



“Take a Bite Out of Hunger” Girl Scout Patch Project



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Introduction

Girl Scouts of NY/PENN and the Food Bank of the Southern Tier have partnered to develop a special “Take a Bite Out of Hunger” patch project for Girl Scout Daisies through Girl Scout Ambassadors. The Hunger patch project will help girls learn about hunger as a community issue. They will be encouraged to take action on issues that engage, educate and empower them to fight the root causes of hunger in their community. They will also be encouraged to experience volunteering as an important contribution that they can make throughout their lives.

Here are some of the Girl Scout Outcomes (benefits to girls) associated with this patch project:

- **Discover Outcome #2: Girls develop positive values.** *Girls form their beliefs and values based on the Girl Scout Promise and Law, learn to consider ethical aspects of situations, and are committed to social justice and community service and action.*
- **Discover Outcome #3: Girls gain practical life skills – and practice healthy living.** *Girls gain skills that prepare them for a positive, healthy, and independent future.*
- **Connect Outcome #2: Girls promote cooperation and team-building.** *Girls recognize the value of working together and learn to make decisions that affect the whole group.*
- **Take Action Outcome #1:** *Girls can identify community needs.*
- **Take Action Outcome #2:** *Girls are resourceful problem solvers.*
- **Take Action Outcome #3:** *Girls advocate (speak out) for themselves and others*
- **Take Action Outcome #4:** *Girls educate and inspire others to act.*
- **Take Action Outcome #5:** *Girls feel empowered to make a difference in the world.*

The Hunger 101 program is progressive; girls may participate at every level of their Girl Scouting experience. It could become the theme of a Girl Scout Bronze, Silver, or Gold Award project, and it also supports the World Association of Girl Guides and Girl Scouts (WAGGGS) Food Security and Climate Change Challenge (<http://www.wagggsworld.org/en/Climatechangeprogrammes.>)

Girls may work one of three focus areas: **Hunger, Nutrition** or **Gardening**. It is strongly recommended that troops focus on only one area at a time (for example, do all their Nutrition activities, then do all their Hunger activities, etc.)

Requirements

The activities in this packet may provide ideas for developing Hunger 101 Take Action Projects* for your Girl Scout Bronze, Girl Scout Silver or Girl Scout Gold Award.

The Food Bank is very interested in learning about the service projects and Take Action projects that Girl Scouts develop and implement in their communities. Tell us what you are doing and we can help spread the news about your great work! Contact Randi at rquackenbush@feedingamerica.org or at 607.796.6061 ext. 4039 to share your work!

Ongoing support for troop/group leaders will come from both Girl Scouts of NYPENN, Inc. and the Food Bank of the Southern Tier. **Hunger 101 Resource Boxes** are filled with activities, games and books and are available to check out from the NYPENN Girl Scouts office at 226 Colonial Drive in Horseheads.

*What is the difference between a Service Project and a Take Action Project?

When you help or *serve*, you meet an immediate need. That could mean feeding the hungry, clothing the homeless, or helping a friend with a tough homework assignment. You see a need, and you meet it! For example, having a food drive, or sorting and shelving supplies at a food pantry, is a service project.

When you move beyond immediate service to understand the cause of a problem, you move toward *action*. When you team up with others in your effort to solve that problem, you are *taking action*. Service makes the world better for some people “right now.” Taking action makes the world better for more people for a much longer time, even when your part of the project is over. If you worked with your parks and recreation department, the local high school and the County Extension Service to create a community garden that pledges to plant one row of food for the hungry each year, that would be a Take Action project!

To earn the “Take a Bite Out of Hunger” patch:

- Girl Scout Daisies and Girl Scout Brownies will do **three activities in each focus area**, and visit a food bank or pantry in their area. Visiting the Food Bank of the Southern Tier is strongly encouraged.
- Girl Scout Juniors and Girl Scout Cadettes will do **five activities in each focus area**, and visit a pantry or community kitchen in their area. Visiting the Food Bank of the Southern Tier is strongly encouraged.
- Girl Scout Seniors and Girl Scout Ambassadors will do **six activities in each focus area**, and visit a pantry or community kitchen in their area. Visiting the Food Bank of the Southern Tier is strongly encouraged.

