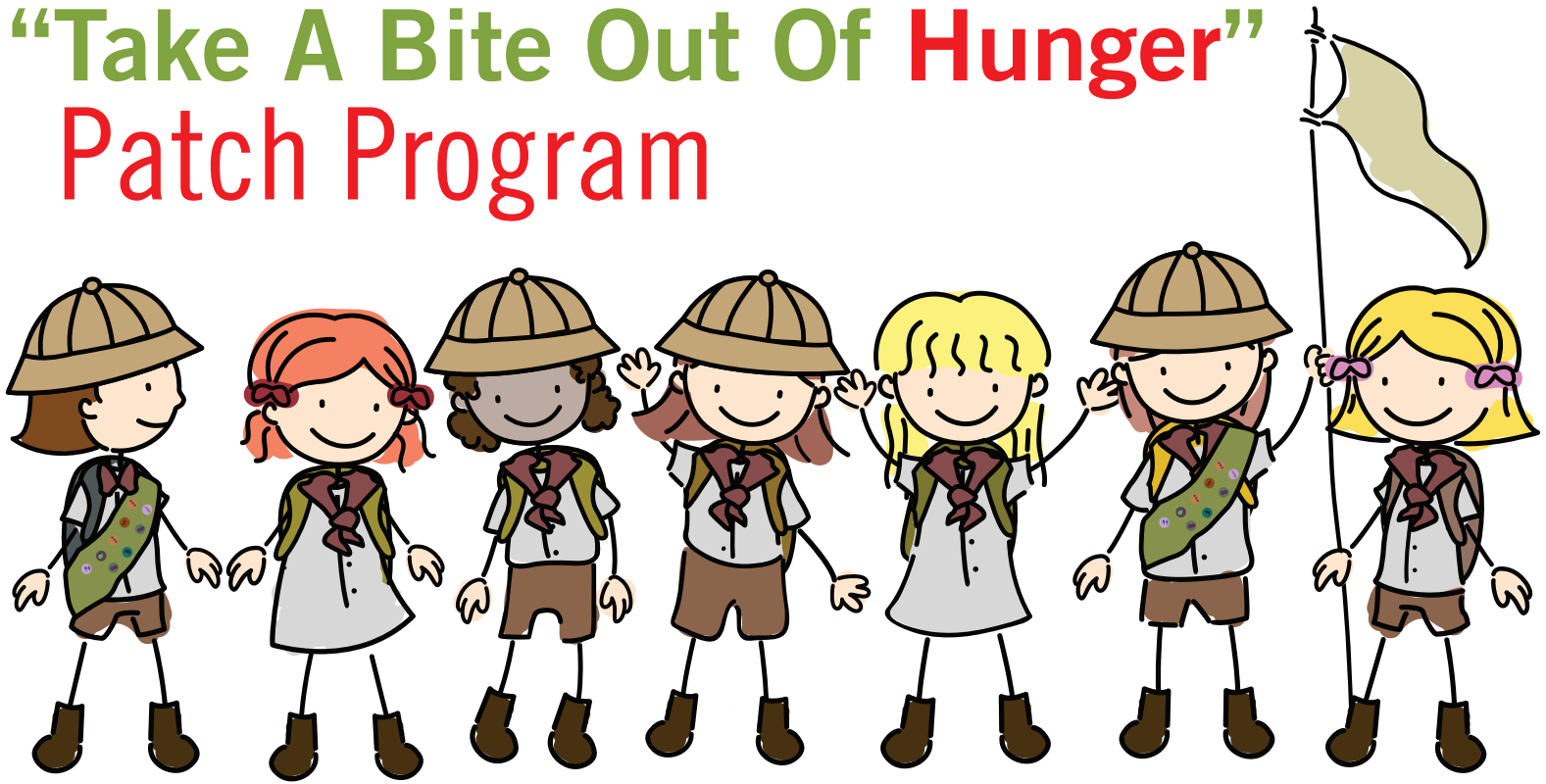


“Take A Bite Out Of Hunger” Patch Program



Developed by



Together We CAN End Hunger

Second Harvest Food Bank of Metrolina
for
The Girl Scouts of the Carolinas



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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. Scouts who work on the **Hunger** Patch will first Learn about the issue of **hunger** in their community, the nation and globally as well as the importance of nutrition. Scouts will then Experience what it is like for people who are food insecure by participating in games and taking on the SNAP challenge. Finally, Scouts will Impact their community by participating in activities such as hosting a food drive and volunteering at a soup kitchen.

**Support for troop leaders will come from both the Girl Scout Councils in the Carolinas and Second Harvest Food Bank of Metrolina (SHFBM).

What is Second Harvest Food Bank of Metrolina?

Second Harvest Food Bank of Metrolina (SHFBM) strives through education, advocacy, and partnerships to eliminate **hunger** by the solicitation and distribution of food.

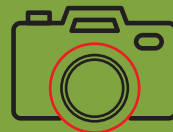
We provide food to over 750 partner agencies including soup kitchens, emergency food pantries, homeless shelters, senior programs, and programs that serve children from low-income families.

Annually we distribute over 54 million pounds of food and other household items throughout our 19 county service region. Over 18 million pounds of our annual distribution is fresh produce, meat and dairy!

To learn more about our programs that are helping children, seniors, families and pets, please visit: secondharvestmetrolina.org/fight-hunger/programs



Learn



Experience






Impact



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Hunger Patch Program Activities

The Patch Program Activities are split up into 3 categories: **Learn**, **Experience**, and **Impact**. Scouts are required to participate in activities from each category in order to earn a patch. The chart below outlines the number of requirements for each category based on age level.

Age Level	 Learn	 Experience	 Impact
Daisies & Brownies	3	2	2
Juniors	5	4	4
Cadettes	7	5	5
Seniors & Ambassadors	9	6	6

*We suggest Leaders review and assess what activities are age-appropriate.

Learn

- **Go to <https://www.secondharvestmetrolina.org/about-us> and learn about poverty facts in your county.** Do these numbers surprise you? Discuss ways in which you can help your neighbors in need.
