



TasteWiseKids

WRITE A RECIPE FOR **CHANGE**

MLK knew the power of using your voice to produce change. Writing to an elected official is a great way to begin using this power.

This activity is designed to introduce your kids to activism and the importance of sharing their voice. Follow the steps below and use our printable **Recipe For Change** template to help your kids learn about their role in our government. Adapt this activity however best suits your family and have fun!

We all have our own idea of the perfect cake. My recipe includes lots of chocolate. My brother prefers vanilla and no frosting. But we can both agree that coffee cake with a cinnamon sugar topping is delicious!

Our government is a little like choosing the perfect cake. Everyone has **different ideas** about what would work best and it is through **sharing our opinions** that we can find **solutions for everyone**. That's why we're going to write to local officials and break down our ideas into ingredients in a recipe.



Step One:

Start by choosing **who you would like to send your recipe to**. Have a parent help you decide which official would be best. You could write to the School Commissioners, your Mayor, Senator or even the new President. Fill in this person's title at the top of the template.

Step Two:

Fill in the information about yourself in the template. This helps to show your elected official **how you are connected to the community** and why they should care about your thoughts.

Step Three:

Talk about some of the **problems you see or have experienced**. It's important to identify what's wrong in order to find solutions. For younger kids, ask questions about their local community. Have you seen a lot of trash on the ground lately? Do you think you are getting enough options for school meals? For older kids, discuss what is going on in the wider world. What do they know about sustainability? Racism? Homelessness? Fill in the issues you identify in the template.

Step Four:

Brainstorm **ingredients for change**. Now that you've identified some things that you think aren't working well, talk about how to make them better. This can be as simple as saying we need more patience or compassion. It can also be a concrete suggestion like placing more trash cans in public places or providing funding to help homeless populations find jobs and housing. Write these in the template as well.

Step Five:

Great job, you just wrote a **Recipe For Change** that's almost ready to get sent in the mail! Have a parent help you address it and put postage on it.



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NOW YOU'RE AN
ACTIVIST

Use the template below to write a letter to your local official about your Recipe For Change.

Dear _____,

My name is _____ and I live in _____ . I am in _____ grade in school this year. I am writing to you today because I am concerned about some issues that affect people I care about in our community. These issues include:

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I know we can find solutions to these issues in our community together. I believe it is important that the voices of our community members are heard and I would like to share my **Recipe For Change** with you. The ingredients in my recipe include:

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Thank you for your attention to these issues, with your help we can come up with a recipe that works for everyone.

Sincerely,
