THE Skip-A-Meal Special

Spending $5 can get you a meal.
Donating $5 can provide seven.

With the Skip-A-Meal program, Kiwanians go without one meal (or bring their own food) during a club meeting or event. They donate the amount they didn’t spend to the Kiwanis International Foundation.

There are several ways your club can participate. Collect money from members at a Skip-A-Meal club event. Attract donations at a storefront booth or a neighborhood event. And invite family, friends and neighbors to participate!

Your club will receive a Skip-A-Meal banner patch—recognition for your contribution to Kiwanis International’s mission.

WHO All Kiwanians are welcome to participate.

WHEN Most clubs participate in late April.

HOW Collect all money and send one check to the Kiwanis International Foundation. Include your club’s name and contact person. Find more tips and information on the reverse side.

All amounts in U.S. dollars. All aid examples from previous club grants. Future funding uses determined by needs.
How you can help

With the Skip-A-Meal program, your Kiwanis club helps fund grants provided through the Kiwanis Children’s Fund. It’s a way to make a serious Kiwanis impact—with a fun-filled event.

Ideas and tips

Invite a local dietician to discuss healthy eating habits. Have a club potluck dinner and vote for the best dish. Use Skip-A-Meal to kick off a weight-loss program. Or create a combination of these and/or other ideas!

However you choose to make Skip-A-Meal fun, here are some tips for making it a success:

• Begin publicizing the event before the designated Skip-A-Meal week.
• Inform your lieutenant governor of your club’s plans.
• Inform club members about Skip-A-Meal at least one month before the event.
• Send email reminders to club members two days before the club meeting. Call those who don’t have email.

Report your success

After the event, spread the word—report your success to your lieutenant governor and/or your foundation district chairman.

And don’t forget to send your club’s collective contribution to the Kiwanis International Foundation office. (See the address at the bottom of the reverse side.) Along with the contribution, include the following information:

• Club name
• Club key number
• Contact person’s name
• District
• Number of people who participated
• Money collected

Make it a team effort


And so are non-Kiwaniians! Invite participation and contributions from places of worship, schools, businesses, service and civic groups, government offices and others.

Health note

If a person is under a physician’s care, he or she should consult a doctor before participating. If meal-skipping is not an option, a person’s participation through a gift is still welcome.

Don’t forget: You can also give online. It’s easy and secure at www.kiwanis.org/foundation/skipameal.