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ACTIVITY WORKSHEETS 2026

See the Need. Understand the Impact. Be the Change.



LEHIGHCHURCHES.ORG/HHAWEEK

ACTIVITY #1 Poverty Quiz

1. **Which racial or ethnic group has the highest poverty rate in the United States?**
   a. White, non-Hispanic
   b. Hispanic/Latino
   c. Black/African American
   d. Asian
2. **True or False?**
   a. More people in poverty live in suburban and rural areas combined than in cities.
3. **What percentage of U.S. households spend more than 30% of their income on housing (considered "cost-burdened")?**
   a. About 10%
   b. About 25%
   c. About 50%
   d. About 75%
4. **Which of the following is not a government program aimed at reducing poverty?**
   a. Temporary Assistance for Needy Families (TANF)
   b. Social Security
   c. Medicare
   d. Federal Housing Assistance
5. **In the Lehigh Valley, which of the following issues most contributes to local poverty?**
   a. Lack of access to higher education
   b. High cost of childcare
   c. Limited affordable housing
   d. All of the above
6. **The minimum wage in Pennsylvania has remained at $7.25 since what year?**
   a. 2005
   b. 2009
   c. 2012
   d. 2015
7. **Which of the following best describes the "working poor"?**
   a. Individuals who are unemployed and rely on public benefits
   b. People working full-time but earning wages below the poverty line
   c. Students working part-time while attending school
   d. Retired individuals living on fixed incomes
8. **Which age group is most likely to experience deep poverty (income less than half of the federal poverty line)?**
   a. Children under 18
   b. Adults ages 18–64
   c. Adults over 65
   d. College students
9. **Which of the following factors most strongly influences generational poverty?**
   a. Education access and quality
   b. Weather patterns
   c. Number of social media followers
   d. Size of extended family
10. **What is one of the biggest barriers to exiting poverty?**
    a. Limited access to affordable healthcare
    b. Owning a car
    c. Saving money in a bank account
    d. Having a college degree

ANSWERS ON PAGE 7

LET'S SPEAK ABOUT HUNGER



Instructions: Choose two questions from the list below and talk about it for 1-2 minutes.

What does food insecurity mean? 1	Why do families go hungry? 2	The importance of food banks. 3
Importance of soup kitchens. 4	Healthy food vs. affordable food. 5	How can we fight hunger? 6
The impact of skipping meals. 7	Food insecurity among children. 8	Hunger is more than an empty stomach. 9
Ways to reduce food waste. 10	Hunger among older adults. 11	How food insecurity affects everyday life. 12
What can our community do to end hunger? 13	How inflation impacts food insecurity. 14	How can you help end hunger? 15

LET'S SPEAK ABOUT HOMELESSNESS



Instructions: Choose two questions from the list below and talk about it for 1-2 minutes.

What causes homelessness? 1	Myths vs. facts about homelessness. 2	Homelessness can happen to anyone. 3
The importance of affordable housing. 4	Challenges of living on the streets. 5	The impact of mental health and homelessness. 6
How does someone become homeless? 7	Breaking the stigma around homelessness. 8	What does it mean to be housing insecure? 9
How can we help our unhoused neighbors? 10	The challenges of finding a job without a home. 11	The struggles of living without basic necessities. 12
The role of outreach teams in the community. 13	Why having an ID matters when experiencing homelessness. 14	How can you help end homelessness? 15

ALPHABET ACTIVITY

In each box below, draw something that begins with each letter of the alphabet relating to hunger and homelessness:

a	b	c	d	e	f	g

h	i	j	k	l	m

n	o	p	q	r	s	t

u	v	w	x	y	z

CHOOSE IT OR LOSE IT



Activity Description: Participants imagine they have been told they must leave their home immediately and can only take what fits into one backpack. They must choose which personal belongings and basic necessities to bring with them and decide what they have to leave behind.

After making their choices, participants discuss what it would mean to lose access to important documents, medications, personal belongings, financial resources, and everyday comforts.

Reflection Questions:

What was the hardest item to leave behind?
Did you prioritize survival or personal comfort?
What would be difficult to replace?
How would these losses affect your mental and emotional well-being?
How would you begin rebuilding your life?

Key Takeaway: Homelessness is about more than losing a place to live. It can mean losing privacy, security, independence, personal belongings, and a sense of stability.

ANSWERS, ACTIVITY #1 Poverty Quiz

1. (c) Black/African American
Black Americans consistently experience the highest poverty rates nationally compared to other groups.

2. True
Combined, suburban and rural poverty exceeds urban poverty in total numbers.

3. (c) About 50%
Roughly half of U.S. renters are cost-burdened, spending over 30% of their income on housing.

4. (c) Medicare
Medicare provides health insurance to seniors and some disabled individuals, not direct poverty assistance.

5.(d) All of the above
All three—education, childcare, and housing—are key poverty drivers in the Lehigh Valley.

6.(b) 2009
Pennsylvania's minimum wage has remained at $7.25/hour since 2009.

7.(b) People working full-time but earning wages below the poverty line
"Working poor" describes those who work yet still struggle to meet basic needs.

8.(a) Children under 18
Children are most likely to live in deep poverty compared to adults or seniors.

9.(a) Education access and quality
Education is one of the strongest predictors of breaking or perpetuating generational poverty.

10.(a) Limited access to affordable healthcare
Healthcare costs and lack of coverage often prevent people from escaping poverty cycles.



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5TH ANNUAL

HUNGER AND HOMELESSNESS AWARENESS WEEK

NOVEMBER 16TH - 22ND, 2026

LEHIGHCHURCHES.ORG/HHAWEEK