

# HUNGER 101

## GIRL SCOUT PATCH PROGRAM

**Developed by The Girl Scout Council  
Of NW Georgia**

**Adapted by The Girl Scouts of New  
Mexico Trail Council**



## **“HUNGER 101” PATCH PROJECT FOR GIRL SCOUTS**

The Girl Scouts of New Mexico Trail in collaboration with the Road Runner Food Bank of New Mexico is offering “Hunger 101,” a special patch project for Daisy through Senior Girl Scouts. Through Hunger 101, girls are 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 Roadrunner Food Bank or at an agency that does direct service with New Mexico/Southern CO'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 Girl Scouts of New Mexico Trail Council and the Roadrunner Food Bank.

## **WHAT IS THE Roadrunner Food Bank?**

Established in 1980, Roadrunner Food Bank is the leader in the fight against hunger in the state of New Mexico. The Food Bank solicits, collects, and transports salvageable food from large and small food industry donors nationwide and we purchase large quantities of food in bulk. We then distribute millions of pounds of food each year through a statewide network of over 600 emergency food pantries, group homes, low-income day care centers, shelters, soup kitchens, and six smaller, regional food banks. In turn, these organizations provide emergency food boxes, congregate and direct distributions to nearly 200,000 low-income people each year.

Additionally, **we provide direct service to thousands of New Mexicans through Food Bank-sponsored programs each year.** Our direct-service program include our **State-wide Fresh Produce Initiative**, our **Senior Assistance** and **Low-income Housing** services, the **Native American Assistance** program, and **Food for Kids** emergency food assistance program in low-income public elementary schools and our new **Senior Helpings** program (*in conjunction with Meals On Wheels and another agency*).

*For more information on the Roadrunner Food Bank, visit their Web site at [www.rrfb.org](http://www.rrfb.org) or call them at 247-2052.*

NOTE: Girl Scouts are welcome to support the Roadrunner Food Bank through service projects, but may not solicit money for the Roadrunner Food Bank. (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. 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 La Tienda.

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 some new ideas for activities that might enhance the project, please contact:

**Program Department  
Girl Scouts of New Mexico Trails  
4000 Jefferson Plaza NE  
Albuquerque, NM 87109  
[www.nmgirlscouts.org](http://www.nmgirlscouts.org)  
505-343-1040**

## 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 are they your favorite? (Nutrition)
2. 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 the store does that? (Nutrition)
3. 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)
4. 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)
5. 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)
6. Visit a food bank or food pantry in your area. Call the Roadrunner Food Bank at 505-247-2052 for a list of locations. (Hunger)
7. Participate in a food drive and learn how this helps the hungry. Where does the food go? How does it get to hungry people? (Hunger)
8. Read at least 2 other stories for your age group that talk about sharing and helping people in need. Suggestions include: **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)
9. Do some research on the Internet. A list of websites that are appropriate for different age groups are included in these materials.

10. 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)
11. 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)
12. 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. (Gardening)
13. 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 Roadrunner Food Bank has a Plant a Row for the Hungry Program. They can be reached at 505-247-2052. [www.rafb.org](http://www.rafb.org)

## **JUNIOR, CADETTE AND SENIOR GIRL SCOUT ACTIVITIES**

*Choose 6 of the following activities including a visit/volunteer effort at the Roadrunner Food Bank or a food pantry/community kitchen. 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 Roadrunner Food Bank as they develop their service projects.*

1. How difficult is it to plan menus for a family on a food stamp allotment (about \$2.64 a day per person)? 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](http://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. 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)
5. 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)
6. 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)

7. 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)
8. Research on the World Wide Web about poverty and hunger. What is the poverty line? Can you work full time and still be poor? Who are the poor in our country? What is minimum wage, what is a livable wage? (Hunger)
9. Visit an agency that shops at the Roadrunner Food Bank. Talk with the agency director and ask how you may be of help. Develop an ongoing relationship with that agency. (Call 505-247-2052 for a list of agencies.) (Hunger)
10. Visit the Roadrunner Food Bank and learn about food storage and distribution. (Hunger)
11. Read newspapers and magazines 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)
12. Explore whether there is a food/hunger related need in your community. Write a letter to the editor of your newspaper about that need.
13. 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)
14. 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)