Girls who choose **Hunger** activities will have the opportunity to learn about hunger locally and nationally. The “Take a Bite Out of Hunger” Patch Project focuses on domestic hunger but you are welcome to explore global hunger if you like.

Girls who choose **Nutrition** will learn how the emergency and supplemental food network works; they may explore where our food comes from, create meals and experience the challenge of serving nutritious meals with a limited income.

Girls who choose **Gardening** will learn about food production and gardens in their neighborhoods and in the larger community. They may even decide to start a garden, or “Plant a Row for the Hungry” and donate their produce to a non-profit group their area.



What is the Food Bank of the Southern Tier?

The **Food Bank of the Southern Tier** is a network of agencies and people working together to build and sustain hunger-free communities in the Southern Tier. The Food Bank of the Southern Tier now distributes over 10 million pounds of food each year to more than 150 non-profit partner agencies that assist hungry people in their six-county service area, which include Broome, Chemung, Schuyler, Steuben, Tioga, and Tompkins counties. The Food Bank of the Southern Tier has several projects in addition to food distribution:

- **Hunger Education and Youth Development Program:** The Food Bank of the Southern Tier has one of the best hunger education curriculums in the country. These age appropriate lessons educate youth about the realities of hunger and poverty in the Southern Tier, as well as ways to take action, and that even young people can make a difference in their communities.
- **BackPack Program:** We believe that no child should ever go hungry. Yet, many children who receive free and reduced priced school meals are left without the nutrition they need on weekends and holiday breaks when school is not in session. By providing children who are at risk of hunger with a bag of nutritious food each Friday throughout the school year, the BackPack Program™ attempts to reduce this gap and help children return to school on Monday ready to learn.
- **Mobile Food Pantry:** The Mobile Food Pantry is a converted beverage truck used to deliver fresh produce, dairy products, and other food and grocery products directly to distribution sites where people need food. When the truck arrives at a site, volunteers place the food on tables surrounding the truck. The clients are then able to "shop," choosing items that they need.
- **Food Bank Gardens:** Food Bank Gardens provide spaces where volunteers grow vegetables for programs serving the needy in the Southern Tier. Volunteers from church groups, community organizations, and local neighborhoods grow tomatoes, peppers, squash, beans and other fresh veggies in the garden's 20 raised beds. You can adopt a 4' x 12' raised bed at the Food Bank Garden! You don't have to be a garden expert! ***This is a great way you can volunteer for the Food Bank of the Southern Tier.***

To learn about the Food Bank's other exciting projects, visit www.foodbankst.org.

***NOTE:** *Girl Scouts are welcome to support the Food Bank of the Southern Tier through service projects but may not solicit money for the Food Bank*

“Take a Bite Out of Hunger” Patch Activities

Community service is an important component of the “Take a Bite Out of Hunger” Patch Project. After the girls have completed their choice of learning activities, talk with them about planning a community service project. Some project ideas include organizing a food drive, sorting food at the Food Bank of the Southern Tier, serving a meal at a community kitchen, or reading to young children at a family shelter or after-school program. You may help the girls look around in your own neighborhood for service ideas and / or explore different communities where you and your Girl Scouts may be of service.

When you have completed your learning activities in one of the patch focus areas, *and* given service at the Food Bank of the Southern Tier, or a food pantry, shelter or community kitchen in your area, you may order the “Take a Bite Out of Hunger” patch from the Girl Scout Badge & Sash store by phone, mail, or in person.

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.

We hope you’ll find the “Take a Bite Out of Hunger” Patch Project to be 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 in their communities and their world.

