



Hunger 101



Helping to **Engage, Educate, and Empower**
the Community to Take Action Against Hunger
with Understanding and Urgency.

Developed by Atlanta Community Food Bank
in partnership with Girl Scouts of Greater Atlanta.



What is the Atlanta Community Food Bank?

The Atlanta Community Food Bank The Food Bank is working to end hunger in our community with the food, people and big ideas needed to guarantee that no one worries where their next meal is coming from. Since 1979, we've been providing food for a growing network of nonprofit partners- including food pantries, community kitchens, childcare centers, night shelters and senior centers. We currently serve more than 700 partners in 29 counties across metro Atlanta and north Georgia.

We mobilize food. We're working to ensure all members of our community have access to nourishment and can pursue a healthy and productive life. We receive and distribute food and grocery products to our partners each year.

We mobilize people and communities. We're

engaging donors, volunteers, community groups, concerned residents and others to create a movement to end hunger across metro Atlanta and north Georgia. More than 30,000 volunteers give their time to the Food Bank each year.

We mobilize ideas. We're finding new solutions and inspiring our neighbors to help end hunger in our community. We have been serving people in need for over 40 years, building partnerships, growing resources, and changing hearts and minds around the urgency to solve hunger.

To learn more about the Food Bank, our other exciting programs, and the many ways to get involved, visit our website at acfb.org.

Hunger 101 Patch Program

What is the Hunger 101 Patch Program?

Over twenty years ago, the Atlanta Community Food Bank in partnership with the Girl Scouts of Greater Atlanta developed the Hunger 101 Patch Program for Girl Scout Daisies through Girl Scout Ambassadors. Through the Hunger 101 Patch Program, Girl Scouts will discover and connect to activities that will engage, educate and empower them to take action and fight hunger in their community.

Hunger 101 is a program created by the Atlanta Community Food Bank to help educate the community, dispel myths and promote action. Hunger 101 raises awareness about hunger and poverty on local and national levels through workshops, downloadable curriculum and other creative tools for all ages.

How Can Girl Scouts Earn Patches?

Girl Scouts can earn up to 7 patches by participating in the Hunger 101 Patch Program.

Everyone must first earn the Hunger 101 patch to ensure Girl Scouts have a good foundational understanding of hunger and food insecurity issues.

After Girl Scouts have earned the Hunger 101 patch, they can proceed to earn the other patches. The Hunger 101 Patch Program is progressive, so Girl Scouts may earn one patch at every program level of their Girl Scouting experience, or the troop can choose to earn patches from different program levels at any time. The activities vary in complexity and are designed to provide a rich learning experience to raise awareness and inspire action.



Daisy



Brownie



Junior



Cadette



Senior



Ambassador

Hunger 101 Patch Pathway



Hunger 101

In order to begin the Hunger 101 Girl Scout Patch Program, Girl Scouts Girl Scouts must participate in either a troop leader-led or an Atlanta Community Food Bank-led Hunger 101 workshop

Once Girl Scouts participate in the Hunger 101 workshop, Scouts must then complete the Discover, Connect, and Take Action steps listed under their program level.*



Daisy

Must complete:
Hunger 101 Patch
+
(1) Discover,
(1) Connect, and
(1) Take Action



Senior

Must complete:
Hunger 101 Patch
+
(1) Discover,
(1) Connect, and
(1) Take Action



Cadette

Must complete:
Hunger 101 Patch
+
(2) Discover,
(1) Connect, and
(1) Take Action



Junior

Must complete:
Hunger 101 Patch
+
(1) Discover,
(1) Connect, and
(1) Take Action



Brownie

Must complete:
Hunger 101 Patch
+
(1) Discover,
(1) Connect, and
(1) Take Action



Ambassador

To earn, must complete:
Hunger 101 Patch
+
(1) Discover,
(1) Connect, and
(1) Take Action



*Troops can choose to earn patches from different program levels at any time.