15. Host a Hunger Banquet to educate your community about the unequal distribution of food in our world. (Hunger)
16. Make a bulletin board at your school about hunger issues in New Mexico or Southern Colorado. Take what you learn about hunger and food security and do a presentation to classes at your school. (Hunger)
17. Organize a food drive with your troop or at your church or school. Contact the Roadrunner Food Bank for helpful hints on how to organize the event. (Hunger)
18. 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 school, church, synagogue, temple, civic or community group. (Hunger)
19. Break into research groups and role-play being a person with 2 small kids working full time on a minimum wage salary (\$5.15 per hour.) How much money do you make? 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 cost and do a mock trip to the grocery store to see how much groceries would cost. What does childcare cost and can you afford a car? How much does it cost to take a bus? Take the bus to the grocery store. Is it easy to get there? How much time did it take? Research what services would be available to you on your income, are these services enough? Record your experiences and share what you learn. (Hunger)
20. Visit a food garden or farm in your community. If you know of a nearby organic farm or garden, visit that. (Gardening)
21. Visit or volunteer in a community garden that has been started to increase food security for lower income neighborhoods. (Gardening)
22. Plant your own vegetable garden in the ground or in containers. Donate your produce to a shelter or senior center, or sell your produce and donate the funds generated to an anti-hunger organization. (Gardening)
23. 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. (Gardening)

24. Find out about commercial pesticides used in farming. Are these safe? What are organic alternatives? (Gardening)
25. 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. Ask the troop to journal how food is wasted in their own families over a given week.

# HUNGER 101 - TREASURE BOX RESOURCES

## For Daisy Girl Scouts:

1. Our Wish
2. Our Wish Activity Book
3. Food Songs
4. The Greatest Table
5. The Lady in the Box\*
6. Uncle Willie and the Soup Kitchen\*
7. Fly Away Home\*
8. Food Pyramid for Children
9. Recipe for Survival Biscuits
10. List of agencies you might visit
11. Green Thumbs
12. Feast or Famine the Food Security Board Game \*

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

## For Brownie Girl Scouts:

1. Our Wish
2. Our Wish Activity Book
3. Uncle Willie and the Soup Kitchen
4. The Lady in the Box
5. Fly Away Home
6. The Greatest Table
7. List of agencies you might visit
8. Recipe for Survival Biscuits
9. Food Pyramid for Children
10. Green Thumbs
11. Feast or Famine the Food Security Board Game

### **For Junior Girl Scouts**

1. Sidewalk Story
2. The Long Winter
3. Awele rules and egg carton playing board
4. Recipe for survival biscuits
5. List of Web sites
6. H-101 Curricula (Unit 1 and Stories)
7. List of partner agencies you can visit
8. Greens Thumbs
9. Feast or Famine the Food Security Board Game

### **For Cadette and Senior Girl Scouts**

1. List of agencies you can visit
2. H-101 Curricula (Unit 1 and Stories)
3. List of Web Sites
4. Recipe for survival biscuits
5. Feast or Famine the Food Security Board Game
6. Resource help in planning the Girl Scout Silver or Girl Scout Gold Award

# Web Sites to Explore



[www.secondharvest.org](http://www.secondharvest.org) - America's Second Harvest

[www.acfb.org](http://www.acfb.org) -Atlanta Community Food Bank

[www.bread.org](http://www.bread.org) -Bread for the World

[www.childrensdefense.org](http://www.childrensdefense.org) - Children's Defense Fund

[www.churchworldservice.org](http://www.churchworldservice.org) - Church World Service

[www.cutouthunger.org](http://www.cutouthunger.org) - Kids Cut Out Hunger

[www.fighthungerga.com](http://www.fighthungerga.com) - Hunger in Georgia

[www.frac/org](http://www.frac/org) - Food Research and Action Center

[www.ghn.org](http://www.ghn.org) - Congressional Hunger Center

[www.kidscanmakeadifference.org](http://www.kidscanmakeadifference.org) -Kids Can Make a Difference

[www.mazon.org](http://www.mazon.org) -Mazon: A Jewish Response to Hunger National Center for Children in Poverty

[www.strength.org/home.html](http://www.strength.org/home.html) - Share our Strength

[www.worldhungeryear.org](http://www.worldhungeryear.org) - World Hunger Year