

Discussion Guide for Families



Saturday at the Food Pantry

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Themes: understanding food insecurity, community support, empathy

Book Brief: is a story about a young girl named Molly who learns about kindness, sharing, and community when she visits a food pantry with her mom and unexpectedly meets a friend there.

READ ALOUD

Before Reading: Build Background

- Model how to connect to the story by discussing experiences and thoughts about community engagement. For example, you might start by asking, "Can you think of a time when someone helped you or we helped someone else? How did that make you feel?"

While Reading: Make Connections

- As you progress through the story, you could ask questions like, What does Molly's kindness teach us about how to treat others who might be in a tough situation? How can we support friends or classmates who might be going through difficult times like needing food assistance? This encourages children to think about community support and the importance of empathy in friendships.

After Reading: Ask Questions

- Why is it important to have places like food pantries in our community?
- How does the story help us understand that it's okay to ask for help?

RELATED ACTIVITIES

If your child enjoyed this book, consider:

- Together with your child, creating a map of local resources such as food pantries, community gardens, and free meal programs. This activity helps children understand the support systems around them and can be reassuring.