



Guide for Making Notes of Encouragement

Thank you for volunteering your time to make positive, heartfelt notes for local children in need of food and encouragement. That's what "Feeding Bodies and Minds" is all about.

How many notes does Baltimore Hunger Project need?

Every week, Baltimore Hunger Project prepares and delivers more than 1,500 bags of food for kids in the Baltimore region. Every bag of food features a handcrafted note, which means they need to collect **more than 1,500 notes per week** from volunteers like you!

Making and Delivering Your Notes

To make notes, you can use your own materials, or pick up materials at Baltimore Hunger Project.

Use-Your-Own Materials:

Card stock or construction paper (in color or white) tends to hold up the best for notes. You can cut letter-sized cardstock into 4 cards (4.25" x 5.5") or in-half to (8.5" x 5.5"). Please do not make notes larger than 8.5" x 5.5".

Use Provided Note-Making Materials:

You can pick up pre-cut cards and pre-printed messages at Baltimore Hunger Project, courtesy of FreshCut Crafts.

You can mail finished notes to the address below.

Please be sure to include your name, address, email, and phone number with your package. You can also deliver notes in-person—however, please send an email to arrange a time for drop-off, as our hours of operation can vary.

Baltimore Hunger Project
117 Old Padonia Rd
Suite E
Cockeysville, MD 21030

Questions? Contact office@baltimorehungerproject.org



Tips for making notes:

- **Make your notes colorful and fun!** Use markers, crayons, colored pencils, sparkle pens, shapes, stickers, or stamps to make your notes cheerful.
- **Always check spelling,** and be sure to use only approved messaging for your notes (see list on page 2).
- **Keep it simple, and focus on quality.** It would be better to send us 20 nicely-lettered and decorated notes, rather than 50 fast and sloppy notes.
- **Repeat a great idea.** If you come up with a design you really like, repeat it! Each note does not have to be unique. You'll save a lot of time!
- **Need inspiration?** There are lots of ideas on page 2!

Choosing a Message

Please choose from the following list of approved messages for your notes:

Dream BIG!

Smile!

Be Happy!

You can do anything.

Keep moving forward.

Embrace the sunshine.

Spread your wings.

Just keep swimming.

Follow your dreams.

We believe in YOU.

You will do great things.

Have a great day!

You are amazing!

Be Bright / Be Brave

The sky's the limit.

Stay positive.

You've got this!

Believe in yourself.

Today is your day.

Rise to the challenge.

Shine bright! Be you.

Every day is a new beginning.

You are special.

Reach for the stars!

Your future is bright!

Small steps. Every day.

Write your own story.

Always be yourself.

Think happy thoughts.

Be Bold. Be Brave. Be You.

Creative Ideas for Making Notes

