

hunger 101



GIRL SCOUT PATCH PROJECT

**Developed by
Girl Scouts of Greater Atlanta, Inc.
and
Atlanta Community Food Bank**

“HUNGER 101” PATCH PROJECT FOR GIRL SCOUTS

Girl Scouts of Greater Atlanta, Inc. and the Atlanta Community Food Bank have partnered to develop a special “Hunger 101” patch project for Girl Scout Daisies through Girl Scout Ambassadors. The Hunger 101 patch project will help girls learn about hunger as a contemporary issue. They will be encouraged to take on activities that engage, educate and empower them to fight hunger in their community. They will also be encouraged to experience volunteering as an important contribution that 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, and it also supports the World Association of Girl Guides and Girl Scouts “Building World Citizens” project. Girls may work one of three focus areas: Hunger, Nutrition or Gardening. It is strongly recommended that troops focus on only one area at a time.

- Girl Scout Daisies and Girl Scout Brownies will do three activities in each focus area, and visit a food bank or pantry in their area.
- Girl Scout Juniors and Girl Scout Cadettes will do five activities in each focus area, and visit a pantry or community kitchen in their area. Visiting the Atlanta Community Food Bank is strongly encouraged.
- Girl Scout Seniors and Girl Scout Ambassadors will do six activities in each focus area, and visit a pantry or community kitchen in their area. Visiting the Atlanta Community Food Bank is strongly encouraged.

Girls who choose **Hunger** activities will have the opportunity to learn about hunger locally and nationally. The Hunger 101 Patch Project focuses on domestic hunger but you are welcome to explore global hunger if you like.

Girls who choose **Nutrition** will learn how the emergency and supplemental food network works; they may explore where our food comes from, create meals and experience the challenge of serving nutritious meals with a limited income.

Girls who choose **Gardening** will learn about food production and gardens in their neighborhoods and in the larger community. They may even decide to start a garden, or “Plant a Row for the Hungry” and donate their produce to a non-profit group their area. The activities in this packet may provide ideas for developing more extensive Hunger 101 service projects and applying them toward the Girl Scout Bronze, Girl Scout Silver and Girl Scout Gold Awards. Girls are encouraged to call the ACFB if they have any questions regarding service project ideas. (See contact info on page 5.) The Food Bank is very interested in learning about the service projects that Scouts develop and implement in their communities. Tell us what you are doing and we can help spread the news about your great work!

Ongoing support for troop/group leaders will come from both Girl Scouts of Greater Atlanta, Inc. and the Atlanta Community Food Bank. Troop leaders and Advisors are strongly encouraged to participate in the Hunger 101 Leader Training at the Girl Scout Council.

Hunger 101 Resource Boxes - filled with activities, games and books - are available for checkout from the Girl Scout Program Resource Center in your area once you have completed the Hunger 101 Leader Training and have submitted your paperwork.

A content idea list is included with these materials in the event that some troops want to put a resource 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. The Atlanta Community Food Bank now distributes nearly 25 million pounds of food each year to more than 700 non-profit partner agencies that assist hungry people in metro Atlanta and 38 other north Georgia counties. The mission of the Atlanta Community Food Bank is to fight hunger by engaging, educating and empowering the community. The ACFB has several projects in addition to food distribution:

Community Gardens is a year-round project that empowers more than 150 neighborhood groups to supplement their food supply by growing it themselves. ***This is a great way you can volunteer for the Atlanta Community Food Bank.***

Product Rescue Center (PRC) receives food drive and salvaged food items to be inspected and packaged by volunteers for distribution to more than 700 non-profit partner agencies. ***The PRC is a great way you can volunteer for the Atlanta Community Food Bank.***

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/Run, held each spring, provides a fundraiser and a forum for awareness of hunger in our communities. The Hunger Walk funds benefit numerous local hunger relief organizations.