- **Visit <https://www.fns.usda.gov/about-fns> then have a discussion with your troop leaders.** What does FNS stand for? What is the difference between SNAP and WIC? What items cannot be purchased with SNAP? Why are programs like these important for families in need?
- **Read at least 1 book from the list provided on page 6.** As a group discuss what the book was about, and talk about the key issues presented. Create a short essay on the book that answers the following questions: What is the setting? Who are the main characters? What challenges were the main characters presented with? What are some solutions for the challenges presented? (This activity is for Cadettes and Ambassadors.)
- **Review the list of SHFBM programs and who they help.** Have a discussion about what programs surprise you and why. Programs are listed at this link <https://www.secondharvestmetrolina.org/fight-hunger/programs>.
- **Visit <https://www.choosemyplate.gov/MyPlate> and find out why everything we eat and drink matters.** Discover the benefits of fruits, vegetables, grains, proteins and dairy and how much of each we need daily.



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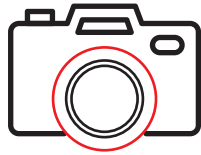
Learn

- **After learning about the 5 main categories: fruits, vegetables, grains, proteins and dairy – follow the link to take the quizzes on each of them.** <https://www.choosemyplate.gov/quiz> Retake the quizzes until you score 100%.
- **Visit a grocery store and take notice of 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?
- **Visit a farm, farmers market, or food garden.** Talk about where the food we eat comes from and what happens to the food we cannot eat.
- **Research poverty and **hunger** on the Internet or at the library and answer some of these questions:** What are 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?
- **Go to <http://www.feedingamerica.org/hunger-in-america> and learn the difference between what it means to be in poverty and what it means to be food insecure.** How are these two related? How are they different? Scroll down and look over the poverty and food insecurity statistics in the United States. Do these numbers surprise you? Write a story or poem about how everyone can play a part in ending **hunger** just by volunteering or donating within their own community.
- **Explore the different factors that contribute to **hunger** in places like America, North Korea, Haiti, Mali and Bangladesh.** Factors include:
 1. Political
 2. Economical
 3. Natural disasters
 4. Environmental
 5. Climatic

Have an open discussion with your troop. What do you think can be done to help solve this problem?



