



## Hunger 101 Patch Project

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



# What is the Atlanta Community Food Bank?

**The Atlanta Community Food Bank** is a network of people working together to fight hunger and build a better community. The Atlanta Community Food Bank distributes over 61 million pounds of food to more than 600 nonprofit partner agencies that assist hungry people in 29 metro Atlanta and north Georgia counties. The mission of the Atlanta Community Food Bank is to fight hunger by engaging, educating and empowering the community. There are many ways to learn and participate at the Food Bank. Here are a few:

**Hunger 101** raises awareness about hunger and poverty on local and national levels through workshops, online curricula and other creative tools for all ages.

**Product Rescue Center** receives food drive and salvaged food items to be inspected and packaged by volunteers for distribution to the Food Bank's partner agencies. The Product Rescue Center is a great way you can volunteer for the Atlanta Community Food Bank.

**Community Gardens** is a year-round program that empowers more than 150 neighborhood groups to supplement their food supply by growing it themselves. Volunteers work together with neighbors to help grow healthy food and strong communities.

To learn more about the Food Bank, our other exciting programs, and the many ways to get involved, visit our website at [acfb.org](http://acfb.org).

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



# Hunger 101 Patch Project Overview

## What is the Hunger 101 Patch Project?

Girl Scouts of Greater Atlanta, Inc. and the Atlanta Community Food Bank have partnered to develop the “Hunger 101 Patch Project” for Girl Scout Daisies through Girl Scout Ambassadors. Hunger 101 is a wonderful opportunity for girls to 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 volunteer and experience volunteering as an important contribution that they can make throughout their lives.

Hunger and poverty are complex social issues. The Atlanta Community Food Bank created the Hunger 101 program to help educate the community, dispel myths, and promote action.

## What are the Patch Project Focus Areas?

The project is progressive; girls may participate at every level of their Girl Scouting experience. Girls complete a Hunger 101 workshop and activities in three focus areas: Hunger, Nutrition and Gardening. It is strongly recommended that troops focus on one focus area at a time. Activities range in level of difficulty and amount of time required. Troops are encouraged to choose activities that best fit their abilities as a group and amount of time they are able to commit.

To earn the Hunger 101 Patch Project patches, which includes Hunger 101, Hunger, Gardening and Nutrition patches, please follow these steps:

- 1) In order to begin the Hunger 101 Patch Project and earn the first patch (Hunger 101), Girl Scouts must participate in a Girl Scout Troop Leader led Hunger 101 workshop or visit the Atlanta Community Food Bank for a Hunger 101 workshop with ACFB's Education and Outreach team. We recommend Leaders participate in a Hunger 101 leader training offered once a year. This training is a great way to learn more about hunger and poverty issues, the Food Bank, service opportunities and get ideas for engaging your Scouts in the Hunger 101 Patch Project. Contact: [education@acfb.org](mailto:education@acfb.org) to learn more.
- 2) Complete the required number of activities in each focus area (Hunger, Gardening and Nutrition).
  - **Daisies and Brownies** - 3 activities from each focus area
  - **Juniors and Cadettes** - 4 activities from each focus area
  - **Seniors and Ambassadors** - 5 activities from each focus area
- 3) Troop leaders must order the patches from the Atlanta Community Food Bank. Go to <http://www.acfb.org/girl-scout-hunger-101-patch-project> on the Food Bank's website. There you can access Google tracking forms to track progress and order the patches. Troop leaders are in charge of keeping track of Scouts' progress in each focus area and distributing each individual patch in the cluster. Contact the Food Bank's Education Team at [education@acfb.org](mailto:education@acfb.org) with any questions.

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. The activities vary in complexity to provide a rich experience no matter what resources or time a troop has to dedicate to the Hunger 101 Patch Project.

The activities in this packet may also stimulate ideas for developing more extensive Hunger 101 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.

## Questions?


Ongoing support for Troop Leaders will come from both Girl Scouts of Greater Atlanta, Inc. and Atlanta Community Food Bank. Troop Leaders and Advisors are strongly encouraged to participate in a Hunger 101 Leader Training. Questions? Contact: [education@acfb.org](mailto:education@acfb.org).


**The Hunger 101 Toolkit** is a resource available for check out from the Atlanta Community Food Bank. It is filled with activities and books that support the Patch Project. A Toolkit content list is included with these materials for planning purposes and in the event that some troops or service units want to put their own kit together. To reserve and schedule pick up contact [education@acfb.org](mailto:education@acfb.org).


**Girl Scout Daisies and Girl Scout Brownies** will do three activities in each focus area, for a total of 9 activities, then visit or volunteer at the Food Bank, a food pantry, shelter or community kitchen in your area.

