

Food For Thought Our Council's Own Brownie Try-It

Hunger is a crisis not just in our world, but even in our own country, and 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

Complete 1 and 2 from above, and then choose two 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.

3. Rice

Rice is one of the most common, abundant and often affordable foods in the world. How many recipes do you think you and your troop could come up with, using only two or three more ingredients that are in your kitchen? Do you think you could make a complete meal including dessert? Try it!!! Then put all your recipes together in a little cookbook that you can share with others, even as a swap.
4. 50 States and more

The food we eat does not start in a grocery store. Visit the grocery store produce department. When you are there, read the signs that say where the fruits and vegetables comes from. How many come from the United States and how many are from another country? Then find out more about those foods from a book or the internet. Can you find out why we get some foods from other countries, especially if we grow them here? Try making an appointment with the produce manager at the grocery store to get a tour, and ask him questions about the foods they sell that are specialties.

6. Build a Meal

The number of foods that we should have a day is included in a pyramid. Go to your pantry and refrigerator and try to see if there is enough food there to cover for one week for your family (two meals and one snack). Talk to a nutritionist, and they can teach you about portion sizes that will help you make sure you have enough food for everyone.



7. Signs on the Road

Billboards on the side of the road are great silent sellers. On your way to school, your troop meeting, or to the park, what kind of signs do you see? Keep track of the billboards you pass, and count how many of them are about food, and how many are for healthy food?

8. In your back yard

When your grandparents and great-grandparents were your age, their food didn't come from the grocery store, it came from their back yard. It was more affordable to grow instead of buying your food. And the bonus to that is that they would share it with their friends and family. So if one person could grow tomatoes, another person could grow lettuce, and another cucumbers. They worked together and voila!! A salad!! Or even some salsa. So do you think you could grow your own meal? Maybe with your troop, you could each plant one or two fruits or vegetables, and in the end make a meal together with those foods, and share the rest with your neighbors.



9. Collaging Your Feelings

Glue, paper, pictures and scissors are the materials you will need. Create a poster to share with others about hunger in the world. Then stage your own art show that you can invite your parents, family, friends, teachers and others in the community too. Here you can show them all the things you have learned, and teach others how they can be better when it comes to not wasting food.