If you have any questions about the project or need ideas for activities that might enhance the project, please contact:

Melanie Moon, Program Manager
Girl Scouts of NYPENN Pathways, Inc
mmoon@gsnypenn.org or 607-796-6202 x2517

Randi Lynn Quackenbush, Community Engagement Coordinator
Food Bank of the Southern Tier
rquackenbush@feedingamerica.org or 607-796-6061 x4039

Girl Scout Daisy and Girl Scout Brownie Activities



*Decide in your troop planning time which of these activities you would like to do, and how to do them. Choose at least **3 activities** in each area and a visit to the Food Bank of the Southern Tier, 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.*

The following are some suggestions for Girl Scout Daisies and Girl Scout Brownies working on the “Take a Bite Out of Hunger” Patch Project. Decide with your troop which of these activities you would like to explore. The three focus areas are **nutrition**, **hunger**, and **gardening**, and we recommend that you focus on one area at a time (do three nutrition activities, then three hunger activities, etc.). Help girls pick three activities that correspond to each area. Then visit the Food Bank of the Southern Tier, a food pantry, shelter or community kitchen in your area (number 8, below.) Once the required number of activities has been completed, the troop should plan their community service project.

1. Talk about what makes some food good for you and other food **not** so good for you. Draw pictures of your favorite foods. If any of them are in the not-so-good-for-you category, talk about food you might try instead. **(Nutrition)**
2. Visit <http://www.pbs.org/opb/meaningoffood/> and have your own discussions about what food means to each of us, how food can bring people together, and 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. The USDA, the government agency in charge of nutrition, has a new symbol for healthy eating: a colorful plate called *MyPlate*. MyPlate helps you remember to eat a variety of foods, and to eat less of some foods and more of others. The divided plate also aims to discourage super-big portions, which can cause weight

gain. Look at <http://www.choosemyplate.gov/kids/index.html>. Make your own food plate with pictures of your favorite foods in each category. **(Nutrition)**

5. 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. *The Hunger 101 Resource Box includes web links, bibliographies and books that can help with this activity.* **(Nutrition)**
6. Make some 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. Talk about how much time it takes to make food without using any mixes or quick food-preparation techniques. How would our lives be different today if we always had to grow and make our own food? **(Nutrition)**
7. Make a typical meal that children living in a refugee camp or experiencing famine might experience. Talk about the difference between 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 in order to stay healthy? *The Hunger 101 Resource Box includes web links, bibliographies and books that can help with this activity.* **(Nutrition/Hunger)**
8. **REQUIRED:** Visit a food bank, food pantry, shelter or community kitchen in your area. *A list of pantry locations is available at <http://www.foodbankst.org/index.asp?pageld=48>, soup kitchens at <http://www.foodbankst.org/index.asp?pageld=49>, and in Hunger 101 Resource Box.* **(Hunger)**
9. Organize a food drive within your troop or service unit. Deliver the food to the Food Bank of the Southern Tier or a local food pantry. For information about having a Food Bank of the Southern Tier food drive go to <http://www.foodbankst.org/index.asp?pageld=109>. **(Hunger)**
10. Read stories that talk about sharing and helping people in need. Some great books that are appropriate for your program level are in the Hunger 101 Resource Box and/or you may access them from your library or local bookstore: **The Family Under the Bridge** by Natalie Savage Carlson, **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 and film list in the Resource Box with even more suggestions for all ages.* **(Hunger)**

11. As a troop, and with the guidance of a parent or troop leader, use the web links recommended in the Hunger 101 Resource Box 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**:
<http://www.kidscanmakeadifference.org/> . **(Hunger)**
12. Play the Food Bank of the Southern Tier's **Feast or Famine - The Food Security Board Game**. *This game is available at the Girl Scout Resource Center.* **(Hunger)**
13. Read a story about farmers or gardeners (ask your school or community library for suggestions). Make puppets of the characters in the story and create a new story that relates to hunger, poverty and helping in our communities. **Seedfolks** by Paul Fleischman is a great book about community gardeners. **Seedfolks** and other resources are available in the Hunger 101 Resource Box.
(Gardening/Hunger)
14. 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. **(Gardening)**
15. Visit a farm or food garden. Discuss where the food we get from the grocery store comes from. Discuss how much food we waste and how we might stop wasting so much food. Take a field trip to a "pick your own farm" in your area. *A list of organic gardens and farms in New York is available in the Hunger 101 Resource Box and can be downloaded from:* <http://www.nofany.org/> **(Gardening)**
16. Plant your own garden, or "Plant a Row for the Hungry" and donate the produce to a local pantry, community kitchen or shelter. You can also sell your produce and use the proceeds of your harvest to buy non-perishable foods for a food bank or a local agency. The Food Bank of the Southern Tier has a community garden where you can also help. To learn more about "Plant a Row For the Hungry" go to: <http://www.foodbankst.org/index.asp?pagelD=118> **(Gardening)**

TO ORDER YOUR PATCHES: Order your patches by phone or in person from the Badge & Sash Girl Scout Stores; no special paperwork is required.

