

Hunger Awareness Patch Program (all levels)



Dear Troop Leader:

The Girl Scout Council of Orange County has made a commitment to helping alleviate hunger in Orange County. To this end we are asking Girl Scouts all over the county to do their part.

The Hunger Awareness Patch Program has been designed to help girls and their leaders learn more about the problem of hunger and to make a contribution to their communities.

DID YOU KNOW?

According to the 2000 US Census, 456,000 people are estimated to be at risk of going to bed hungry sometime each month in Orange County. The majority of people at risk of going hungry each month are children and single parents, seniors and other men and women confronted by financial difficulty or who are physically unable to earn a living. The average length of time individuals receive assistance is three months.

Children make up 38% of the hungry in Orange County. According to the Orange County Department of Education, one out of three students in elementary classrooms receives free or reduced priced lunches, representing about 198,866 students. The Food Bank serves more than 80,000 children each month in Orange County.

An estimated 20% of the food produced in the United States is wasted, damaged or surplus and never makes it to the consumer. In Orange County alone, more than 2.5 million pounds of food is wasted every month, largely due to overproduction, manufacturing errors, approaching expiration dates or damaged packaging.

Thank you for working with the girls on this important issue. We hope it inspires all to take action to make the world a better place.

Upon completing this patch program you may purchase the patches at the Girl Scout Shop.

GIRL SCOUT BROWNIE

Complete four activities, including the * items.

1. Draw or cut out pictures of the basic food groups. Make a collage or mobile and use the display to talk about the importance of each food group.
- 2.* Earn the *Eat Right, Stay Healthy Try-It*, page 26-27, *Try-Its For Brownie Girl Scouts*.
3. Learn about one vitamin. Discuss why this vitamin is needed in your body and in which foods this vitamin can be found.
4. Sample three new foods or food combinations that supply rich amounts of calcium. (Girls and women often do not get enough of this important nutrient.)
5. Play the World Hunger Game (attached).
6. Complete the *Eating Right* activities, page 48-49, *Brownie Girl Scout Handbook*.
- 7.* Many community organizations and denominational groups have programs that help the hungry people in your community. Contact one of them and collect food for their program or participate in Scouting for Food collection program held every fall. Check out the Second Harvest Food Bank website, <http://www.feedoc.org/> for more ideas. Take your troop on a tour of Second Harvest and learn about how the food bank handles the food and get it ready for distribution. Check their website for tour dates.

PROGRAM LINKS

Brownie Girl Scout Try-its:

Make It, Eat It Try It - All activities

Health Habits Try-It - Calcium Counts

It's Your World –Change It! Brownie Quest, earn the Take Action Key.

GIRL SCOUT JUNIOR

Complete five activities including the * items.

1. Choose a favorite food. Make a series of pictures about favorite foods showing how the food is grown, processed, distributed, and prepared. Talk about the nutritional value of the food.
2. Plan several days of meatless meals. Prepare one of those meals. Check that the food groups are represented and that there is sufficient protein.
- 3.* Find out where hunger exists in Orange County. Talk to staff members of religious groups, social service offices, the health department and Second Harvest Food Bank <http://www.feedoc.org/>
4. Do requirement #4 of the *World Neighbors* badge in the *Junior Girl Scout Badge Book*.
5. Have taste tests to compare natural versus processed foods, i.e. natural versus processed peanut butter, whole grain versus refined breads or cereals, processed versus natural cheeses.
6. Sample three new foods or food combinations that supply rich amounts of iron. (Girls and women often do not get enough of this important nutrient.) At least one dish should be without meat, poultry, or seafood.
7. Play the World Hunger Game (attached).
8. Complete "The Needs of People" activity (attached).
- 9.* Many community organizations and denominational groups have programs that help the hungry people in your community. Contact one of them and collect food for their program or participate in Scouting for Food collection program held every fall. Check out the Second Harvest Food Bank website, <http://www.feedoc.org/> for more ideas. Take your troop on a tour of Second Harvest and learn about how the food bank handles the food and get it ready for distribution. Check their website for tour dates.

PROGRAM LINKS

Junior Girl Scout Badge Book:

Caring for Children - 8

Outdoor Cook - 9

Food Power – all activities

A Healthier You - 1

It's Your World –Change It! Agent of Change, earn the Power of Community Award.

Try the meatless soup recipe in *It's Your Planet – Love It! Get Moving* on page 23 of the Girl Book.

GIRL SCOUT CADETTE, SENIOR AND AMBASSADOR

Complete eight activities including the * items.

1. Investigate how much food students at your school throw away from their lunch. Meet with cafeteria manager to investigate ways to cut down on waste.
2. Make a collection of magazine and internet articles on hunger and related issues in the United States and what is being done about them.
3. Research the requirements for special food related program: i.e., school breakfast and lunch programs, meals on wheels for senior citizens, soup kitchen or emergency food pantries, or food stamps, and share them with your troop.
4. Take part in a gleaning program. Gleaning is going through harvest fields to pick produce the machines left behind. Deliver the food to a distribution agency.
5. Research the issue of worldwide hunger, i.e., why it exists, what factors contribute? Information may be obtained from organizations such as The Hunger Project <http://thp.org/>, World Hunger Year <http://www.whyhunger.org/>, World Association of Girl Guides and Girl Scouts <http://www.whyhunger.org/>
6. Follow hunger-related issues in the news (i.e. the infant formula controversy, exporting grain to other countries, situation in Ethiopia).
7. Make hunger awareness placemats for a luncheon, Girl Scout dinner, or other group feeding situation. Include facts about the issue and suggested action individuals can take.
8. On at least three different occasions share the same size portion of food at a meal. If you do this as a group activity, discuss how you felt and whether each amount was satisfying.
 - with no one else.
 - with one other person.
 - with several other persons.
- 9.* Inform yourself about a global issues affecting people in your community and in communities around the world. Hunger, health or housing are possible topics. See whether any organizations in your community are working to lessen the problem locally or internationally.
- 10.* Many community organizations and denominational groups have programs that help the hungry people in your community. Contact one of them and collect food for their program or participate in Scouting for Food collection program held every fall. Check out the Second Harvest Food Bank website, <http://www.feedoc.org/> for more ideas. Take your troop on a tour of Second Harvest and learn about how the food bank handles the food and get it ready for distribution. Check their website for tour dates.

PROGRAM LINKS

For Girl Scout Seniors, *It's Your Planet - Love IT! Sow What?*, earn the Harvest Award.

THE NEEDS OF PEOPLE

As you find out more and more about people in your community, our country, or around the world, you see how people do many of the same things. People everywhere have many of the same needs -

- enough food to stay healthy
- clothes to wear
- a place to live
- work to do
- others to love and care about them
- the help of people in other places

But we eat different foods, wear different clothes, and live in different kinds of houses. Why is that? Mostly because of the climate and land around us.

There are good reasons for what we eat, what we wear, and what kinds of houses we have. Who would live in a house in Alaska that was built for the jungle?

Would you eat fish if you lived somewhere in the desert? How about wearing a ski jacket in Africa?

You know from watching television that some children have more than other children. There are people who have almost everything they need to live with and have a little left over for extras that make their lives more pleasant and comfortable. However, in many places people do not even have the things they need to live.

Is there anything you can do to help? Think about the things you need and those you could do without. Make a list for each: Things I Need (those you couldn't live without) and Things I Could Do Without (those you like but don't really need).