

hunger **stop!**



GIRL SCOUT PATCH PROJECT

**DEVELOPED BY
THE ATLANTA COMMUNITY FOOD BANK
FOR
THE GIRL SCOUT COUNCIL OF NORTHWEST GEORGIA**

“HUNGER 101” PATCH PROJECT FOR GIRL SCOUTS

The **Atlanta Community Food Bank** in collaboration with the **Girl Scout Council of Northwest Georgia** has developed “Hunger 101,” a special patch project for Daisy through Senior Girl Scouts. Hunger 101 will help girls learn about hunger as a contemporary issue. They will be encouraged to take on activities that empower them as members of overlapping communities. They will also be encouraged to volunteer and experience volunteering as an important contribution they can make throughout their lives.

The program is progressive; girls may participate at every level of their Girl Scouting experience. It could become the theme of a Girl Scout Gold Award project. It also supports the World Association of Girl Guides and Girl Scouts “Building World Citizens” project. Girls who work on the Hunger 101 patch may choose one of three focus areas: Hunger, Nutrition or Gardening. You may decide to do all activities in one focus or you may mix it up for an experience that will show how all three connect.

Girls who choose **Hunger** activities will learn about hunger globally, nationally and in their very own communities. Through projects, discussion, story, research and interactive games they can open the windows to another aspect of their world where they can make a difference. They will have the opportunity to volunteer at the Atlanta Community Food Bank or at an agency that does direct service with Georgia’s hungry. They will be able to use the knowledge they acquire to educate others and encourage involvement in this important issue.

Girls who choose **Nutrition** will experience the challenge of serving nutritious meals with a limited income. They may explore ways to create meals and feed families well on a food stamp budget. They may cook for and host a banquet for their troop or community that demonstrates the unequal distribution of food around the world or hold a food drive that focuses on donating complete meals for families needing assistance.

Girls who choose **Gardening** will learn about food production and gardens in their neighborhoods and in the larger community. They could visit an organic farm to get a better idea of where our food comes from and learn about the different kinds of gardening and food production in this country. They will do at least one activity that supports a community garden project. They may even start their own garden to “plant a row for the hungry.”

Support for troop/group leaders will come from both the Girl Scout Council of Northwest Georgia and the Atlanta Community Food Bank. A Hunger 101 Treasure Box is available for checkout from the Girl Scout Program Resource Center in Atlanta and at the Girl Scout Service Center in Rome. A list of Treasure Box content ideas is included in these materials in the event that some troops want to get together to put a Treasure Box together for their area.

WHAT IS THE ATLANTA COMMUNITY FOOD BANK?

The Atlanta Community Food Bank (ACFB) is a network of people working together to fight hunger and build a better community. In 2005 the Atlanta Community Food Bank distributed over 24 million pounds of food to nearly 800 non-profit agencies that assist hungry people in metro Atlanta and 38 other north Georgia counties. The ACFB has several programs besides its basic food distribution:

Atlanta’s Table collects prepared and perishable food from hotels, restaurants, caterers and other food service operators. The food is transported directly to non-profit community kitchens, night shelters, and residential programs for immediate use.

The Hunger Walk, held each spring, provides a fundraiser as well as a forum for recognition and discussion of hunger in our communities. Hunger Walk funds benefit more than 40 local, national, and international hunger relief organizations.

To learn about our other exciting projects visit www.acfb.org

NOTE: Girl Scouts are welcome to support the ACFB through service projects, but may not solicit money for the ACFB. (Program Standard 33, page 52 of *Safety-Wise*.)

“HUNGER 101” PATCH PROJECT ACTIVITIES

Community service is an important component of the Hunger 101 Patch Project. As you choose activities, keep community service in mind. After you have completed your choice of learning activities, talk with the girls about a community service project. Some service project ideas include: organizing a food drive, sorting food at the Atlanta Community Food Bank, serving a meal at a community kitchen or it could be reading to young children at a family shelter. You may look around in your own neighborhood for service ideas and/or explore different communities where you and your girls may be of service. When you have completed your learning activities **and** your service project, you may order your patches from the Badge and Sash.

In an effort to be helpful we have organized the activities by age group. This is not a restriction. You are welcome to mix and match activities from different age groups if they are appropriate for members of your troop.

We hope you will see this as a helpful way to introduce your Girl Scouts to the important issue of hunger and open their eyes to the many creative ways they can be involved and make a difference to their communities and their world.