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Experience

- **Participate in the SNAP challenge** by planning meals using the average SNAP allotment which is \$4 per person, per day. How difficult is it to plan meals on a SNAP budget? Create on paper a day's worth of nutritious meals that you would love to eat then visit your local grocery store to price the ingredients and see if you can make those meals on a SNAP budget. What kinds of foods could you afford and how much of them? Visit <https://www.choosemyplate.gov/budget> for tips on how to eat on a budget.
- **Play the “Budget Game”** to see if you are able to be a master at budgeting. *See the last four pages of this document.*
- **Have a meal of what children experiencing famine might eat in a day.** Talk about how it would feel to only eat ½ cup of rice or a piece of bread in a whole day. How would your body feel? Would you feel tired or cranky? How much food do we need to eat to stay healthy? What kind of food do we need to eat to stay healthy?
- **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.
- **Contact your local grocery store and schedule a store tour with your troop!** Take notice of where all of the fresh produce are 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?
- **Keep a diary of all the food and drink you consume over a day (or an entire week).** EVERYTHING. Would your diet change if you were only allowed a maximum of \$4 of food per day? How much do you think your current food intake costs per day?
- **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 together.
- **Interview your school district or school dietician.** Ask her/him how she/he decides what foods to serve to the students. Ask what the school does with leftover food. How can they better prevent waste of good food?
- *(For Brownies, Daisies & Juniors only)* **Play the snack game located on page 7** of the **Hunger** Patch Program.



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Impact

- **Host a Food Drive** with your troop or service unit. Encourage members of the troop to include their neighborhoods or house of worship, or school. Deliver that food to the Second Harvest Food Bank of Metrolina or a local food pantry.
- **Volunteer with a local Emergency Food Pantry, Soup Kitchen or Shelter.** To find a program near you, visit <https://www.secondharvestmetrolina.org/need-food/get-food-assistance> and use the map to find places to volunteer in your area.
- 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”. **Research and discuss how food is wasted in your local community.** 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 home over a given week. Come up with 2 action steps that reduce the waste of food in your home and/or in your community.
- **Volunteer at a food garden or farm in your community.** If you do not know a farm, start by visiting a farmer’s market in your community. Many farmer’s markets are held on Saturdays.
- **Plant your own garden in the ground or in containers.** Donate your produce to a shelter or food bank.
- **Find out what compost is and how to make it.** Make your own indoor or outdoor compost holder. Green Thumbs, by Laurie Carlson, has instructions for making indoor and outdoor compost holders (and other garden projects) and is available for checkout at your local library.
- **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.

To Order Patches or if you have any questions about the program, please contact:

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“Take A
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“Take A Bite Out of **Hunger**” Reading List

A Shelter in Our Car (Paperback) by [Monica Gunning](#)

Uncle Willie and the Soup Kitchen by [Dyanne Disalvo-Ryan](#)

Hungry Planet: What the World Eats by [Peter Menzel](#)

Sidewalk Story by [Sharon Bell Mathis](#)

The Lady in the Box by [Ann McGovern](#)

Fly Away Home by [Eve Bunting](#), [Ronald Himler](#)

Our Wish by [Ralph Da Costa Nunez](#)

A Kids' Guide to Hunger & Homelessness: How to Take Action! by [Cathryn Berger Kaye M.A.](#)

For High School-Age Scouts

A Place at the Table: The Crisis of 49 Million Hungry Americans and How to Solve It by [Participant Media](#)
(also available as DVD documentary)

Hand to Mouth: Living in Bootstrap America by [Linda Tirado](#)

\$2.00 a Day: Living on Almost Nothing in America by [Kathryn J. Edin](#)



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How Does the World Eat? Snack Game for Brownies, Daisies & Cadettes

Adapted from the Food Bank of Western Massachusetts

Objective:

This activity helps increase awareness of the unequal distribution of resources around the world and its effect on hunger.