**Girl Scout Juniors and Girl Scout Cadets** will do four activities in each focus area, for a total of 12 activities, then visit or volunteer at the Food Bank, a food pantry, shelter or community kitchen in your area.

**Girl Scout Seniors and Girl Scout Ambassadors** will do five activities in each focus area, for a total of 15 activities, then visit or volunteer at the Food Bank, a food pantry, shelter or community kitchen in your area.

 The **Hunger** activities compliment the knowledge girls gained in the initial Hunger 101 workshop. Troops will be able to choose from a variety of opportunities to explore more deeply the issues of hunger, poverty and food insecurity. See pages 5-9 for a listing of suggested Hunger activities, as well as Nutrition and Gardening activities.

 The **Nutrition** activities will help your troop explore the relationship between food security and health. Girls will learn about the challenges that income and circumstances can place on an individual or family’s ability to purchase healthy food. Your troop can also explore where food comes from, how to prepare foods in healthier ways, and the challenge of purchasing nutritious foods on a limited income.

 The **Gardening** activities will provide opportunities to learn about food production and gardens in your neighborhoods and in the larger community. Scouts may even decide to start a garden, or *Plant a Row for the Hungry* and donate their produce to a nonprofit group (pantry or community kitchen) in their community.

## Atlanta Community Food Bank Education and Outreach Team Contact Info

Email:	Phone:
<a href="mailto:education@acfb.org">education@acfb.org</a>	404-892-FEED (3333) x2009

The Food Bank is very interested in learning about the actions and service projects Scouts develop and implement in their communities. Please share what you are doing so the Food Bank can help spread the news about your great work!

Girls are also encouraged to call or email if they have any questions or ideas regarding service projects.

# Activities for Girl Scout Daisies and Brownies

Before starting these activities, troops should earn their Hunger 101 Patch by participating in a troop leader led Hunger 101 workshop or by visiting the Food Bank for an Education and Outreach Team led Hunger 101. You can then go on to earn your other patches. Hunger 101 Curriculum workshop activities that can be adapted for this age group include: Defining Hunger, Poverty and Food Security - Who's Food Insecure?, Bag Game, and Building Miniature Houses.

The following are activity suggestions for Girl Scout Daisies and Brownies. The three focus areas are hunger, nutrition and gardening. We recommend that Scouts focus on one area at a time. Daisies and Brownies should pick 3 activities in each area, then visit the Atlanta Community Food Bank, a food pantry, shelter, or community kitchen in your area.

**Girl Scout Daisy and Brownie Groups** should pick 3 activities in each area, and schedule a visit or volunteer shift at the Atlanta Community Food Bank, a food pantry, shelter or community kitchen. Visiting the Food Bank is strongly encouraged.

- **Hunger.** As a troop, and with the guidance of a parent or troop leader, use the web links recommended in the Toolkit's Hunger 101 Curriculum 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: [kidscanmakeadifference.org](http://kidscanmakeadifference.org). Select your favorite idea and discuss it at the next troop meeting and then come up with your own!
- **Hunger.** Visit or volunteer at a food bank, food pantry, shelter or community kitchen in your area. Contact the Atlanta Community Food Bank's Education and Outreach Team at [education@acfb.org](mailto:education@acfb.org) if you need location ideas.
- **Hunger.** Read stories about sharing and helping people. There are some great books and a fantastic book and film list in the Hunger 101 Toolkit and/or you may access them from your library or local bookstore. Here are a few recommendations available in the Hunger 101 Toolkit: *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.** For scouts 8 years old and up, play the Food Bank's *Feast or Famine - the Food Security Board Game*. It is a great game to illustrate the challenges of the working poor and to help launch a conversation about it. The game comes with a Teacher's Guide and is available in the Hunger 101 Toolkit.
- **Hunger.** Make puppets of some of the characters in the stories (from Toolkit) you have read about hunger and/or community gardens and create your own story about helping people in your community.
- **Hunger/Nutrition.** Using the Hunger 101 Curriculum's Meaning of Food activity and PBS' Meaning of Food DVD (in Toolkit), explore all the different ways that food brings people together and can help build healthy communities.
- **Hunger/Nutrition.** Organize a nutritious food drive within your troop or service unit. Have troop or community members bring in 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 Local Impact Map on our website at [acfb.org](http://acfb.org). For helpful food drive tips go to [acfb.org/food-fund-drives](http://acfb.org/food-fund-drives).
- **Nutrition.** Draw pictures of your favorite foods. Discuss what food groups they belong to and why it is important to consume a variety of foods. Look at [myplate.gov](http://myplate.gov). Make your own plate with your pictures of your favorite foods in each category.