Hunger 101 Patch Program

To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

- 1)** In order to begin the Hunger 101 Girl Scout Patch Program, Girl Scouts must first earn the Hunger 101 patch. To earn this patch, Girl Scouts must participate in either a troop leader-led or an Atlanta Community Food Bank-led Hunger 101 workshop.

We recommend troop leaders participate in a Hunger 101 leader training. This training is a great way for troop leaders to learn more about hunger and poverty issues, the Food Bank, service opportunities and get ideas for engaging your Girl Scouts in the Hunger 101 Patch Program.

Leader training and Food Bank led Hunger 101 workshops (or Girl Scout Saturdays) can be found at the [GSATL events calendar](#). Both leader training and Hunger 101 workshops are offered in person at the Atlanta Community Food Bank or virtually.

- 2)** Once Girl Scouts participate in the Hunger 101 workshop, Scouts must then complete the Discover, Connect, and Take Action steps listed under their program level. There are a number of activities to choose from and many of the activities can help the troop along their Journey, and may satisfy requirements for certain Girl Scout badges.

- 3)** Once Girl Scouts complete the activities, troop leaders must fill out the [patch request form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team with any questions.

**Activities in this program may also stimulate ideas for developing more extensive hunger fighting service projects and applying them towards High Award Take Action projects such as Girl Scout Bronze, Silver or Gold Awards. The activities can also support the World Association of Girl Guides and Girl Scouts "Building World Citizens" project. Hunger is a worldwide issue and has been used as a platform for Girl Scout's achievement awards for many years.

The Food Bank is always interested in learning about the service projects Girl Scouts develop and implement in their communities. We encourage your troop to share what you are doing so the Food Bank can help spread the news about your great work!

Girl Scouts are also encouraged to call or email if they have any questions or would like to discuss ideas regarding service projects.

Phone: 404-892-3333 x 2009

Email: education@acfb.org



Daisies



To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Daisy troop leaders can follow our [Stop The Hunger Monster guide](#) for troop leader-led Hunger 101 workshop or visit the Food Bank for an Education and Outreach Team led Hunger 101.

To earn this patch, complete at least 1 activity from each Discover, Connect, Take Action steps and discuss at your troop meeting.

DISCOVER:

1. Read stories about sharing and helping people. There are some great books that can be found in the [Stop the Hunger Monster book list](#). Here are a few recommendations: Nico, Maddi's Fridge, Mama Panya's Pancakes, and City Green.

OR

2. Watch two or three videos about hunger, community gardens, and food. Discuss why it is important to stop the Hunger Monster. Here are some videos from Sesame Street to help you get started: [Street Garden Cooperation](#), [A Garden in the Middle of the City](#), [Mrs. Obama Plants a Garden](#), [Growing Hope Against Hunger](#), [Grover Talks About Plants](#), [Hurray-Hurrah For Broccoli](#), [Monster Foodie Truck series](#), [Garden | Elmo's World](#).

CONNECT:

1. Make puppets of some of the characters in the stories you have read or videos you have watched and create your own story about helping people in your community. Talk about what else you could do as a troop/family to help other families in need.

OR

2. Make a planter out of an egg carton or other recycled container. Plant veggie seeds in your container. As soon as they have sprouted, dig up one or two to learn about how veggies grow from seeds. Grow the rest of the sprouts until it's time to harvest. Have a taste test between your grown veggies and the same veggies purchased at the store. Are there any differences in flavor and appearance?

Daisies

TAKE ACTION:

1. Organize a nutritious food drive within your troop. Discuss how hosting a food drive and collecting food donations will help your fellow community members who are hungry. Have community members donate their favorite nutritious foods. Deliver the food to the Atlanta Community Food Bank or a local food pantry. To find a local food pantry, visit the [Help Map](#) on our website. Visit our [Food and Fund Drive page](#) for helpful tips.

OR

2. Visit a local community garden to learn about what they do and donate the rest of your fully grown veggies to a food pantry in your area.



