



**Martin Luther King School  
5th Annual Day of Service  
January 16, 2023**

**Please complete this pledge to help  
us measure our total hours of service**

[MLK Day of Service Pledge](#)



**Learn more about Dr. Martin Luther King Jr's Life and Legacy**

Watch these videos located on our school website

<https://king.piscatawayschools.org>

Please click on the **BLUE LINK** to view the videos



# Enjoy These Various Service Activities

## *Welcoming Refugees Project*

We are all connected

Have a subject you are passionate about? Is it keeping the world clean, human rights, world hunger, etc.? Create a poster to share your message and encourage other to do their part. Email pictures of posters to [MLKSchoolDayofService@gmail.com](mailto:MLKSchoolDayofService@gmail.com) and it will be uploaded to our team page. For every artwork you create between now and June 9, 2023, the Bezos Family Foundation will make a donation to programs meeting global needs. Learn more at:

<https://www.studentsrebuild.org/challenges/refugee>



## **Send a Smile**

Brighten up a Senior Citizen's or an overseas Troop's day by mailing a note or coloring a picture on [www.colorasmile.org](http://www.colorasmile.org). Please only include your FIRST name and AGE (no dates or last names) Mail cheerful drawings to:

**Color A Smile**  
**PO Box 1516**  
**Morristown NJ**  
**07962-1516**



Please click on the [BLUE LINK](#) to view the videos



# Enjoy These Various Service Activities

## Help Feed the Hungry

Play word games and answer trivia questions on [www.freerice.com](http://www.freerice.com)

Each correct response generates a (rice) donation to the World Food Program. Gather non-perishable goods (soups, cereals, toiletries, etc.) to donate to these local food collections.

Nothing expired please!

**F.I.S.H.**

**456 New Market Rd.**

**Piscataway**

[www.fishdunellenarea.org](http://www.fishdunellenarea.org)



**James Bryant Food Pantry**

**6 Ethel Road Piscataway**

Please text for Drop off

**(732) 630-0836**

## Cards for Hospitalized Kids

Brighten someone's day by sending a homemade card. At the request of the hospitals, please do not write "Get Well", "Feel Better" or other illness related comments. Other suggestions on how to write your card can be found at

[www.cardsforhospitalizedkids.com](http://www.cardsforhospitalizedkids.com)



Mail Cards to:

Cards for Hospitalized Kids 7290 W. Devon Ave.

Chicago, IL 60631

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## Enjoy These Various Service Activities

### Donate your Clothes and More

Give your items a second chance! Besides clothing donations, there are many other things you can donate- glasses, electronics, building supplies, books, and more. Check out the Middlesex Guide to "Freecycling" to find locations to donate various items. There are many locations willing to put your unwanted items to good use!

[Middlesex Guide to "Freecycling"](#)

OR

Pack up a recycled shipping box (like your old Amazon) with donations and print a free shipping label at:

<http://givebackbox.com/works>



### Spread Kindness

Create Kindness rocks and place in a place where people can see.

(<https://www.thekindnessrocksproject.com/howto>) or

Print a Kindness Poster to Share ([kindovermatter.com](http://kindovermatter.com))



Please click on the [\*\*BLUE LINK\*\*](#) to view the videos



# Enjoy These Various Service Activities

## Environmental Research

Help scientist learn more about the environment through people powered research. There are many different projects you can help out with!

[www.Zooniverse.org](http://www.Zooniverse.org)

[Penguin Watch](#)-Try counting penguins to help understand penguins' lives.

[Squirrel Mapper](#)-Count and classify squirrels in their habitat.



## Help Support Elijah's Promise from Home

Elijah's Promise is a Community Kitchen in New Brunswick, There are several community projects that you can do at home and bring to donate including, place settings, hygiene kits, and snack or lunch bags. They accept these donations at any time. Below are some of the donation sizes projects. See more volunteering ideas and information about food security by visiting

<https://elijahspromise.org/volunteer>

### Hygiene Kits

COVID-19 makes accessing basic hygiene needs harder than ever. Elijah's Promise seeks to provide our guests with hygiene supplies as often as possible alongside their hot-to-go meals.

The following items, in travel sizes, make up an ideal Hygiene Kit. Donations of complete kits or kit components are welcomed!

Please do not call in advance unless delivering more than 100 kits.

Drop off in front or ring bell  
18 Neilson St  
Every Day 8am-12:30pm

Thank you!



### Elijah's Promise Lunch Bags

We need lunch bags to pass out with our hot meals! All bags must be prepared on disinfected surfaces while wearing gloves. Please cover your hair with a hat or hair net. Please refrigerate before delivering. All bags will be set aside per CDC advice before being served.

#### 3 Bag Lunch Components

##### 1) Healthy Snack

Non-Perishable, Fruit Cup, Granola Bar or Chips

##### 2) Drink

Water Bottle

##### 3) Sandwich

Del: Meat with or without Cheese

#### Additional Directions

Preferred Sandwich: Turkey or Ham & Cheese. Please label!

No PB&J, Tuna, Veggie, Chicken, or Egg Salad Sandwiches Please!

Drop off every day between 8am-12:30pm

Ring bell if door is not open

Please do not call in advance unless delivering 100-



THANK YOU!

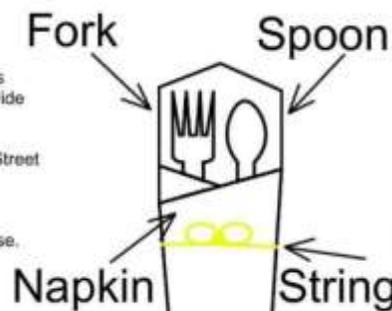
### Utensil Bundles

Elijah's Promise needs disposable forks and spoons wrapped in napkins to provide our guests with their meals!

Please drop off bundles at 18 Neilson Street  
Every Day from 8am-12:30pm

Do not call in advance. No Knives please.

Thank you!



Please click on the [blue link](#) to view the videos



## **Enjoy These Various Service Activities**

### **Looking for More Ideas**

The internet is full of great ideas! Many of the organizations above have additional activities. Enjoy, explore, but most importantly give back and help others.

<https://www.projectgivingkids.org/>

**Thank you for joining us for this  
“Virtual” day of service!**

**CONTINUE to INSPIRE OTHERS!**

Send pictures or ideas to: [MLKSchoolDayofService@gmail.com](mailto:MLKSchoolDayofService@gmail.com)

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