To learn about the Food Bank's 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 (see Chapter 6: Managing Group Finances, Collaborating with Donors and Other Organizations, in Volunteer Essentials).*

“HUNGER 101” PATCH PROJECT ACTIVITIES

Community service is an important component of the Hunger 101 Patch Project. After you have completed your choice of learning activities, talk with the girls about a community service project. Some project ideas include organizing a food drive, sorting food at the Atlanta Community Food Bank, serving a meal at a community kitchen, or 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 Girl Scouts may be of service. When you have completed your learning activities in one of the patch focus areas, you may order the patch for that focus area from the Girl Scout Badge & Sash store. To receive the “Community” patch, your troop will need to complete a community service project addressing hunger. The ACFB’s education and outreach coordinator is available to assist with ideas – see contact info below.

In an effort to be helpful, we have organized the activities by program level, but this is not a restriction. You are welcome to mix and match activities from different levels if they are appropriate for members of your troop.

We hope you’ll find the Hunger 101 Patch Project to be 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 in their communities and their world.

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

**Lindy Wood, Education and Outreach Coordinator,
Atlanta Community Food Bank
lindy.wood@acfb.org or 678-553-5956**

GIRL SCOUT DAISY AND GIRL SCOUT BROWNIE ACTIVITIES

The following are some suggestions for Girl Scout Daisies and Girl Scout Brownies working on the Hunger 101 Patch Project. Decide with your troop which of these activities you would like to explore. The three focus areas are nutrition, hunger and gardening, and we recommend that you focus on one area at a time. Pick three activities that correspond to each area. Then visit the Atlanta Community Food Bank, food pantry, and shelter or community kitchen in your area. Once the required number of activities has been completed, the troop should plan their community service project.

1. Talk about the difference between food that is good for you and food that is not good for you. Why? Draw pictures of your favorite foods. (Nutrition)
2. Visit <http://www.pbs.org/opb/meaningoffood/> and have your own discussions about what food means to each of us, how food can bring people together, and how it can be a way to express love and family history. (Nutrition/Hunger)
3. Visit a grocery store and notice where different foods are placed. 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 mypyramid.gov booklet. 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. *The Hunger 101 Resource Box includes web links, bibliographies and books that can help with this activity.* (Nutrition)
6. Make some butter. You will need one pint of heavy cream and a one-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. How would our lives be different today if we always had to grow and make our own food? (Nutrition)
7. Make a typical meal that children living in a refugee camp or experiencing famine might experience. Talk about the difference between 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 in order

to stay healthy? *The Hunger 101 Resource Box includes web links, bibliographies and books that can help with this activity.*(Nutrition/Hunger)

8. Visit a food bank, food pantry, and shelter or community kitchen in your area. *A list of locations is available in the Hunger 101 Resource Box. You may also contact the ACFB Education and Outreach Coordinator at 678-553-5956 for location ideas.*(Hunger)
9. Organize a food drive within your troop or service unit. Deliver the food to the Atlanta Community Food Bank or a local food pantry. For information about having an ACFB food drive go to www.ACFB.org.
10. Read stories that talk about sharing and helping people in need. Some great books that are appropriate for your program level are in the Hunger 101 Resource 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. *There is also a book and film list in the Resource Box with even more suggestions for all ages.* (Hunger)
11. As a troop, and with the guidance of a parent or troop leader, use the web links recommended in the Hunger 101 Resource Box to learn more about what other kids around the nation are doing to fight hunger in their communities. One great resource is **Kids Can Make a Difference:** <http://www.kidscanmakeadifference.org/>. (Hunger)
12. Play the Atlanta Community Food Bank's **Feast or Famine - The Food Security Board Game**. *This game is available at the Girl Scout Resource Center.* (Hunger)
13. Read a story about farmers or gardeners (ask your school or community library for suggestions). Make puppets of the characters in the story and create a new story that relates to hunger, poverty and helping in our communities. **Seedfolks** by Paul Fleischman is a great book about community gardeners. **Seedfolks** and other resources are available in the Hunger 101 Resource Box. (Gardening/Hunger)
14. 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. Explore other great gardening activities in "Green Thumbs: A Kid's Activity Guide to Indoor and Outdoor Gardening" by Laurie Carlson. (Gardening)
15. Visit a farm or food garden. Discuss where the food we get from the grocery store comes from. Discuss how much food we waste and how we might stop wasting so much food. Take a field trip to a "pick your own farm" in your area. *A list of organic gardens and farms in Georgia is available in the Hunger 101 Resource Box and can be downloaded from:* <http://www.georgiaorganics.org/> (Gardening)

