



GIRL SCOUT PATCH PROGRAM

**DEVELOPED BY
SECOND HARVEST FOOD BANK OF METROLINA
FOR
THE GIRL SCOUTS OF THE CAROLINAS**

**Special Thanks to
THE ATLANTA COMMUNITY FOOD BANK
for the use of their Hunger 101 Patch Project**

"HUNGER" PATCH PROGRAM FOR GIRL SCOUTS

Second Harvest Food Bank of Metrolina (SHFBM) in collaboration with the **Girl Scouts of the Carolinas** has developed a special patch program for Daisy through Ambassador Girl Scouts. This patch program will help girls learn about hunger as a contemporary issue. They will be 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. Girls who work on the Hunger 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 Second Harvest Food Bank of Metrolina (SHFBM) or at an agency that does direct service with the Carolinas 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 the Girl Scout Councils in the Carolinas and Second Harvest Food Bank of Metrolina (SHFBM). A Hunger Treasure Box is available for checkout from the Girl Scouts, Hornets' Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM). A list of Treasure Box content ideas is included in these materials in the event that some troops want to work collectively to put a Treasure Box together for their area.

WHAT IS SECOND HARVEST FOOD BANK OF METROLINA?

Second Harvest Food Bank of Metrolina (SHFBM) is a network of people working together to fight hunger and build a better community. In 2008/2009 the Second Harvest Food Bank of Metrolina distributed over 27 million pounds of food to almost 650 non-profit agencies that assist hungry people in 19 counties in North & South Carolina. The SHFBM has several programs in addition to its basic food distribution:

Community Food Rescue 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.

Kids Café, a childhood hunger initiative provides nutritious meals and snacks at various sites. We currently operate 34 of these sites in 10 different counties and serve thousands of children who might otherwise go hungry.

To learn about our other exciting projects visit

www.secondharvesmetrolina.org

NOTE: Girl Scouts are welcome to support the SHFBM through service projects, but may not solicit money for the SHFBM. (Program Standard 33, page 76 of *Safety-Wise*.)

"HUNGER" PATCH PROGRAM ACTIVITIES

Community service is an important component of the Hunger Patch Program. 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. Some service project ideas include: organizing a food drive, sorting food at Second Harvest Food Bank, or serving a meal at a community kitchen. You may look around in your own neighborhood for service ideas and/or explore different communities where you and your sister Girl Scouts may be of service. When you have completed your learning activities and your service project, you may order your patches from Second Harvest Food Bank.

In an effort to be helpful we have organized the activities by grade level. This is not a restriction. You are welcome to mix and match activities from different grade levels 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 program or new ideas for activities that might enhance the program, please contact:

Toni Morris, Food Drive Coordinator
Second Harvest Food Bank
tmorris@secondharvest.org
704-375-9639 x 24

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 Second Harvest Food Bank, or a food pantry, shelter or community kitchen 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. (Nutrition)
2. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, 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. Visit a local Food Lion and take a Store Tour. Learn about nutrition, food safety and job duties in the store. The Guiding Stars Game is new this year. Visitors are shown a selection of products and asked what they think is better for them. The more the nutrition value, the more stars. Salt, sugar, fat and fiber can increase or decrease the number of stars. Ask for it to be included in your tour. Contact your local Food Lion store and speak with someone on the management team to schedule your tour three weeks in advance. (Nutrition)
5. Take a hands-on, educational field trip to Lowes Foods. The primary goal is to help Girl Scouts discover healthy food and beverage choices at the supermarket which contribute to a healthier lifestyle. Key topics include fruits and vegetables, lean protein, low fat dairy foods, low sugar cereal, and the USDA Food Pyramid. Fun and yummy sampling enhances the learning experience. Call 1-800-987-6409 or

visit www.lowesfoods.com and go to Kids and the Community, Be a Smart Shopper. (Nutrition)