- **Nutrition.** Visit a grocery store and notice where different foods are placed and how they are arranged. 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?
- **Nutrition.** Using pictures cut from magazines, or pictures of foods that are drawn and colored by scouts, have your troop create a food rainbow with fresh foods that are naturally red, orange, purple, green, yellow, and blue. Discuss what you like about all the different foods. Learn about the nutrients in these different foods.
- **Nutrition.** Explore what children eat in different cultures around the world. Make some of these meals with the troop. Learn about the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods and spices. Learn about where food comes from. The Hunger 101 Curriculum and Toolkit includes web links and books (such as *Mama Panya's Pancakes* and *The Greatest Table*) that can help with this activity.
- **Nutrition.** Make your own 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. 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?
- **Gardening.** As a troop, visit a farmer's market that features locally grown produce. Discuss how the market is different from a big grocery store like Publix or Kroger. Does the food taste different? Have a tasting and compare the produce from the big grocery store and the food from the farmer's market.



- **Gardening.** Watch a movie about community gardens, urban farming or farmers markets with your troop or have a screening for your community. Sesame Street has many features on gardening that can be accessed via their website [SesameStreet.org](https://www.sesamestreet.org) or youtube. *Street Garden Cooperation*, *A Garden in the Middle of the City*, and *Mrs. Obama Plants a Garden* are all a great place to start.
- **Gardening.** Read stories about farmers or gardeners. *Our Community Garden* by Barbara Pollack is a great book about community gardeners. *Our Community Garden* and other great books about gardening are available in the Hunger 101 Toolkit.
- **Gardening.** 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? Explore other great gardening activities in *Green Thumbs: A Kid's Activity Guide to Indoor and Outdoor Gardening* by Laurie Carlson (in Toolkit). Donate the rest of your fully grown veggies to a food pantry. To learn more about *Plant a Row for the Hungry* visit [acfb.org/about/our-programs/community-gardens](https://acfb.org/about/our-programs/community-gardens)
- **Gardening.** Visit a local farm or community garden. With a troop leader or parent explore and discuss where the food we buy comes from. You may contact the Education and Outreach Team at [education@acfb.org](mailto:education@acfb.org) for a list of local farms and community gardens.

# Activities for Girl Scout Juniors, Cadettes, Seniors and Ambassadors

Before starting these activities, troops should earn their Hunger 101 Patch by participating in a troop leader led Hunger 101 workshop or by visiting the Food Bank for an Education and Outreach Team led Hunger 101. You can then go on to earn your other patches. Hunger 101 Curriculum activities that are good for this age group include: Defining Hunger, Poverty and Food Security, Who's Food Insecure?, Family Budgets, Bag Game, Building Miniature House, and How Access Defines What We Eat.

The following are activity suggestions for Girl Scout Juniors, Cadettes, Seniors, and Ambassadors. The three focus areas are hunger, nutrition, and gardening. We recommend that you focus on one area at a time and then visit or volunteer at the Atlanta Community Food Bank, a food pantry, shelter, or community kitchen.

**Girl Scout Junior and Cadet Troops** should pick 4 activities in each area, and schedule a visit or volunteer shift at the Atlanta Community Food Bank, a food pantry, shelter or community kitchen. Visiting the Food Bank is strongly encouraged.

**Girl Scout Senior and Ambassador Troops** should pick 5 activities in each area, and schedule a visit or volunteer shift at the Atlanta Community Food Bank, a food pantry, shelter or community kitchen. Visiting the Food Bank is strongly encouraged.

- **Hunger.** Choose 2-3 scenarios from the Family Budget activity. In small groups, research whether the person in that scenario would be eligible for any Federal Nutrition Programs (SNAP, WIC, etc.), Earned Income Tax Credit, Child Tax Credit (CTC), Temporary Assistance for Needy Families (TANF) or any other assistance programs. Where would this person/family go in your area to find out if they were eligible for these benefits? Was the research process difficult or time consuming? What type of applications or appointments were necessary? What is involved in trying to access these programs? Were you able to use a single resource to assess eligibility? Is the system difficult to navigate? Report to your troop what you have learned.
- **Hunger.** Research the answers to the following questions: How do we measure poverty in this country and who is considered officially poor? What are poverty guidelines? How do the poverty guidelines effect whether or not someone is eligible for government assistance? Present the information you have found to your troop using Prezi, PowerPoint, a poster board display, or other creative outlet of your choosing. The Hunger 101 curriculum included in the Toolkit includes activities and resources that will be helpful in your research. Contact the ACFB Education and Outreach Team at [education@acfb.org](mailto:education@acfb.org) with any questions or for more research ideas.
- **Hunger.** Visit a food pantry, shelter, community kitchen, senior center or child care program that partners with the Atlanta Community Food Bank. If possible, develop an ongoing volunteer relationship with that agency. You may contact the Education and Outreach Team at [education@acfb.org](mailto:education@acfb.org) for a list of possible partner agencies.
- **Hunger.** For one week, have troop members observe whether the issue of hunger and/or food security is talked about in the local media: newspapers, internet, television news, etc. 1.9 million people in Georgia and 50 million people nationwide need help accessing enough food. How, and how often, do we see this rep-