16. Plant your own garden, or “Plant a Row for the Hungry” and donate the produce to a local pantry, community kitchen or shelter. You can also 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 can help you get started. Call 404-892-3333, ext 1216. To learn more about “Plant a Row For the Hungry” go to: [Plant a Row](#) or www.ACFB.org (Gardening)

GIRL SCOUT JUNIOR, GIRL SCOUT CADETTE, GIRL SCOUT SENIOR and GIRL SCOUT AMBASSADOR ACTIVITIES

The following are some suggestions for Hunger 101 Patch Project activities for Girl Scout Juniors up to Girl Scout Ambassadors. Decide with your troop which of these activities you would like to explore. The patch project is progressive and involves three focus areas. The focus areas are hunger, nutrition and gardening; we suggest that you choose one focus area at a time. Once the required number of activities has been completed, the troop should plan their community service project.

- Girl Scout Junior and Girl Scout Cadette troops pick five activities that correspond to each area, and schedule a visit to a food pantry, shelter or community kitchen. Visiting the Atlanta Community Food Bank is strongly encouraged.
 - Girl Scout Senior and Girl Scout Ambassador troops pick six activities that correspond to each area, and schedule a visit to a food pantry, shelter or community kitchen. Visiting the Atlanta Community Food Bank is strongly encouraged.
1. How easy is it to plan a nutritious menu for a family on a low-income budget, or on the average Supplemental Nutrition Assistance Program (*SNAP, formerly called Food Stamps*) allotment of about \$3.00/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 food? Can you create nutritious meals? The ACFB Hunger 101 Curriculum is available in the Hunger 101 Resource Box and also online at http://www.acfb.org/projects/hunger_101/curricula/. The Atlanta Community Food Bank Hunger 101 curriculum is full of a number of educational activities. Check them out!! (Hunger/Nutrition)
 2. Try to live for a week on an average Supplemental Nutrition Assistance Program (SNAP, formerly The Food Stamps) budget of between \$17 to \$20/week. Discuss how poverty affects nutritional choices and keep a journal of your reflections. Learn more about SNAP or other nutrition programs at the USDA's Food and Nutrition Service. Who is eligible for these programs, and how easy are they to get signed up for? (Hunger/Nutrition)
 3. Visit <http://www.pbs.org/opb/meaningoffood/> and have your own discussions about what food means to each of us, how food can bring people together, and how it can be a way to express love and family history. (Nutrition, Hunger)
 4. Research what a subsistence (the minimum food/shelter necessary to support life) diet is. Live on a subsistence diet for a day or two and write about the experience.

How did it feel to not have enough food? Share your experiences with others. This link will take you to a typical refugee camp diet: http://fastdarfur.org/?page_id=10 (Hunger/Nutrition)

5. Interview your school's kitchen manager. Where do they get their foods from? Do they cook the meals or are they already prepared? Ask what the school does with left over food, and if there are ways that students can help prevent food waste. Is your school's food healthy? If not, what things could your school, or school district, do to increase the nutritional content of your food? (Nutrition)
6. Interview someone from another country. Ask that person about their favorite foods from their home 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)
7. Using the web links and Hunger 101 Curriculum in the Hunger 101 Resource Box to research the answers to the following questions: How do we measure poverty? What are poverty guidelines? How much do you have to earn to be considered officially poor? What are two of the largest groups of people needing help accessing enough food in the United States? Contact the Education and Outreach Coordinator at ACFB with any questions or for more research ideas! See contact info on page 5. (Hunger)
8. Visit a food pantry, shelter, community kitchen, senior center or child care program that partners with the Atlanta Community Food Bank. There is a list of Food Bank partner agencies available in the Hunger 101 Resource Box. Explore volunteer opportunities with one or more of these organizations. If possible, see if your troop can develop an ongoing relationship with that agency. You may also contact the Education and Outreach Coordinator for a list of agencies. (See contact info on Page 5.(Hunger)
9. For one week, have troop members observe if the issue of hunger is talked about in the local media - newspapers, web and television news, magazines, etc. Nearly 1.6 million people in Georgia are living in poverty, need help accessing enough food to eat - nearly 43 million people nation wide. How, and how often, do we see this represented in the news? What are some ways that your troop could raise awareness about hunger in Georgia and the United States? (Hunger)
10. Read *Sidewalk Story* by Sharon Bell Mathis and *The Long Winter* by Laura Ingalls Wilder. Talk about the different kinds of hunger and poverty represented in each story. (Hunger)
11. Fast for one day before your troop meeting. At your 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)