Once Girl Scouts complete the activities, troop leaders must fill out this [Daisy Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Daisy** Patch activities may also overlap with the following **Daisy** badges and journeys. :

- Good Neighbor Badge
- Rosie, Make the World a Better Place Daisy Petal Badge
- It's Your World – Change It! Journey: Welcome to the Daisy Flower Garden

Brownies

To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:



Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Brownie troops can visit the Food Bank for an Education and Outreach Team led Hunger 101 or troop leaders can adapt the following Hunger 101 Curriculum activities for a troop leader-led workshop: [Food and Life](#); [Defining Hunger, Poverty and Food Security](#); [Who is Food Insecure?](#).

To earn this patch, complete at least 1 activity from each Discover, Connect, Take Action steps and discuss at your troop meeting.

DISCOVER:

1. As a troop, work through activity 7 in the Food Bank's Hunger 101 Curriculum: [Building Miniature Houses](#). Girl Scouts will explore how to work on a team to complete a task while learning about what it feels like to have fewer or more resources than someone else.

OR

2. Read stories about food traditions and discuss how our eating habits are different from each other and how our different traditions connect us to each other. There are some great books that can be found in the [Stop the Hunger Monster book list](#). Here are a few recommendations: My Food, Your Food; Fry Bread: A Native American Family Story; What's On Your Plate?: Exploring the World of Food.

CONNECT:

1. Bake bread and make your own butter! [Follow this recipe for the bread](#). For the 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 the bread. It is delicious! Talk about how much time it takes to make food without using already prepared or semi-prepared foods. Discuss how our lives would be different if we always had to grow and make our own food from scratch. Does everyone have access to the materials necessary to make their own food?

OR

Brownies

2. Visit a grocery store and notice where different foods are placed and how they are arranged. Also, pay attention to cultural food items. Where are the foods that have a lot of empty calories, including desserts, and snack items? Are there certain packages that you like better than others? Why do you think stores arrange food in particular ways? Do you notice any foods that are missing?

TAKE ACTION:

1. Practice giving back by discussing how donations can help your fellow community members who are hungry. Then set a goal for how much you want to donate from your cookie sales. When that number is set, figure how many packages of cookies you have to sell to donate your goal. Then you can make a giant, colorful poster to help promote your cookie sales goal. Once you have hit your goal, deliver your donation to the Atlanta Community Food Bank. You can also consider including cookie donations as part of your fundraising plan.

Note: Girl Scouts are welcome to support the Food Bank through service projects and cookie sales but may not directly solicit money for the Food Bank (see Chapter 6: Managing Group Finances, Collaborating with Donors and Other Organizations, in Volunteer Essentials).

OR

2. Work together as a troop and volunteer at the Atlanta Community Food Bank, or a food pantry, shelter or community kitchen in your area. Visit the Atlanta Community Food Bank's [Get Help Map](#) for location ideas.



Once Girl Scouts complete the activities, troop leaders must fill out this [Brownie Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Brownie** Patch activities may also overlap with the following **Brownie** badges and journeys. :

- Snacks Badge
- Give Back Badge
- Philanthropist Badge
- It's Your World – Change It! Journey: Brownie Quest

Juniors



To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Junior troops can visit the Food Bank for an Education and Outreach Team led Hunger 101 or troop leaders can adapt the following Hunger 101 Curriculum activities for a troop leader-led workshop: [Food and Life](#); [Defining Hunger, Poverty and Food Security](#); [Who is Food Insecure?](#); [Miniature Houses](#).

To earn this patch, complete at least 1 activity from each Discover, Connect, Take Action steps and discuss at your troop meeting.

DISCOVER:

1. Work through activity 4 in the Food Bank's Hunger 101 Curriculum: [Responses To Hunger And Poverty In The U.S.](#) Girl Scouts will gain a greater understanding and be able to increase awareness about anti-hunger advocacy and community and government responses to hunger and poverty. Girl Scouts will also be able to identify ways they can respond to hunger and food insecurity in their own communities.