Materials Needed:

Crackers, raisins or other snack food

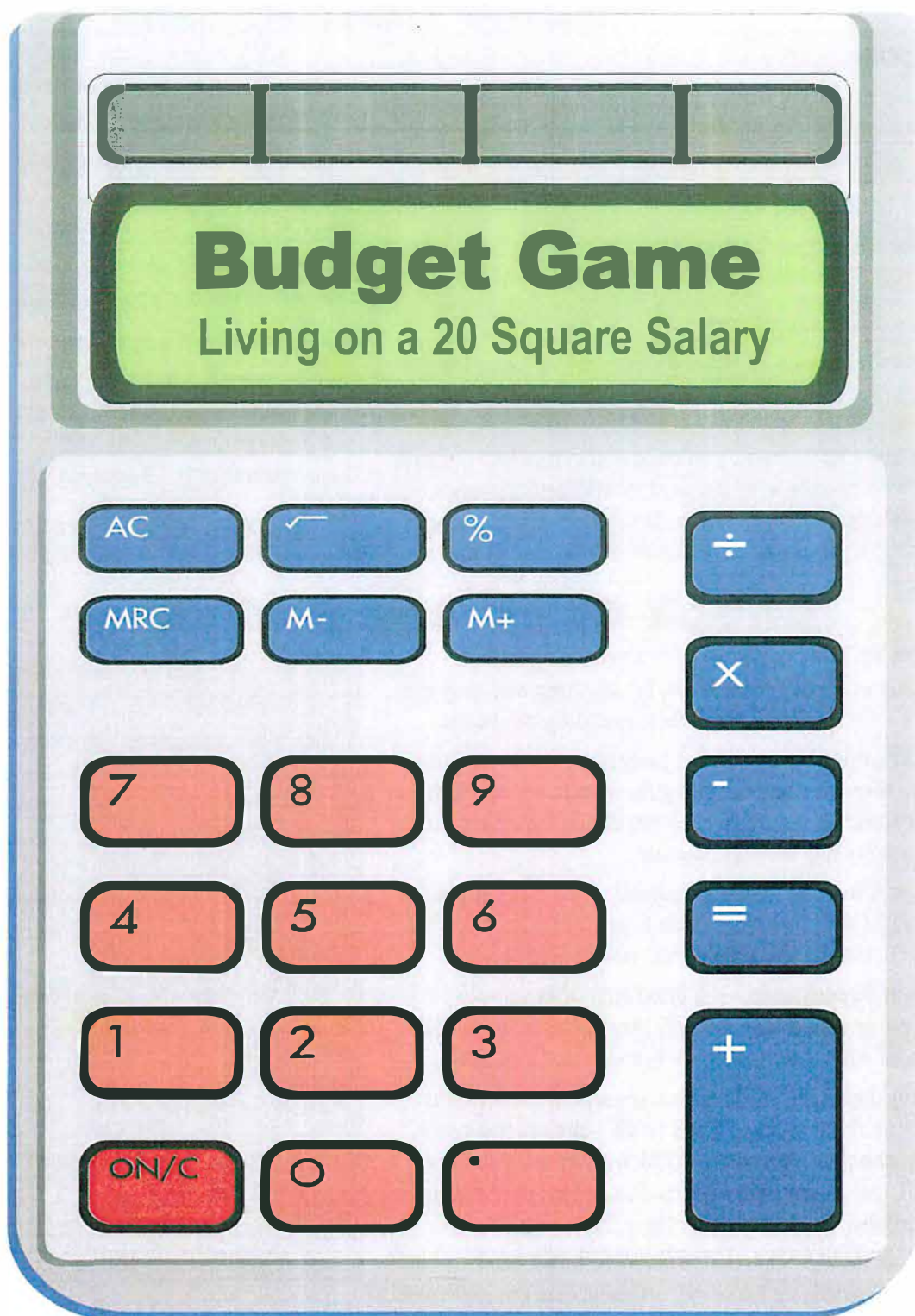
Procedure:

Divide the troops into 4 groups. Distribute the snack to the class based on the following example for a troop of 24 scouts:

Group	% of World Population	# of Scouts	# of Crackers per Scout
Poor Group	15%	4	2
Low-Income Group	56%	13	4
Middle-Income Group	22%	5	5
High-Income Group	7%	2	6

Source: 2011 Pew Research Center analysis of data from the World Bank PovcalNet database (Center for Global Development version available on the Harvard Dataverse Network) and the Luxembourg Income Study database.

- 1. Discuss the uneven distribution of resources around the world.** Explain that while some people have much more than they need, many others do not have enough. Be sure to stress that there are people in poor countries who are well-fed, as well as people in rich countries like the United States who are **hungry**.
- 2. Ask the scouts how they felt when the snack was distributed.** Encourage them to think about how friends share with each other. Is there any way that communities or governments can share with each other?
- 3. Encourage scouts to think about the fact that people are **hungry** not just in other countries, but in their own city and state as well.** Ask scouts to predict who is likely to go **hungry** in their community (children, adults, or the elderly). Brainstorm a list of reasons why it might be difficult for each of these groups of people to get enough food.



Game Instructions

Purpose

Managing money means making choices. There is never enough money for all the things we'd like. This game will help you decide what is most important to you.

How to Play

To start you'll need a pencil with an eraser. You will be coloring in or writing an "X" to mark the squares.

Round #1 Budgeting

Today you have a 20 Square income. Look at all the categories in *The Budget Game*. Each item has a set number of squares which must be marked in order to select that item. First, you must select one item in each of the categories with the gold stars (Food, Housing, Furnishings, Transportation, Insurance and Clothing & Laundry). Once you have finished selecting items in the

required categories, continue selecting other items until you have used up your 20 square income.

Round #1 Discussion Questions

Compare your spending choices to those of other players. What did you spend your money on? How do your values, goals, and past experiences affect your spending choices? What did you learn about yourself?

Round #2 Re-Budgeting

Your income has just been cut to 13 Squares. What will you change or give up? Erase to remove some selections and mark your new ones. Make the changes until you have marked only 13 squares.

Compare your budget-cutting decisions with other players. Why did you make a different choice?

Check out these Budgeting TIPS

Wants vs. Needs — A *need* is a necessity, such as housing or food. A *want* can be anything and may not be a necessity. Be careful when spending on wants.

Pay Yourself First — After budgeting for necessities and before spending anything for wants, always tuck away some money from each paycheck for emergencies into a rainy day savings account.

Before Charging — Ask yourself: 1) Do I really *need* it? and 2) Will I still have this 5 years from now? If the answers are *No*, then wait until you can pay cash.

Rule of Percentages — A good rule of thumb for budgeting your salary is: 70% pay current bills, 20% save for future purchases, 10% invest for long term.

Money Tracking — We often spend money without thinking about it. Keep track of all your expenditures (cash, checks, debit cards, ATM withdrawals and credit cards), even the smallest ones. Record them every time in a notebook or register. Review them regularly to make yourself aware of where your money goes.

Fixed, Flexible or Luxury? — Categorize the expenses in your budget. Is it *fixed*, such as rent or a car payment? Is it *flexible* such as groceries, gas or long distance use? Or is it *luxury*, such as entertainment or going out to eat?

