

Zero Hunger, Zero Waste Patch

Girl Scouts of New Mexico Trails Patch Program

Girl Scouts will develop an understanding of hunger and food waste. Learn how to reduce waste in the home as well as reduce hunger and waste in the community.

To earn your Zero Hunger, Zero Waste Patch you must complete:

- **Daisies & Brownies:** Each activity with a * and one additional activity for each Discover, Connect, and Take action to total 5 activities.
- **Juniors, Cadettes, Seniors, & Ambassadors:** Each activity with a *, two additional activities for each Discover, Connect, and one or more Take Action to total 7 or more activities.



DISCOVER

- * Contact your local Kroger or Smith's store* and schedule a store tour with your troop, family, or friends. Take notice of where all the fresh produce is placed throughout the store as well as where all of the processed and sugary snacks are kept. Are there major price differences between fresh foods and packaged goods? What does your local store do with the leftover food they have after they remove it from their shelves? Ask the store manager if there is a way your troop, family, or friends can get involved with the process or if you can help identify local organizations in need.
- Investigate hunger in your area. Visit your local food bank, food pantry, shelter, or community kitchen. Ask the following questions: How many people do they serve on a daily, weekly, monthly, yearly basis? How many children do they serve? What are ways your community could come together to help their mission? Is there something you can do?
- Research poverty and hunger. Search the Internet to learn about poverty guidelines. Can you work full time and still be poor? What is the current minimum wage? What is a livable wage in your community?
- Learn about the Supplemental Nutrition Assistance Program (SNAP) program in your area. How difficult is it for a family to plan menus on SNAP? Research what a family receives in your area and create a plan for a day's worth of nutritious meals you would like to eat. Visit your local Kroger or Smith's store* and price the ingredients you would need. What kind of foods can you afford and how much of it can you buy?
- Talk with your troop, family, or friends about some of your favorite food traditions. Whether it's for a holiday or just a group dinner, what do you feel are the most important pieces of your meal that make it so memorable? Now imagine not having one of those items due to a food desert in your area. How would this make you feel? Draw a picture showing your feelings and talk about why that item is so important.
- What is your relationship to bottled water? Do you drink a lot of it, shun it, have it now and then when it's offered to you? What can you change in your life to reduce the use of bottled water - either your own use of it or the use you see around you? Write a journal entry describing the answers to these questions.

CONNECT

- * Make your own indoor or outdoor compost holder. Green Thumbs: A Kid's Activity Guide to Indoor and Outdoor Gardening, by Laurie Carlson, has instructions for making compost holders. How much of what you would normally throw away can be composted? What can you do with the compost you create from what would have been trash?
- Discover what food insecurity means. Use the Internet to research and understand the differences between hunger and food insecurity. Create a poster explaining the difference and share with your troop, family, or friends.
- According to a commissioned study from the Food and Agriculture Organization, "about one-third of the food produced in the world for human consumption gets lost or wasted". Journal how food is wasted in your home for a week.
- Visit a local farm or interview a farmer about the food production process and learn about how food goes from the farm to our table. What are some differences between selling to a grocery store versus taking their goods to a farmers market.
- Visit a farmers market. Learn what is involved in setting up a market. What logistics need to be considered? How does the market advertise? How is it organized? What works well? What do you think you might do differently if you were organizing it?
- How many bags of trash does your family throw away each month? Track your trash for a full week to see if you and your family can eliminate at least two bags of trash by recycling or composting. Try it for a month. Was it easy? Continue to reduce the amount of trash your family throws out until it becomes a habit and change of lifestyle.
- Recycle with Kroger* and become a zero hero! Did you know common items you use everyday like bubble wrap, plastic overwrap around paper towels, cereal box liners, and bread bags are all recyclable? Start a collection of plastic items with your troop, family, or friends. When your bin is full, take it to your local Kroger or Smith's store* and place them in the drop off bins. Keep track of the amount of plastic you recycle over a few months.

TAKE ACTION

- Create a blog or website documenting your experiences as you learn about and take action against hunger and poverty within your community.
- Learn about different programs in your area your neighbors could utilize to offset food insecurity such as SNAP, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), the National School Lunch Program (NSLP), food pantries, and other local organizations. Create a flyer to hand out at your local church, school, library, or other public bulletin board letting families know about the resources available to them and how to reach out.
- Host a food drive with your troop, family, or friends. Encourage your group to talk to members of their neighborhoods' houses of worship and schools about participating. Look through your own food pantry at home to identify foods you may not use that can be passed on to someone else. Deliver that food to a local food pantry or identify families in your community you can help directly.
- Interview your school district or school dietitian. Ask them how they decide what food to serve students. What does the school do with leftover food? How can they better prevent food waste? Create a poster or presentation to share your ideas with your local school district to help them prevent food waste.
- Create a community garden. Work with your troop, family, friends, or neighborhood to create a community garden in an area where fruits and vegetables may not be easily accessible. Encourage the community to get involved by bringing a packet of seeds to plant and to create a schedule of upkeep for the garden. Allow neighbors to take what food they need and donate your leftover produce to a shelter or food bank.

- Organize a one-day farmers market. Work with your community to identify local neighbors and farmers who grow their own food and could help. This could be at a local school, church, or other community location. Create signs to hang around your community and come up with a marketing plan to help spread the word about the event.
- Become an advocate for the people in your community. If food deserts are a problem in your community, reach out to your government officials and ask them to make a change. Write a letter asking your lawmakers to make ending hunger a priority.

*If there is not a Kroger or Smith's store in your community, many other grocery stores offer plastic recycling and will be happy to schedule store tours. Reach out to your local grocer to find out if you are able to complete these steps with them.