CONNECT:

1. Look up federal, state and local legislators in your area. You can use the website usa.gov/elected-officials. Identify officials to visit and speak with the troop. Ask the official questions on how they are helping end hunger in the community. Refer back to the Food Insecurity Fact Sheet from the [Who is Food Insecure](#) activity for facts and statistics to share with the official.

OR

2. For one week, have Girl Scouts observe whether the issue of hunger and/or food security is talked about in the local media: newspapers, internet, television news, etc. 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?

Juniors

TAKE ACTION:

1. Organize a letter/postcard/email writing campaign to advocate for one or all of the hunger issues you discovered. Use the website [usa.gov/elected-officials](https://www.usa.gov/elected-officials) to decide who to write. You can also consider writing an article for your school paper, a letter to the editor or launching a social media campaign.

OR

2. Girl Scouts can create a resource guide or pamphlet that would help individuals and families in your area identify resources (food, shelter, financial assistance, clothing, etc).

Information Sources:

- [Atlanta Community Food Bank's Help Map](#)
- [United Way Atlanta](#)
- [Feeding America's Food Bank Locator](#)
- [United Way Worldwide](#)

AND/OR

3. Volunteer at a nearby food pantry, shelter or community kitchen in your area. If you created a resource guide, work with the organization to pass out the resource guide with the food distribution while volunteering. Visit the Atlanta Community Food Bank's [Help Map](#) for location ideas.



Once Girl Scouts complete the activities, troop leaders must fill out this [Junior Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Junior** Patch activities may also overlap with the following **Junior** badges and journeys. :

- Inside Government Badge
- It's Your World – Change It! Journey: Agent of Change

Cadettes



To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Cadette troops can visit the Food Bank for an Education and Outreach Team led Hunger 101 or troop leaders can adapt the following Hunger 101 Curriculum activities for a troop leader-led workshop: [Food and Life](#); [Defining Hunger, Poverty and Food Security](#); [Who is Food Insecure?](#); [Miniature Houses](#).

To earn this patch, complete both activities from Discover step, and at least 1 activity from Connect and Take Action steps, and discuss at your troop meeting.

DISCOVER: (Girl Scouts must complete both)

1. Work through activity 5 in the Food Bank's Hunger 101 Curriculum: [Family Budgets](#). Girl Scouts will explore the relationship between household income and food security. It also identifies both community and government responses to hunger and poverty. Girl Scouts will learn about the daily challenges millions of people face in this country when balancing their budget and resources. Girl Scouts will have increased awareness about the gap that often exists between wages and expenses.

AND

2. Work through activity 6 in the Food Bank's Hunger 101 curriculum: [How Access Defines What We Eat](#). Girl Scouts will learn and compare how access to nutritious food varies by location and income. They will also be able to discuss the impact of food deserts and the benefits and limitations of nutrition programs like SNAP (Supplemental Nutrition Assistance Program).

CONNECT:

1. Using family scenarios 1, 2 and/or 7 from the Family Budget activity, research the steps involved for a household seeking community or government assistance in your area. Where can they apply for the federal nutrition programs SNAP or WIC? How do you find out if they are eligible? What does a person need to know and/or bring with them? Is there a food pantry near you? When are they open? Would they be able to visit a pantry or apply for SNAP and not miss work? Report to your troop what you have learned.

OR

Cadettes

2. How easy is it to plan a nutritious menu with limited funds or on the average Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps) allotment of about \$1.40/meal, \$4.20/day, \$29.40/week? Create on paper a week's worth of nutritious meals (which includes breakfast, lunch and dinner for each day) that you would love to eat, then visit your grocery store, price the ingredients and see if you can purchase those foods on a food stamp budget. What kinds of foods could you afford and how much food? Are you able to create nutritious meals? What challenges did you come up against?

TAKE ACTION:

1. Work together as a troop and volunteer at the Atlanta Community Food Bank, or a food pantry, shelter or community kitchen in your area. Visit the Atlanta Community Food Bank's [Get Help Map](#) for location ideas.