If you have any questions about the project or new ideas for activities that might enhance the project, please contact:

Lindy Wood, Hunger 101 Coordinator
Atlanta Community Food Bank
lindy.wood@acfb.org
404-892-3333 - ext 1228.

DAISY AND BROWNIE GIRL SCOUT ACTIVITIES

Decide in your troop planning time which of these activities you would like to do, and how to do them. Choose at least 4 activities including a visit to the Food Bank or a food pantry in your area. In parentheses at the end of each line is the focus of the activity: nutrition, hunger or gardening.

1. Talk about the difference between food that is good for you and food that is not good for you. Draw pictures of your favorite foods. Why? (Nutrition)
2. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, how it can be a way to express love and family history. (Nutrition/Hunger)
3. Visit a grocery store and see where in the store is the food that is good for you and where is the food that has a lot of sugar in it. Why do you think stores arrange food in particular ways? Are there certain packages that you like better than others? (Nutrition)
4. Look at the Food Pyramid on page 48 of the Brownie Girl Scout Handbook. Make your own food pyramid with pictures of your favorite foods in each category. (Nutrition)
5. Explore what children eat in different cultures around the world. Make some of these meals with the troop. Compare the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods. Talk about where food comes from. (Nutrition)
6. Make some butter. You will need 1 pint of heavy cream and a 1-quart plastic jar with a lid. Put the cream in the jar and close the lid tightly! Each person shakes the jar 25 times then passes it to the next person. Keep shaking and passing the jar until butter starts to form.

- (Look for flakes, then small pieces, and then chunks of butter in the cream.) After big lumps form, open the jar and carefully pour off the watery “buttermilk.” With clean hands, roll the butter into a ball, and then taste it on bread or crackers. **Talk about how much time it takes to make food without using any mixes or quick food-preparation techniques.** (Nutrition)
7. Make a meal of what children experiencing famine might eat in a day. Talk about the difference in this and what we eat. Talk about how it would feel to eat only one ½ cup of rice in a whole day, how would your body feel? Would you feel tired? Cranky? How much do we need to eat to stay healthy? (Nutrition/Hunger)
 8. Visit a food bank or food pantry in your area. Call the Atlanta Community Food Bank at 404-892-9822 ext. 1228 for a list of locations. (Hunger)
 9. Have a food drive within your troop or service unit. Deliver that food to the Atlanta Community Food Bank or a local food pantry. (Hunger)
 10. Read “ Our Wish” and do the “Our Wish Activity Book” from the Hunger 101 Treasure Box. (Hunger)
 11. Read at least 2 other stories for your age group that talk about sharing and helping people in need. Some of these books are in the Treasure Box and/or you may access them from your library or local bookstore: **The Lady in the Box** by Anne McGovern, **Uncle Willie and the Soup Kitchen** by DyAnne DiSalvo-Ryan, **Fly Away Home** by Eve Bunting and **The Greatest Table** by Michael J. Rosen. (Hunger)
 12. Do some research on the Internet. A list of websites that are appropriate for different age groups are included in these materials.
 13. Play Feast or Famine the Food Security Board Game- (available at Resource library)- discuss the challenges faced by the working poor in this country and the ways that communities and government can help. Comes with Teacher’s Guide. (Hunger)

14. Read a story about farmers or gardeners (ask your school or community library for suggestions.) Make puppets of these characters in the story and create a new story that relates to hunger, poverty and helping in our communities. (Gardening/Hunger)
15. Make a planter out of an egg carton or other recycled container. Plant bean seeds in your container. As soon as they have sprouted, dig up half of them and see what has happened. Plant the other half in large containers or in the ground and watch them grow. (Gardening)
16. Visit a farm or food garden. Talk about where the food we eat comes from and what happens to the food we can't eat. You might contact Skip and Cookie Glover at Glover Family Farms in Douglasville, GA: 3260 Hwy 166, Douglasville, GA 30165 770-920-5358. (Gardening)
17. Plant your own garden. Donate the food you grow to a local pantry or community kitchen, or sell your produce and use the proceeds of your harvest to buy non-perishable foods for a food bank or a local agency. The Atlanta Community Food Bank has a community gardener who could help get you started. Fred Conrad can be reached at 404-892-3333 ext 216. (Gardening)

JUNIOR, CADETTE AND SENIOR GIRL SCOUT ACTIVITIES

Choose 6 of the following activities including a visit/volunteer effort at the Atlanta Community Food Bank or a food pantry/community kitchen. Cadettes and Seniors may work with the Hunger 101 Coordinator at the Atlanta Community Food Bank to create their own "menu" of activities. The goal is to become more knowledgeable about hunger and to become more active in your own community in the fight against hunger. Girls could develop fairly extensive service projects and apply them toward the Girl Scout Silver or Girl Scout Gold Awards. The suggestions here can be used as a springboard. Girls are encouraged to call the ACFB as they develop their service projects.

