. Early poverty is linked to toxic stress, reduced academic achievement and can lead to many long-lasting health issues. This makes it difficult for poor children to break out of poverty and continue this cycle for generations to come.

To address poverty in the United States there needs to be an effort to empower poor people. Increasing education opportunities for children, educating the public about persistent poverty, and strengthening program and services for the poor are essential.

DISCUSSION QUESTIONS

- What are some stereotypes imposed on the poor? How might this effect willingness to support them?
- Why is learning about persistent poverty important? How may we as individuals address some of the needs of those impoverished?
- Structural sexism and racism are two barriers that make it challenging for individuals to overcome poverty. What can we do to break down these barriers?

DISCUSSION TOPICS

TOPIC 2: FOOD AND NUTRITION

More than 35 million Americans live in households that struggle against hunger. However, up to 2/3rds of people facing hunger have incomes above the federal poverty line. 1 in 4 people who are food insecure are unlikely to qualify for most federal nutrition plans.

FOOD FOR THOUGHT

A household that is **food insecure** has limited or uncertain access to enough food to support a healthy lifestyle and often need to choose between buying food, medicine, school supplies and other essentials. Children are more likely to experience food insecurity than any other group in the United States. For those above the poverty line, rising food prices contributes to increasing food insecurity.

Food insecurity affects communities of color more than white communities in the United States. As of 2019, 19/1% of black households experience food insecurity and Hispanic communities at 15.2%. The pandemic has only widened this gap. [By May of 2020](#), 39% of Black households with children and 37% of Hispanic households with children are food insecure. The rate for white households rose to 22%.

Hunger affects mental health, exposes people to higher risk of chronic diseases, and impacts school performance. 50% of children facing hunger will need to repeat a grade. Food insecurity can actually put people at risk of obesity. Impoverished Americans may be forced to buy cheap, unhealthy, foods in order to stay full.

Creating and strengthening safety nets for food insecure families is essential to ending hunger in the United States. These safety nets include school meal programs, SNAP and WIC programs and investing in other anti poverty programs. SNAP programs are proven to lift people out of poverty and have long-term sustainable payoffs. In 2018 alone, SNAP was able to lift 3.2 million people out of poverty, school lunches lifted 1.4 million out of poverty and WIC lifted 302,000 out of poverty.

DISCUSSION QUESTIONS

- What comes to mind when you think of hunger?
- How can we help families that are food insecure, but do not qualify for food assistance?
- Did you know that hunger was widespread in the United States?
- How do you feel about the way our culture views food assistance programs such as WIC and SNAP?
- Should hunger and food insecurity be more openly discussed? If so, where?
- How can we address food waste as a nation?

DISCUSSION TOPICS

TOPIC 3: EXPERIENCING HOMELESSNESS IN THE UNITED STATES

Individuals, families and children can all experience homelessness. As of 2015, 37% of people experiencing homelessness were in families with children, 64% were individuals and 6% were children. Many who are experiencing homelessness need to escape life threatening situations in their current housing situations. Homelessness can be attributed to rising poverty and personal challenges.

FOOD FOR THOUGHT

As of 2019, 567,715 people are experiencing homelessness in the United States with 37.2% of these people being unsheltered. Some groups are much more likely to become homeless than the national average. Pacific Islanders and Native Americans are most likely to be homeless in America. Black Americans, multiracial Americans, and Hispanics are also at higher risk.

Homelessness can have various causes that are usually a result of conflict between systemic pressures and individuals. Lack of affordable health services, suffering economy, and lack of affordable housing can push employed, under-employed, and unemployed individuals into homelessness.

Personal hardship and a lack of supportive and health services contribute significantly to homelessness. Many of these individuals may be able to work but cannot in the short term because they have recently lived through natural disasters, experience domestic abuse, or are suffering from mental and physical illness.

An enormous challenge to homelessness is breaking the stigma of people who suffer from addiction or are jobless. Regardless of personal hardship, being homeless is a traumatic experience, and these people are deserving of help. Understanding that some who experience homelessness are employed, or are actively seeking employment is important to shattering stereotypes imposed on homeless people. Providing stability through shelter is essential to combating and uplifting individuals out of homelessness. Training individuals and empowering them with choice is another crucial step in tackling homelessness. Providing job seeker assistance, training in life skills and providing education will provide a sustainable path to escaping homelessness. Providing vital services and supplies is another key aspect of supporting the homeless.

DISCUSSION QUESTIONS

- Interacting with homeless people makes many uncomfortable, and that is okay. Why do you think this is?
- Have you ever had a conversation with a homeless individual? What did you learn?
- How can we change the way our society views homelessness?
- What barriers exist to helping the homeless?
- What can we do to support homeless communities?
- What are some blind spots or biases you have regarding the homeless community? What are you interested in learning?