Girl Scout Junior, Cadette, Senior and Ambassador Activities



The following are some suggestions for “Take a Bite Out of Hunger” Patch Project activities for Girl Scout Juniors up to Girl Scout Ambassadors. Decide with your troop which of these activities you would like to explore. The patch project is progressive and involves three focus areas. The focus areas are **hunger, nutrition and gardening**; we suggest that you choose one focus area at a time. Once the required number of activities has been completed, the troop plans and carries out their community service project.

- Girl Scout Junior and Girl Scout Cadette troops pick **five activities** that correspond to each area, *and* schedule a visit to a food pantry, shelter or community kitchen (number 8, below; visiting the Food Bank of the Southern Tier is strongly encouraged.)
 - Girl Scout Senior and Girl Scout Ambassador troops pick **six activities** that correspond to each area, *and* schedule a visit to a food pantry, shelter or community kitchen (number 8, below; visiting the Food Bank of the Southern Tier is strongly encouraged.)
1. How easy is it to plan a nutritious menu for a family on a low-income budget, or on the average Supplemental Nutrition Assistance Program (*SNAP, formerly called Food Stamps*) allotment of about \$3.00/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 food? Can you create nutritious meals?
The Food Bank of the Southern Tier’s Hunger Scholars Curriculum is available online at <http://www.foodbankst.org/index.asp?pageId=199/>. The Food Bank of the Southern Tier Hunger Scholars curriculum is full of a number of educational activities. Check them out!! **(Hunger/Nutrition)**
 2. Try to live for a week on an average Supplemental Nutrition Assistance Program (SNAP, formerly The Food Stamps) budget of between \$17 to \$20/week. Discuss

how poverty affects nutritional choices and keep a journal of your reflections. Learn more about SNAP or other nutrition programs at the USDA's Food and Nutrition Service. Who is eligible for these programs, and how easy are they to get signed up for? **(Hunger/Nutrition)**

3. Visit <http://www.pbs.org/opb/meaningoffood/> and have your own discussions about what food means to each of us, how food can bring people together, and how it can be a way to express love and family history. **(Nutrition, Hunger)**
4. Research what a subsistence (the minimum food/shelter necessary to support life) diet is. Live on a subsistence diet for a day or two and write about the experience. How did it feel to not have enough food? Share your experiences with others. This link will take you to a typical refugee camp diet: http://fastdarfur.org/?page_id=10. **(Hunger/Nutrition)**
5. Interview your school's kitchen manager. Where do they get their foods from? Do they cook the meals or are they already prepared? Ask what the school does with left over food, and if there are ways that students can help prevent food waste. Is your school's food healthy? If not, what things could your school, or school district, do to increase the nutritional content of your food? **(Nutrition)**
6. Interview someone from another country. Ask that person about their favorite foods from their home 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. Using the web links and Hunger 101 Curriculum in the Hunger 101 Resource Box to research the answers to the following questions: How do we measure poverty? What are poverty guidelines? How much do you have to earn to be considered officially poor? What are two of the largest groups of people needing help accessing enough food in the United States? **(Hunger)**
8. **REQUIRED:** Visit a food pantry, shelter, community kitchen, senior center or child care program that partners with the Food Bank of the Southern Tier. There is a list of Food Bank partner agencies available on their website at www.foodbankst.org and in the Hunger 101 Resource Box. Explore volunteer opportunities with one or more of these organizations. If possible, see if your troop can develop an ongoing relationship with that agency. **(Hunger)**
9. For one week, have troop members observe if the issue of hunger is talked about in the local media - newspapers, web and television news, magazines, etc. Nearly 2.9 million people in New York are living in poverty, need help accessing enough food to eat - nearly 43 million people nation wide. How, and how often, do we see this represented in the news? What are some ways that your troop

could raise awareness about hunger in New York and the United States?
(Hunger)