1. How difficult is it to plan menus for a family on a food stamp allotment (Between about \$1.00 and 3.75/ person/ day)? Create on paper a day's worth of nutritious meals that you would love to eat then visit your grocery store and price the ingredients and see if you can make those foods on a food stamp budget. What kinds of foods could you afford and how much of them? (Hunger/Nutrition)
2. Try to live on a food stamp budget for a week- Visit www.fns.usda.gov - Discuss how poverty affects choice/keep a journal of your reflections. (Hunger/Nutrition)
3. Keep a diary of all the food and drink you consume over a day (or an entire week.) EVERYTHING. Calculate the calories, the protein, the fat, the necessary food items and the snacks. How much more did you eat than was required by RDA? How much food did you waste? (Nutrition)
4. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, how it can be a way to express love and family history. (Nutrition, Hunger)

5. Research what a subsistence diet is. Live on a subsistence diet for a day or 2 and write about the experience. How did it feel to not have enough food? Share your experiences with others. (Hunger/Nutrition)
6. Interview your school's dietician. Ask her/him how she/he decides what foods to serve to the students. Ask what the school does with left over food. How can they better prevent waste of good food? (Nutrition)
7. Interview someone from another country. Ask that person about their favorite foods from their own country and ask how our food tastes to them. Plan a meal where the troop gets to make and taste foods from other countries. Research the different nutritional values of the meals and why different countries use different spices and ingredients. (Nutrition)
8. Make some butter. You will need 1 pint of heavy cream and a 1-quart plastic jar with a lid. Put the cream in the jar and close the lid tightly! Each person shakes the jar 25 times then passes it to the next person. Keep shaking and passing the jar until butter starts to form. (Look for flakes, then small pieces, and then chunks of butter in the cream.) After big lumps form, open the jar and carefully pour off the watery "buttermilk." With clean hands, roll the butter into a ball, and then taste it on bread or crackers. Talk about how much time it takes to make food without using any mixes or quick food-preparation techniques. (Nutrition)
9. Research poverty and hunger on the Internet. What are poverty guidelines? Can you work full time and still be poor? What are 2 of the largest groups of people seeking emergency food in the United States? What is minimum wage, what is a livable wage? Contact the Hunger 101 Coordinator at the ACFB with any questions or more research ideas! lindy.wood@acfb.org (Hunger)

10. Visit an agency that partners with the Atlanta Community Food Bank. There is a list available in the Hunger 101 Toolkit. Find out if your troop can help. If possible, develop an ongoing relationship with that agency. (You may also call the Hunger 101 Coordinator at 404-892-3333 ext 1228 for a list of agencies.) (Hunger)
11. Visit the Atlanta Community Food Bank and learn about emergency food storage and distribution. (Hunger)
12. Read newspapers and magazines for one or two months and clip any article that talks about hunger and poverty. Put together a scrapbook/journal on this issue. Make notes of what you learn and what you see and don't see in the media about hunger and poverty. Are there many stories about it? If not, why isn't this news? From web sites find out how many people in our country suffer from hunger. (Hunger)
13. Explore whether there is a food/hunger related need in your community. Write a letter to the editor of your newspaper about that need. (Hunger)
14. Read **Sidewalk Story** by Sharon Bell Mathis and **The Long Winter** by Laura Ingalls Wilder. Talk about different kinds of hunger and poverty. Is it possible to be rich and poor at the same time? (Hunger)
15. Fast for one day before your troop meeting. At the meeting talk about how your day felt and what it must be like for so many who do not get enough to eat. Write a poem or play about it. Break the fast by sharing a meal all together. (Hunger)
16. Host a Hunger Banquet to educate your community about the unequal distribution of food in our world. Contact the Atlanta Community Food Bank for ideas. (Hunger)
17. Make a bulletin board at your school about hunger issues in Georgia. Take what you learn about hunger and food security and do a presentation to classes at your school. (Hunger)