CULTIVATE GRATITUDE WITH A CARE PACKAGE

Take a moment to think about gratitude and how it benefits our lives. Planning and sending a CARE Package is a great way to practice gratitude. During your discussion of gratitude, think about how you can practice cultivating gratitude by sending a care package. Think about who you want to support. How might a CARE Package help you practice kindness as a way to appreciate the goodness in your life? CARE's original CARE Package was a symbol of American generosity. By creating your own CARE Package, you are keeping this tradition of American generosity alive, spreading positivity, and working to help change lives.

What is Gratitude? Gratitude is an emotion similar to appreciation. By definition, gratitude is the quality of being thankful or readiness to show appreciation for and to return kindness. Scientists and psychologists have found that gratitude has a positive psychological effect on the brain and is greater than a simple thankfulness feeling. Gratitude elicits a deeper appreciation for someone or something producing longer-lasting positivity.

Practice Gratitude: To practice gratitude, we must do two things. First, we need to affirm that there are good things in the world and that we have received great gifts and benefits in life. Second, we need to recognize that the goodness in our lives exists beyond ourselves and that we need to thank others for it. Robert Emmons, a leading scientific expert on gratitude states that this stage strengthens relationships because it requires us to see how we've been supported and affirmed by other people.

Why should we do this? Gratitude encourages us not only to appreciate gifts we have received in life but to repay them. Scientific research shows that practicing gratitude has proven to increase individuals' happiness, encourages better sleep, and boosts positivity. Gratitude can help us form new social relationships and strengthen ones we already have. With gratitude we can create stronger connections with our friends, families, and work to understand those who are not part of our own communities.

Reflect:

1. Take a moment to grab a paper and pen and have your group write down one thing they are grateful for.
2. Have them write down who or what they can thank for it.
3. Keep this personal.
4. Encourage your guests to keep this somewhere, where they can see it often.

Cultivate Gratitude by sending a CARE Package:

Practicing gratitude by sending a CARE Package creates an opportunity to start the conversation with your family and friends. Find out what issues you are all most passionate about. Did the discussion topics inspire you to focus on a specific issue? Once you decide who you want your CARE Package support, you can move forward with the logistics. Remember, CARE Packages are meant to be an extension of gratitude and promote dignity. Here are some tips on how to effectively design and deliver your own CARE Package.

Who is this for?

- Which community would you like to support?
- How will they benefit from a CARE Package?
- Are you trying to address a local issue/community?
- Why is this important to you?

Scale:

- Are you sending a CARE Package as a group? If you're supper is virtual, do you want to each create a CARE Package individually?
- How many people are you trying to reach? An individual? A group? Do you want to help support a local organization?
- Who do you want to be involved? Is it just the people around at your dinner party? Do you want to involve your coworkers? Your school districts?
- Leverage your networks: keep in mind individuals that would be excited by this effort. Who can help you scale this project? Are you part of a group or club that would want to do some charitable work? Are you involved in a school board?

What will your CARE Package look like?

- What items would you like to provide in your CARE Package? How will you acquire them? Do you want your package to be financial? How can you fundraise?
- Think about what resources are most needed for the community you'd like to help.
- Do you want to create a CARE Package in person or virtual event where you not only send a package to a community in need but also participate in some form of advocacy or group learning?

Assign Tasks and Deadlines:

- Create a plan to keep yourselves accountable

WRAPPING UP

Empowering women, girls and their communities to tackle gender discrimination and move toward more equitable societies is critical to addressing the root causes of enduring poverty.

- How can we be more involved in the fight for girls like the students from The Tipping Point program, or Malawian girls in the Dream with Her video to promote girls' human rights around the world? If you could pledge to take one specific action to help address the issues girls face, what would it be?
- What is your biggest takeaway from tonight's discussion?



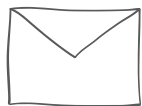
Let's Connect

ABOUT CARE

Founded in 1945 with the creation of the CARE Package®, CARE is a leading humanitarian organization fighting global poverty. CARE places special focus on working alongside poor girls and women because, equipped with the proper resources, they have the power to lift whole families and entire communities out of poverty. Last year CARE worked in 94 countries and reached more than 80 million people around the world. Learn more at care.org.

CONTACT

Got a good story to tell about your CARE Social Supper? Have questions?



CAREPackagedata@care.org

SOCIAL



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CARE Action!

Make your voice heard by getting involved with CARE's advocacy network.

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