10. Read *Sidewalk Story* by Sharon Bell Mathis (available in the Hunger 101 Resource Box) and *The Long Winter* by Laura Ingalls Wilder. Talk about the different kinds of hunger and poverty represented in each story. **(Hunger)**
11. Fast for one day before your troop meeting. At your 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)**
12. Host an Oxfam Hunger Banquet or an Empty Bowls event to educate your community about the unequal distribution of food in our world.
<http://actfast.oxfamamerica.org/>. **(Hunger)** Contact Randi at the Food Bank and she will be happy to assist you in planning this event.
rquackenbush@feedingamerica.org, 607-796-6061 x4039.
13. Educate one of your classes, or your entire school about hunger. Use the Food Bank of the Southern Tier's Hunger 101 Curriculum, or contact Food Bank's Community Engagement Coordinator to help plan a strategy. (See contact info on Page 6.) **(Hunger)**
14. Play the *Feast or Famine, the Food Security Board Game*. Discuss the challenges faced by the working poor in this country and the ways that communities and the government can help. *This game is available at the Girl Scout Resource Center.* **(Hunger)**
15. Have your troop organize a food drive for the Food Bank of the Southern Tier or an agency in your community. For helpful hints on how to organize a food drive: <http://www.foodbankst.org/index.asp?pagelid=109/>. **(Hunger)**
16. Volunteer for a shelter or other program that serves the homeless community, or volunteer at a daycare center for homeless children. Catholic Charities' Samaritan Center is a great place to visit. **(Hunger)**
17. Have your troop go through the Hunger 101: The Reality of Hunger in the Southern Tier workshop. Contact Randi at the Food Bank to set up a workshop. **(Hunger)**
18. If possible, visit a food garden, farm and/or take a field trip to a "pick your own farm" in your area. *A list of local farms and gardens is in the Hunger 101 Resource Box.* **(Gardening)**
19. Volunteer in a *community garden* that has been started specifically to increase food security and help build community. The Hunger 101 Resource box has a list

of all community gardens in Broome, Chemung, Tompkins, and Tioga counties.
(Gardening)

20. Plant your own vegetable garden in the ground or in containers. Participate in “Plant a Row for the Hungry” and donate your produce to a shelter, pantry, or senior center in your community. **(Gardening)**
21. If you have a garden, 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). *Green Thumbs is available in the Hunger 101 Resource Box.* **(Gardening)**
22. Research the differences between production farming and organic farming. What are the advantages and challenges of each type of farming? **(Gardening)**
23. More than 20 percent of the food that we make and grow is wasted in the United States. More than 265 million 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 two action steps that reduce the waste of food in your home and/or in your community. **(Hunger)**

TO ORDER YOUR PATCHES: Order your patches by phone or in person from the Badge & Sash Girl Scout Stores; no special paperwork is required.

“Take a Bite Out of Hunger” Reporting Form

Date: _____ Troop #: _____ Service Unit #: _____

Leader/Advisor Name: _____

Telephone: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Grade level (check):

- Daisy K-1
- Junior 4-5
- Senior 9-10
- Brownie 2-3
- Cadette 6-8
- Ambassador 11-12

Is this your first year participating in the “Take a Bite Out of Hunger” Patch Program?

Yes No

Number of patches needed for new participants _____

Number of year rocker patches needed for return participants _____

Total amount of food donated in pounds: _____

Per girl average for food donation: _____

FOOD COLLECTION

Participated through the Gift of Caring program. Yes No

Participated through the door to door collection. Yes No

Participated with a booth collection. Yes No Location _____

Participated through the Patch Packet program Yes No

Participated in some other way. List here:

Your comments are important to us!

What did you and the participants like the most about this service project?

What did you like the least about this service project?

Do you have any comments/ suggestions?

**Thank you for helping us keep track of the important service you are providing
for the hungry of the Southern Tier!**

Please complete promptly
(within 6 weeks of completion of the patch program and food drive)

Submission options:

1. Email to mmoon@gsnypenn.org
2. Mail to: Girl Scouts of NYPENN
c/o Melanie Moon
226 Colonial Dr.
Horseheads, NY 14845