12. Host an Oxfam Hunger Banquet or an Empty Bowls event to educate your community about the unequal distribution of food in our world. <http://actfast.oxfamamerica.org/>
(Hunger)
13. Educate one of your classes, or your entire school about hunger. Use the [ACFB Hunger 101 Curriculum](#), or contact ACFB Education and Outreach Coordinator to help plan a strategy. (See contact info on Page 5.) (Hunger)
14. Play the ACFB's *Feast or Famine, the Food Security Board Game*. Discuss the challenges faced by the working poor in this country and the ways that communities and the government can help. *This game is available at the Girl Scout Resource Center.* (Hunger)
15. Have your troop organize a food drive for the ACFB or an agency in your community. For helpful hints on how to organize a food drive: http://www.acfb.org/operations/product_procurement/food_drives/. (Hunger)
16. Volunteer for a shelter or other program that serves the homeless community, or volunteer at a daycare center for homeless children. *There is a list of agencies in the Hunger 101 Resource Box. You may also contact the ACFB Education and Outreach Coordinator for assistance.* (Hunger)
17. Have your troop do the [Community Food Game](#) and/or the Family Budget's activity in the ACFB's [Hunger 101 Curriculum](#) (Hunger)
18. If possible, visit a food garden, farm and/or take a field trip to a "pick your own farm" in your area. *A list of local farms and gardens is in the Hunger 101 Resource Box.*
19. Volunteer in a *community garden* that has been started specifically to increase food security and help build community. Contact the Atlanta Community Food Bank, or visit their Web site, for information. (Gardening)
20. Plant your own vegetable garden in the ground or in containers. Participate in "[Plant a Row for the Hungry](#)" and donate your produce to a shelter or senior center in your community. (Gardening)
21. If you have a garden, 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). *Green Thumbs* is available in the *Hunger 101 Resource Box*. (Gardening)

22. Research the differences between production farming and organic farming. What are the advantages and challenges of each type of farming? (Gardening)
23. More than 20 percent of the food that we make and grow is wasted in the United States. **More than 265 million pounds of food is 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 two action steps that reduce the waste of food in your home and/or in your community. (Hunger)

HUNGER 101 - RESOURCE BOX RESOURCES BY PROGRAM LEVEL

GIRL SCOUT DAISIES

Our Wish
Our Wish Activities
*Seedfolks**
The Greatest Table
*The Lady in the Box**
*Uncle Willie and the Soup Kitchen**
*Fly Away Home**
Green Thumbs
Mypyramid.gov Booklet
Feast or Famine, the Food Security Board Game *
Book/Film List*
Hunger 101 Curriculum*

*It is suggested the Troop Leader review and assess whether appropriate for your Girl Scout Daisies.

FOR GIRL SCOUT BROWNIES

Our Wish
Our Wish Activities
*Seedfolks**
Uncle Willie and the Soup Kitchen
The Lady in the Box
Fly Away Home
The Greatest Table
Green Thumbs
Mypyramid.gov booklet
Feast or Famine, the Food Security Board Game
Hunger 101 Curriculum
List of Local Farms and Gardens

List of Websites*

FOR GIRL SCOUT JUNIORS

Seedfolks

Sidewalk Story

The Long Winter

Greens Thumbs

Mancala rules, egg carton playing board and discussion questions.

List of Websites*

Book/Film list*

List of agencies you can visit

Feast or Famine, the Food Security Board Game

List of Local Farms and Gardens

Hunger 101 Curriculum

FOR GIRL SCOUT CADETTES, GIRL SCOUT SENIORS AND GIRL SCOUT AMBASSADORS

Hunger 101 Curriculum

Mancala rules, egg carton playing board and discussion questions.

List of agencies you can visit

List of local farms and gardens

Book/Film list*

List of Websites*

Feast or Famine, the Food Security Board Game

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