resented in the news? What are some ways that your troop could raise awareness about hunger in Georgia and the United States? Consider writing an article for your school paper, a letter to the editor, or launching a social media campaign. Resources for letter writing and paper plate campaigns are included in the Hunger 101 Curriculum in the Hunger 101 Toolkit. You may contact the Education and Outreach Team at [education@acfb.org](mailto:education@acfb.org) for hunger related postcards to send to legislators or tips on starting your own campaign.

- **Hunger.** Read *Sidewalk Story* by Sharon Bell Mathis and *The Long Winter* by Laura Ingalls Wilder. Discuss as a troop how hunger and poverty are represented in each story. What are the similarities? What are the differences?
- **Hunger.** If appropriate for all members of your troop, fast for one day or part of the day before your troop meeting. At your meeting talk about how you felt throughout the day and what it must be like for the many that do not get enough to eat. Write about your experience keeping in mind how those who face food insecurity may feel. Break the fast by preparing and sharing a meal together. Do not do this activity if some members of your troop are dealing with food security issues, or have health issues like diabetes.

- **Hunger.** Host a movie screening for your troop, class or members of your community. Share a film that explores the meaning and importance of food and/or issues of hunger. *A Place at the Table* and PBS' *The Meaning of Food* are two great examples included in the Hunger 101 Toolkit.
- **Hunger.** Educate your troop, one of your classes or your entire school about hunger. Use the Hunger 101 Curriculum, or contact the Food Bank's Education and Outreach Team to help plan a strategy or workshop.
- **Hunger.** Play the the Food Bank's *Feast or Famine, the Food Security Board Game* and discuss the challenges faced by the working poor in this country and the ways that we can help. *Feast or Famine* is available in the Hunger 101 Toolkit.
- **Hunger.** Organize a nutritious food drive within your troop or service unit. Have troop or community members bring in their favorite nutritious foods. For helpful hints on how to organize a food drive visit [acfb.org](http://acfb.org).
- **Hunger.** Visit or volunteer for an agency or another community program that serves those in need of food assistance. You can visit [acfb.org/find-help](http://acfb.org/find-help) to locate an agency near you or contact the ACFB Education and Outreach Team for assistance by emailing [education@acfb.org](mailto:education@acfb.org).
- **Hunger/Nutrition.** How easy is it to plan a nutritious menu for a family with limited funds or on the average Supplemental Nutrition Assistance Program (SNAP, formerly called Food Stamps) allotment of about \$4.75/day or \$23.75/week? Create on paper a week'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 purchase those foods on a food stamp budget. What kinds of foods could you afford and how much food? Can you create nutritious meals?
- **Hunger/Nutrition.** Learn more about SNAP and/or other Federal Nutrition Programs at the USDA's Food and Nutrition Service at [www.fns.usda.gov/programs-and-services](http://www.fns.usda.gov/programs-and-services). Who is eligible for these programs, and how easy is it to sign up for them? How do they help families in need? Share what you learn with the members of your troop.