OR

2. Organize a nutritious food drive within your troop. Deliver the food to the Atlanta Community Food Bank or a local food pantry. To find a local food pantry, visit the [Get Help Map](#) on our website. For helpful food drive tips, go to acfb.org/drives. Discuss how hosting a food drive and collecting food donations will help your fellow community members who are hungry.



Once Girl Scouts complete the activities, troop leaders must fill out this [Cadette Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Cadette** Patch activities may also overlap with the following **Cadette** badges and journeys. :

- Finding Common Ground Badge
- Budgeting Badge
- Comparison Shopping Badge
- It's Your World - Change It! Journey: aMAZE!

Seniors



To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Senior troops can visit the Food Bank for an Education and Outreach Team led Hunger 101 or troop leaders can adapt the following Hunger 101 curriculum activities for a troop leader-led workshop: [Food and Life](#); [Defining Hunger, Poverty and Food Security](#); [Who is Food Insecure?](#); [Family Budgets](#).

To earn this patch, complete at least 1 activity from each Discover, Connect, Take Action steps and discuss at your troop meeting.

DISCOVER:

1. Watch the following videos from Feeding America and the Atlanta Community Food Bank. You will hear real life experiences from families who received food from one of the many partner agencies across the country. Discuss anything that stood out to you or surprised you as you listened to the stories. Talk about what barriers to food access you identified in these stories.

- [Hidden Hunger](#)
- [Real Stories of Hunger: Emily](#)
- [Real Stories of Hunger: Brittany](#)
- [Real Stories of Hunger: Lamont](#)
- [Meet Libra](#)

CONNECT:

1. [Schedule a virtual workshop](#) with the Atlanta Community Food Bank to participate in the digital Community Food Experience, an interactive role-play experience that simulates the challenges and barriers faced by individuals and families trying to obtain an adequate daily allowance of nutritious foods. If you have a group of 20+ participants, [you can schedule](#) to participate in the Community Food Experience at the Food Bank.

OR

2. Identify and interview at least one person from the food supply chain. For example, a community gardener or local farmer, a grocery store manager, or a representative from a Food Bank partner

Seniors

agency. Visit the Atlanta Community Food Bank's [Get Help Map](#) to look up partner agencies or contact the Food Bank's Education and Outreach team education@acfb.org for ideas. Some questions to consider: how does your role impact food access and food insecurity; how do you think health issues play a role in food access, how does the community you serve play a role in your operation decisions; if you were a policy maker, what would you do to help combat food insecurity? Report back to the troop what you learned, what were some similarities and differences, and what was surprising.

TAKE ACTION:

1. Take everything you have learned and brainstorm a list of ideas on how you would like to tackle the issue of hunger in your community. It can be anything from setting up a food drive, gathering your friends and family to volunteer, reaching out to a legislator to ask them how they plan to address hunger, getting involved with your local food pantry, etc. Then pick one or two ideas and execute.

OR

2. Host a social media campaign for a whole day raising awareness about hunger in your community. Come up with a hashtag, a couple shareable images and facts or debunked myths, and ask your friends, family, school to help you spread the word about hunger education. Reach out to the Atlanta Community Food Bank education@acfb.org to make sure you are promoting accurate information. When the day is over, discuss with each other people's reactions and how it felt to use your voice to raise awareness and what are some other ways you can continue making a difference.



Once Girl Scouts complete the activities, troop leaders must fill out the [Senior Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Senior Patch** activities may also overlap with the following **Senior** badges and journeys. :

- Behind the Ballot Badge
- It's Your World – Change It! Journey: GIRLtopia
- Social Innovator Badge
- It's Your Planet – Love It! Journey: Sow What?

Ambassadors



To earn Hunger 101 Girl Scout Patch Program patches, please follow these steps:

Remember, Girl Scouts must earn their Hunger 101 patch first before working on any other patches.

Ambassador troops can visit the Food Bank for an Education and Outreach Team led Hunger 101 or troop leaders can adapt the following Hunger 101 curriculum activities for a troop leader-led workshop: [Food and Life](#); [Defining Hunger, Poverty and Food Security](#); [Who is Food Insecure?](#); [Family Budgets](#).