6. Come out to Earth Fare for a fun tour that will introduce you to different healthy items from around the world. Your pallets will be expanded by trying different things that you wouldn't normally try; different unique flavors from around the world. We will also show you ways that you can have tasty foods without having artificial flavors, colors and additives. All departments of our beautiful store will be included in the tour, so it is definitely something that you don't want to pass up! Call Holly @Southpark 704-749-5042, Genie @ Ballantyne 704-926-1201, Jen @ Rock Hill 803-327-1030, or Elizabeth @ Greenville 864-527-4220.
7. 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)
8. 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)
9. 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)
10. 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 $\frac{1}{2}$ 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)
11. Visit Second Harvest Food Bank, a food pantry, shelter or community kitchen in your area. Visit www.secondharvestmetrolina.org for a list of partner agencies or call the SHFBM at 704-375-9639 x 24 for some suggestions. (Hunger)
 12. Have a food drive within your troop or service unit. Deliver that food to the Second Harvest Food Bank or a local food pantry. (Hunger)
 13. Read "Our Wish" and do the "Our Wish Activity Book" from the Hunger Treasure Box. (Hunger)
 14. Read at least 2 other stories for your age group that talk about sharing and helping people in need. Some of these books are in the Treasure Box and/or you may access them from your library or local bookstore: **A Shelter in our Car** by Monica Gunning, **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 list in the Treasure Box with even more suggestions for all ages. (Hunger)
 15. As a troop, do some research on the Internet. A list of age appropriate websites is included in this information. (Hunger/Nutrition)
 16. Play ***Feast or Famine the Food Security Board Game***- (a Treasure Box is available for check out at the Girl Scouts, Hornet's Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM) - discuss the challenges faced by the working poor in this country and the ways that communities and government can help. Comes with a teacher's guide. (Hunger)
 17. 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)

18. 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. Do one of those projects as well. (Gardening)
19. Visit a farm, farmers market, or food garden. Talk about where the food we eat comes from and what happens to the food we can't eat. (Gardening)
20. 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. (Gardening)
21. Play the "Shopping Game" or the "Snack Game." Both games are located in the Treasure Box available for check out at the Girl Scouts, Hornet's Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM) (Hunger, Nutrition)

JUNIOR, CADETTE, SENIOR & AMBASSADOR GIRL SCOUT ACTIVITIES

Choose 6 of the following activities including a visit/volunteer effort at the Second Harvest Food Bank of Metrolina or a food pantry, shelter, or community kitchen of your choice. 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 Bronze, Girl Scout Silver or Girl Scout Gold Awards. The suggestions here can be used as a springboard. Girls are encouraged to call the SHFBM as they develop their service projects.

1. How difficult is it to plan menus for a family on a food stamp allotment (maximum of \$5.96 per person per 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 of them? (Hunger/Nutrition)
2. Try to live on a maximum Food Stamp budget of \$167 for a week for a family of four. Discuss how poverty affects choice/keep a journal of your reflections. To learn more about Food Stamps visit www.DHHS.state.nc.us.dss.foodstamp/index.htm. (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 USRDA? How much food did you waste? (Nutrition)
4. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, how it can be a way to express love and family history. (Nutrition, Hunger)
5. Research what a subsistence diet is. Live on a subsistence diet (A meager diet providing barely enough for sustenance) 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)

6. 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)
7. 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)
8. 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)
9. Research poverty and hunger on the Internet and answer some of these questions: What are poverty guidelines? Can you work full time and still be poor? What are 2 of the largest groups of people seeking help with food in the United States? What is the current minimum wage? What is a livable wage? (Hunger)
10. Visit Second Harvest Food Bank, a food pantry, shelter or community kitchen in your area. Visit www.seconddharvestmetrolina.org for a list of partner agencies or call the SHFBM at 704-375-9639 x 24 for some suggestions. Find out if your troop can help. If possible, develop an ongoing relationship with that agency. (Hunger)

11. Read newspapers and magazines for one or two months 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. Create a blog or a website that documents and shares your experiences as you learn about and take action against hunger and poverty within your community. (Hunger)
13. Explore whether there is a food/hunger related need in your community. Write a letter to the editor of your newspaper about that need. (Hunger)
14. 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)
15. 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)
16. Host a Hunger Banquet event to educate your community about the unequal distribution of food in our world. (Hunger)
17. Make a bulletin board at your school about hunger issues in the Carolinas. Take what you learn about hunger and food security and do a presentation to classes at your school. (Hunger)
18. Play Feast or Famine the Food Security Board Game- available at the Girl Scouts, Hornets' Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM) in the Treasure Box. (Hunger)
19. Organize a food drive with your troop at your temple, church or mosque, in your neighborhood, or at your school. Contact the Second

Harvest Food Bank or visit our website, for helpful hints on how to organize food drive. (Hunger)