Rule of 72 (to double your money) — If you know the interest rate you can get, divide 72 by the known interest rate and it will give you how many years it will take to double your money. If you know how many years you have, divide 72 by the number of years and it will tell you what interest rate you must have to double your money.

Examples: If interest rate is 6%. $72 \div 6 = 12$ years. If time is 10 years. $72 \div 10 = 7.2\%$ interest rate needed.

Average Expenditure Breakdown for Total Household Income

30%	Housing
18%	Transportation
16%	Food
8%	Charity / Misc.
5%	Clothing
5%	Medical
5%	Recreation
5%	Utilities
4%	Savings
4%	Other Debts

Food



- a. cook at home; dinner out once a week ☐ ☐
- b. frequent fast food lunches and weekly dinner out; cook other meals at home ☐ ☐ ☐
- c. all meals away from home ☐ ☐ ☐ ☐

Clothing & Laundry



Clothing

- a. wear present wardrobe **No cost**
- b. use your sewing skills ☐
- c. buy at a discount store, thrift shop or used clothing store ☐
- d. buy at a department store ☐ ☐
- e. shop for designer clothes ☐ ☐ ☐

Laundry

- a. do laundry at parents **No cost**
- b. use laundromat; some dry cleaning ☐
- c. rent or purchase washer and dryer ☐

Transportation



- a. walk or bike **No cost**
- b. ride bus or join a carpool ☐
- c. buy fuel for family car ☐ ☐
- d. buy used car and fuel ☐ ☐ ☐
- e. buy new car and fuel ☐ ☐ ☐ ☐

Gifts



- a. make your own ☐
- b. purchase cards and small gifts on special occasions ☐ ☐
- c. purchase frequent gifts for family and friends ☐ ☐ ☐

Personal care



- a. basic products such as soap, shampoo, toothpaste, make-up, etc. ☐
- b. haircuts, selected personal care products ☐ ☐
- c. hair styled, permed, name brand personal care products ☐ ☐ ☐

More choices



- a. books or other items purchased on installment plan ☐
- b. newspaper and magazine subscription ☐
- c. new TV, DVD player or iPod ☐ ☐
- d. cigarettes, alcoholic beverages ☐ ☐



Gold Stars denote required categories.

Housing with utilities



- a. live with relatives ☐ ☐
- b. share apartment or house with others, including utilities (no phone) ☐ ☐ ☐
- c. rent place of your own, including basic utilities (no phone) ☐ ☐ ☐ ☐

Insurance



Auto

- a. liability coverage only ☐ ☐
- b. complete coverage ☐ ☐ ☐

Health and disability

- a. no coverage **No cost**
- b. fringe benefits of job ☐
- c. basic health coverage ☐ ☐
- d. individual health & disability coverage ☐ ☐ ☐

Renters

- a. property and liability coverage ☐

Communications



- a. no phone **No cost**
- b. phone with limited long distance calls ☐
- c. phone with many long distance calls ☐ ☐
- d. cell phone ☐
- e. high speed internet ☐

Savings



- a. change in piggy bank **No cost**
- b. five percent of income ☐
- c. ten percent of income ☐ ☐
- d. invest for retirement ☐ ☐
- e. contributing to charities and religious groups ☐

Furnishings



- a. borrow from relatives or friends **No cost**
- b. rent furniture or live in furnished apartment ☐
- c. buy at a garage sale or thrift shop ☐
- d. buy new furniture ☐ ☐

Recreation



- a. hiking, walking, visiting friends or library **No cost**
- b. TV, snacks, picnics, driving around ☐
- c. cable TV, sports and movies ☐ ☐
- d. fishing, hunting, hobbies ☐ ☐
- e. CDs/music, books, DVDs ☐ ☐
- f. concerts, vacations & spectator sports ☐ ☐ ☐



Gold Stars denote required categories.