To earn this patch, complete at least 1 activity from each Discover, Connect, Take Action steps and discuss at your troop meeting.

DISCOVER:

1. If you did not earn the Junior patch, work through activity 4 in the Food Bank's Hunger 101 curriculum: [Responses To Hunger And Poverty In The U.S.](#) Scouts will gain a greater understanding and be able to increase awareness about anti-hunger advocacy and community and government responses to hunger and poverty. Scouts will also be able to identify ways they can respond to hunger and food insecurity in their own communities.

OR

2. If you did earn your Junior patch, revisit the Study Sheets from the Food Bank's Hunger 101 activity, [Responses To Hunger And Poverty In The U.S.](#) and watch the following advocacy videos from other Feeding America Food Banks. Discuss why it is important to advocate for nutrition programs.

- [Why is SNAP important?](#)
- [Why Do You Advocate?](#)
- [Bryan Park SNAP Testimony](#)

Ambassadors

CONNECT:

1. [Schedule a virtual workshop](#) with the Atlanta Community Food Bank to participate in the digital Community Food Experience, an interactive role-play experience that simulates “a day in the life” where you will experience the challenges and barriers faced by individuals and families trying to obtain an adequate daily allowance of nutritious foods. If you have a group of 20+ participants, [you can schedule](#) to participate in the Community Food Experience at the Food Bank.

OR

2. Prepare your pitch or message that you can use for all mediums of advocacy (calls, email, social media, in-person). Do any other research you need on the hunger issue or policy you want to advocate for. Prepare data, facts, and personal stories. Make sure your message is motivating and persuasive. End your pitch with a call to action on what you would like your audience to do. Practice in front of an audience of other girl scouts, friends and family and ask for constructive criticism. Use their critique to revise your pitch, then practice again. [Check out the Atlanta Community Food Bank's advocacy tips.](#)

TAKE ACTION:

1. Host a virtual civic dinner. This is a great way to share your prepared message and engage those close to you to discuss topics you are passionate about and raise awareness and support for certain issues. Consider a topic of discussion you are interested in, ie. voter engagement, increasing SNAP benefits, demystifying hunger and who experiences food insecurity, etc. Determine a virtual platform you are comfortable with- Zoom, Google Hangouts, RingCentral, etc. and set up the virtual event with a date and time. Invite your guests, and host your dinner. Be sure to have some talking points and questions around your topic prepared to engage your guests. End the discussion with encouraging your guests to reach out to their legislators and share their thoughts on food insecurity.

OR

2. Research which of your legislators are on the US Senate Committee on Agriculture, Nutrition & Forestry and tag them in a social media campaign for a whole day raising awareness about hunger in your community. Come up with a hashtag, a couple shareable images and facts, stories or reasons why you care, and ask your friends, family, school to help you let the legislator know you care. Reach out to the Atlanta Community Food Bank education@acfb.org to make sure you are promoting accurate information. When the day is over, discuss with each other people's reactions and how it felt to use your voice to raise awareness and what are some other ways you can continue making a difference.

Ambassadors

OR

3. Look up federal, state and local legislators in your area. You can use the website [usa.gov/elected-officials](https://www.usa.gov/elected-officials). Organize a letter/postcard/email writing campaign to advocate for one or all of the hunger fighting policy priorities you discovered. You can also consider writing an article for your school paper, or a letter to the editor.



Once Girl Scouts complete the activities, troop leaders must fill out the [Ambassador Patch Request Form](#).

When a patch request form is received, the Atlanta Community Food Bank will mail out your patches. Patches are free of charge as long as Girl Scouts complete all the requirements.

Contact the Food Bank's Education Team at education@acfb.org with any questions.

The **Ambassador** Patch activities may also overlap with the following **Ambassador** badges and journeys. :

- Public Policy Badge
- It's Your World – Change It! Journey: Your Voice, Your World
- It's Your Planet – Love It! Journey: Justice