20. 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 class, school, church, mosque, synagogue, civic or community group. (Hunger)
21. Break into research groups and role-play being a single parent with 2 small kids working full time on a minimum wage salary of \$7.25 per hour effective September 2009 (Federal rate). How much money do you make each month? What expenses would you have? Look in the paper for house and apartment rental listings. What housing can you afford, and how many choices do you have? Research what utilities and childcare expenses typically are. Make a list of groceries and go to the store to see how much these would cost. Can you afford a car? How much does it cost to take public transportation to the grocery store? Is it easy to get there? How much time did it take? Would your family be eligible for food stamps or free or reduced lunch at school? Keep a diary of your research and your experiences and share what you learn. (Hunger)
22. Visit a food garden or farm in your community. If you know of a nearby organic farm or garden, visit that. (Gardening)
23. Visit or volunteer in a community garden that has been started to increase food security for lower income neighborhoods. (Gardening)
24. Plant your own vegetable garden in the ground or in containers. Donate your produce to a shelter or senior center. (Gardening)
25. 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 (and other garden projects) and is available for

checkout at the Girl Scouts, Hornets' Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM). (Gardening)

26. Find out about commercial pesticides used in farming. Are these safe? What are organic alternatives? (Gardening)
27. More than 20% of the food that we make and grow is wasted in the United States. More than **263,013,699 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 2 action steps that reduce the waste of food in your home and/or in your community. (Hunger)
28. Read "**A Kids' Guide to Hunger & Homelessness**" and take action. Discuss at least 2 chapters and choose a reflection activity to complete. This resource is available for checkout at the Girl Scouts, Hornets' Nest Council Resource Center or Second Harvest Food Bank of Metrolina (SHFBM). (Hunger)

TAKE A BITE OUT OF HUNGER

TREASURE BOX RESOURCES

For Daisy Girl Scouts:

Our Wish by Ralph Da Costa Nunez

Our Wish Activity Book by Ralph Da Costa Nunez

The Greatest Table by Michael J Rosen

The Lady in the Box* by Ann McGovern

Uncle Willie and the Soup Kitchen* by Dyanne Disalvo-Ryan

Fly Away Home* by Eve Bunting

Food Pyramid for Children - www.fns.usda.gov/tn/kids-pyramid.html

Green Thumbs by Laurie Carlson

A Kids Guide to Hunger & Homelessness by Cathryn Berger Kaye

A Shelter in our Car by Monica Gunning

Feast or Famine the Food Security Board Game *

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

For Brownie Girl Scouts:

Our Wish by Ralph Da Costa Nunez

Our Wish Activity Book by Ralph Da Costa Nunez

The Greatest Table by Michael J Rosen

The Lady in the Box* by Ann McGovern

Uncle Willie and the Soup Kitchen* by Dyanne Disalvo-Ryan

Fly Away Home* by Eve Bunting

Green Thumbs by Laurie Carlson

A Kids Guide to Hunger & Homelessness by Cathryn Berger Kaye

A Shelter in our Car by Monica Gunning

Food Pyramid for Children - www.fns.usda.gov/tn/kids-pyramid.html

Feast or Famine the Food Security Board Game

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

For Junior Girl Scouts

Sidewalk Story by Sharon Bell Mathis

The Long Winter by Laura Ingalls Wilder

List of Web sites

Green Thumbs by Laurie Carlson

Feast or Famine the Food Security Board Game

Resource help for planning the Girl Scout Bronze Award

For Cadette, Senior and Ambassador Girl Scouts

List of Web Sites

Feast or Famine the Food Security Board Game

Resource help in planning the Girl Scout Silver or Girl Scout Gold Award

Web Sites to Explore



www.secondharvestmetrolina.org - Second Harvest Food Bank of Metrolina

www.bread.org - Bread for the World

www.childrensdefense.org - Children's Defense Fund

www.churchworldservice.org - Church World Service

www.dosomething.org - Do Something

www.feedingamerica.org - Feeding America

www.frac.org - Food Research and Action Center

www.hungercenter.org - Congressional Hunger Center

www.kidscanmakeadifference.org - Kids Can Make a Difference

www.mazon.org - Mazon: A Jewish Response to Hunger

<http://www.pbs.org/opb/meaningoffood/> - PBS Meaning of Food

www.nccp.org - National Center for Children in Poverty

www.strength.org/home.html - Share our Strength

www.theleague.org - The League

www.whyhunger.org - World Hunger Year