

Food For Thought Interest Project

Hunger is a crisis not just in our world, but even in our own country, our own communities. Just like anything else, it will take all of us to make enough change to make a difference. Explore and do something about it, especially because it affects girls your age.

1. Participate in a food drive.
 - *Participate in a collection
 - *Think of creative ways to collect can goods.
2. Volunteer doing one or all of the following:
 - a. Sorting
 - b. Distribution
 - c. Work in a pantry



Cadettes, Seniors and Ambassadors

Complete 1 & 2 from above, and then choose 2 Skill Builders, 1 Technology, 1 Community Service, 1 Career Exploration, then 2 of any of the activities from below.

But don't let the requirements limit your learning. For the fun of it, feel free to complete any or all of the activities to learn more about this issue.

Skill Builder

3. It's even better on the next day
Sometimes leftovers can be even better on the 2nd day. Look in your refrigerator, and pick out two things that you could "re-create" into something new and exciting for a second dinner, or breakfast or lunch. Then sit with your troop and think of what you could do. Then share that with your troop and have at a covered dish meeting.
4. Theirs' and Ours'
Hunger is an issue all over the world, some places much worse than our own. Do some research and compare the results: USA vs. another country or State vs. State? Or compare your city to another city in the U.S. (outside of Florida), or another country? What can you find out about hunger in these places? How are they dealing with the issue of food? Can you think of ways to improve both policies?
5. Check your pantry??
Inventory your own pantry and refrigerator. What do you see? How much food is there? Base it on what it would take to feed your family a well balanced meal

for a week. Be sure to check the labels for the serving sizes. How many families do you think you could feed from your pantry for one week?

6. Let's go shopping

The average family of four spends about \$150 a week on groceries. Do a shopping list that would feed your family for seven days, allowing for two meals and a snack for each person in your family a day. Then visit two different grocery stores with your list. Which store has a better deal for your imaginary budget of \$150? Don't forget to check for coupons in the Sunday paper and the store ads, to help you save more money.

7. Take it with you

For one week at school, take your lunch. How about encouraging your friends to brown bag it with you? How creative can you get with your choices? Did you make sure the meals were healthy? Do the math and figure out how much money you would save if you didn't buy your lunch for the whole year. Then think about how you could have a positive effect on your community with that money locally or globally. For example, how many sacks of rice could you buy for a village in another country? Or, if you wanted to donate to a pantry, how many canned goods could you buy?



8. Express Yourself!!

Using words (in a poem or short story), pictures or both, create something that shows how you feel about the issue of hunger. Maybe do a before and after. Write about what you think about hunger in your community. Or the world, and how it makes you feel. When you come to the end of this project, do it again. Then share what you've done and what changes and emotions you've experienced.

9. Look Online

There are many organizations that exist to end hunger in the world. Find one that is specifically concerned about feeding children. Look at where they are located, how they were started, and where they work. Now think of the questions you have about what they do, and why there is such a great need for them and others like them. Then open the lines of communications by placing a call to them and see if you can get answers to your questions.

Technology

3. Movies & TV

Whether you notice it or not, product placement is everywhere. Companies buy sponsorship to help pay for the film. With pen and paper in hand, watch your favorite TV show or movie with your friends. Then keep track of all the

advertising you see such as T-shirts on the actors, soft drinks on a billboard or an actor eating a candy bar. When you are done, compare how many you each got. See who found the most. Then talk about what you feel the effects this has on people. From this point on, do you think you will pay more attention when you sit down in front of the TV or movie screen?

10. How do they feel?

Research online or read a newspaper article about the issue of hunger in our country. What can you find out about the effects on kids on their growth and development, their ability to pay attention in class, and their overall well being? Share your info with your troop. Then brainstorm ideas on how more kids will be able to eat.

11. It Expires On

The FDA has rules and standards when it comes to quality control of food. How long can something be on a shelf for sale? What can be written on a package? What is a serving size? What is recognized as being “fat free,” “trans fat free,” “whole grain,” and all the other labels that are put on packaging that make people want to buy a certain product? Pick a few of your favorite products and do a study. What’s written on the package? What does the company that makes it say about it? What are the FDA standards when it comes to products like it? And when you are done, do you think you will continue to eat this product, or will you find an alternative?

Service Project

Steps 1 & 2 can be included as a part of the service requirement.

4. Government Assistance

There is help for many people in many forms to help them afford food to feed themselves and their family. Find out what assistance is available in your area (city, county, and state). With your troop, put together a little brochure that you can share with one of the food pantries that they could give to people when they come in for food.

Career Exploration

5. The “Value”

Nutritious of food can be expensive. Speak with a licensed dietician or nutritionist about good, better, best. What are the best things to eat to be healthy, and then what is a good enough to eat if you don’t have a lot of money.

6. How Would it Effect You.

Talk with a health care professional about the effects on people when they can't afford to eat the healthiest foods. Then discuss with them alternatives people can explore to have a healthy choices on a minimal budget.

7. What do they do with it??

Because of standards set by the government, foods can only be kept in a grocery store for so long. Restaurants have to cook and keep food (hot or cold) at a certain temperature. Speak to a manager at a restaurant or a grocery store, and find out about the food standards. Ask them what happens to the food that is thrown away? Do they donate or offer a special sale at the end of the day? What do they do with it? At restaurants, do they slow down their cooking as the evening comes to a close? Come up with some ideas before you go in, and maybe make some suggestions.

8. How do you do it?

Visit a pantry and speak with the director and volunteers. Find out how they get the food to feed the people. How many families can they feed? Is there a certain time of the year that they need extra help? Who are the people who come to them for help? Have they always needed assistance? What is a crisis for them and how do they handle it when it comes?

9. What's the Design?

When anyone designs anything, a lot of thought goes into it. Visit at least 2 different grocery store chains, and look at their store set-up. Are they very similar in their placement of certain items? Check out all the details from the departments to the items on the shelves. Look at the internet and see what studies may say about the design of a grocery store. Then speak with the manager, or even call the corporate office, and speak to someone about why they've positioned things the way they have.