- **Hunger/Nutrition.** If your troop has Scouts who are in 6th-12th grades, schedule a visit to the Food Bank to participate in the Community Food Experience (requires 20+ participants), an interactive role-play experience that simulates the challenges faced by individuals and families trying to obtain an adequate daily allowance of nutritious foods.
- **Nutrition/Hunger.** Explore the many different ways that food helps create meaning in our lives. This underscores the multiple ways food insecurity and hunger impacts communities. Watch *The Meaning of Food* DVD (in Toolkit) and use the *Meaning of Food* activity that is in the Hunger 101 Curriculum (in Toolkit).
- **Nutrition.** Interview your school's kitchen/cafeteria manager. Where do they get their food from? Do they prepare meals from scratch or are they already prepared? Research the requirements schools have to follow when making/serving meals according to the USDA's standards, and policies such as the Healthy, Hunger-Free Kids Act. Present this information to your troop.
- **Nutrition.** Plan a meal where the troop gets to make and taste foods from other countries or from a different region of the US. Research the different nutritional values of the meals and why different countries and regions use different spices and ingredients. Visit [old-wayspt.org/resources/heritage-pyramids/why-pyramids-are-important](http://old-wayspt.org/resources/heritage-pyramids/why-pyramids-are-important) for a great overview of international food pyramids.
- **Gardening.** Explore where food comes from by visiting a farm, or take a field trip to a "pick your own farm" in your area. Contact the Food Bank's Education Team at [education@acfb.org](mailto:education@acfb.org) or Georgia Organics at [GeorgiaOrganics.org](http://GeorgiaOrganics.org) for ideas.
- **Gardening.** Volunteer in a community garden that has been started specifically to increase food security and help build community. Visit [acfb.org/volunteer](http://acfb.org/volunteer) for more information.
- **Gardening.** Plant your own vegetable garden in the ground or in containers. Participate in *Plant a Row for the Hungry* and donate your produce to an agency or community program that serves those in need of food assistance. The Hunger 101 Toolkit has books to help with the gardening piece and the Food Bank Community Gardens can help with gardening questions and to identify a great place to donate your produce.
- **Gardening.** Research on the web, or with your local library, the differences between conventional farming and organic farming. What are the advantages and challenges of each type of farming? What is the impact of production practices on food insecurity and hunger? Present the information you have found to your troop using Prezi, PowerPoint, a poster board display, or other creative outlet of your choosing.
- **Gardening.** Visit a farmer's market where local farmers or urban gardeners sell their produce. Interview a local farmer about how their practices are different from or similar to other types of farming. What are some benefits and potential difficulties in growing food to be sold at a farmers market? Present the information you have found to your troop using Prezi, PowerPoint, a poster board display, or another creative outlet of your choosing.
- **Gardening.** Watch a movie about community gardens, urban farming, or farmer's markets with your troop, or have a screening for your community. *The Garden* is a documentary film that speaks on the importance of one community garden in Los Angeles. **It is advised that troop leaders preview films before showing scouts to ensure that they are age appropriate.**

# Hunger 101 Toolkit Content List By Program Level

\*It is suggested that the Troop Leader review and assess whether the item is appropriate for their Girl Scouts.

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## Girl Scout Daisies and Brownies

Book/Film List (In Hunger 101 Curriculum)\*

*City Green*

*Feast or Famine, the Food Security Board Game\**

*Fly Away Home\**

*Green Thumbs*

Hunger 101 Curriculum

List of Websites (In Hunger 101 Curriculum)\*

*Mama Panya's Pancakes, A Village Tale from Kenya*

*Our Community Garden*

*Our Wish* (Our Wish Activities)

Sesame Street's "Food For Thought"

*The Greatest Table*

*The Lady in the Box\**

*Tight Times\**

*Uncle Willie and the Soup Kitchen\**

## Girl Scout Juniors, Cadettes, Seniors and Ambassadors

*A Place at the Table* (DVD)

Book/Film list (In Hunger 101 Curriculum)\*

*Feast or Famine, the Food Security Board Game*

*Generation Fix*

*Greens Thumbs*

Hunger 101 Curriculum

List of Websites (In Hunger 101 Curriculum)\*

*The Long Winter*

*The Meaning of Food* (DVD)\*

*Seedfolks\**

*Sidewalk Story*

# Hunger 101 Patch Project Evaluation

Troop Number: \_\_\_\_\_

Troop or Grade Level: \_\_\_\_\_

**Please circle the numbers according to the scale 1=Disagree, 10=Agree.**

This project helped me/my troop learn about hunger as a contemporary issue.

1      2      3      4      5      6      7      8      9      10

The activities in this project were appropriate for our troop level.

1      2      3      4      5      6      7      8      9      10

The number of activities in the project was appropriate for our troop level.

1      2      3      4      5      6      7      8      9      10

The Patch Project activity instructions were clear and easy to follow.

1      2      3      4      5      6      7      8      9      10

Our troop found the Patch Project useful for promoting action around hunger issues.

1      2      3      4      5      6      7      8      9      10

I would recommend this Patch Project for other troops.

1      2      3      4      5      6      7      8      9      10

Please list the activities completed by your Troop: \_\_\_\_\_

Did you visit the Atlanta Community Food Bank? Yes ☐ No ☐

Did you visit another food pantry or food bank? ☐ Yes ☐ No

Name of pantry or food bank visited: \_\_\_\_\_

Additional comments: \_\_\_\_\_

## Mail:

Atlanta Community Food Bank  
Education and Outreach Team  
732 Joseph E. Lowery Blvd. NW  
Atlanta, GA 30318

## Scan/Email:

education@acfb.org