18. Play Feast or Famine the Food Security Board Game- (available at Resource Library)- (Hunger)
19. Organize a food drive with your troop, at your temple, church or mosque or at your school. Contact the Atlanta Community Food Bank for helpful hints on how to organize food drive. (Hunger)
20. Find out more about the lives of homeless people. Interview people who run shelters and serve the homeless community. Volunteer at a daycare center for homeless children. Present what you learn to your class, school, church, mosque, synagogue, civic or community group. (Hunger)
21. Break into research groups and role-play being a single parent with 2 small kids working full time on a minimum wage salary (\$5.15 per hour.) How much money do you make each month? What expenses would you have? Look in the paper for housing, what can you afford and how many choices do you have? Research what utilities and childcare cost. Make a list of groceries and go to the store to see how much these would cost. Can you afford a car? How much does it cost to take public transportation- MARTA? Take MARTA to the grocery store. Is it easy to get there? How much time did it take? Would your family be eligible for Food Stamps? For free or reduced lunch at school? Keep a diary of your research and your experiences and share what you learn. (Hunger)
22. Visit a food garden or farm in your community. If you know of a nearby organic farm or garden, visit that. You might contact Skip and Cookie Glover at Glover Family Farms in Douglasville, GA: 3260 Hwy 166, Douglasville, GA 30165 770-920-5358. (Gardening)
23. Visit or volunteer in a community garden that has been started to increase food security for lower income neighborhoods. Contact the Atlanta Community Food Bank for information. (Gardening)
24. Plant your own vegetable garden in the ground or in containers. Donate your produce to a shelter or senior center. (Gardening)

25. Find out what **compost** is and how to make it. Make your own indoor or outdoor compost holder. (Call your county extension agent or a nature center for helpful information on composting. *Green Thumbs*, by Laurie Carlson, has instructions for making indoor and outdoor compost holders (and other garden projects) and is available for checkout at the Girl Scout Program Resource Center or in the Treasure Box.) (Gardening)
26. Find out about commercial pesticides used in farming. Are these safe? What are organic alternatives? (Gardening)
27. More than 20% of the food that we make and grow is wasted in the United States. More than 265,000,000 pounds of food wasted every single day. Research and discuss how we waste food in this country. Find out how many restaurants in your community donate their excess food to organizations that feed hungry people. How do food banks reduce the amount of food wasted? Ask the troop to journal how food is wasted in their own families over a given week. Come up with 2 action steps that reduce the waste of food in your home and/or in your community. (Hunger)

HUNGER 101 - TREASURE BOX RESOURCES

For Daisy Girl Scouts:

Our Wish

Our Wish Activity Book

Food Songs

The Greatest Table

The Lady in the Box*

Uncle Willie and the Soup Kitchen*

Fly Away Home*

Food Pyramid for Children

Recipe for Survival Biscuits

List of agencies you might visit

Green Thumbs

Feast or Famine the Food Security Board Game *

**Suggest Troop Leader review and assess whether age- appropriate for your Daisies.*

For Brownie Girl Scouts:

Our Wish

Our Wish Activity Book

Uncle Willie and the Soup Kitchen

The Lady in the Box

Fly Away Home

The Greatest Table

List of agencies you might visit

Recipe for Survival Biscuits

Food Pyramid for Children

Green Thumbs

Feast or Famine the Food Security Board Game

For Junior Girl Scouts

Sidewalk Story

The Long Winter

Awele rules and egg carton playing board

Recipe for survival biscuits

List of Web sites

H-101 Curricula (Unit 1 and Stories)

List of partner agencies you can visit

Greens Thumbs

Feast or Famine the Food Security Board Game

For Cadette and Senior Girl Scouts

List of agencies you can visit

H-101 Curricula (Unit 1 and Stories)

List of Web Sites

Recipe for survival biscuits

Feast or Famine the Food Security Board Game

Resource help in planning the Girl Scout Silver or Girl Scout Gold Award

Web Sites to Explore



www.secondharvest.org - America's Second Harvest

www.acfb.org -Atlanta Community Food Bank

www.bread.org -Bread for the World

www.childrensdefense.org - Children's Defense Fund

www.churchworldservice.org - Church World Service

www.frac.org - Food Research and Action Center

www.hungercenter.org- Congressional Hunger Center

www.kidscanmakeadifference.org -Kids Can Make a Difference

www.mazon.org -Mazon: A Jewish Response to Hunger

<http://www.pbs.org/opb/meaningoffood/> - PBS Meaning of Food

www.nccp.org- National Center for Children in Poverty

www.strength.org/home.html - Share our Strength

www.worldhungeryear.org - World Hunger Year