



Girl Scouts of California's Central Coast

Presents

Food for All Patch Program

This patch program helps girls focus on how they can help end hunger locally and globally while learning more about their own nutritional needs. The activities will help girls learn about hunger as a contemporary issue. Organized by Girl Scout age level, they will be encouraged to take on activities that engage, educate and empower them to fight hunger. Encouraging girls to discover their community's needs, connecting with local resources and taking action by making the world a better place is the focus of this program.

Daisies & Brownies

Daisies choose 3 Activities/ Brownies choose 4 activities:

(Items with a ★ must be amongst the chosen activities)

- Talk with your troop about what foods means to you. How does food bring you together, how it can be a way to express love and family history?
 - *Use this activity as a lead into a tea party and the "Talking About Tea" activity on page 55 of the Brownie Wonders of Water Journey Leader's Guide.*
- ★Visit a food bank, food pantry, shelter, or community kitchen/meal in your area. <http://feedingamerica.org/foodbank-results.aspx> to find a food bank near you.★
- Have a discussion: Which foods do you like? Which are healthy for you? Which are bad? Make a visual collage of the healthy foods.
- Visit a grocery store: Notice where foods are placed. Why do you think they are placed in that order? Or Visit a grocery store and learn about nutrition, food safety, and job duties.
- Go to <https://www.nutrition.gov/subject/smart-nutrition-101/myplate-resources> .Talk about the different foods that make up a healthy meal. Make a fruit salad that can be used as part of a healthy meal.

- *This activity can be connected to the "Closing Ceremony" on page 49 of the Brownie Wonders of Water Journey Leader's Guide*
- Explore what children eat in different cultures around the world. Make some of these meals with your troop. Compare the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods. Talk about where the foods come from.
- Make a meal of what children experiencing famine might eat in a day. Talk about the difference in this and what we eat. Talk about how it would feel to only eat 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 to stay healthy?
- Have a food drive with your troop or community. Deliver the food collected to your local food bank.
- Gather enough small paper bags for each girl in your troop and divide them up into three groups + one bag. Fill one group with a large amount of a small snack (raisins, pretzels, gold fish, etc.), fill the second group of bags with a small amount of a small snack (raisins, pretzels, Goldfish, etc.), leave the third group of bags empty (you may want to put some paper in there so they look like they have something) and fill the last bag full of snacks. Fold over and close up the tops of the bags so girls can't see inside. Gather in a circle and tell girls that you will have a snack and randomly hand out a small paper bag to each girl. After everyone has received a bag, let the girls open them and give them time to process what is happening (not everyone has the same to eat). How did it feel to be the one to receive the most snacks? What was your first thoughts? How did it feel to be the ones to receive nothing in your bag? How does this relate to what you have been learning about hunger? How can we come up with a solution for distributing today's snacks so that everyone has enough, and what are some action steps that we can take in our own communities so that everyone has enough to eat?
- Make a planter out of an egg carton or other recycled container. Plant bean seeds in your container and when they have sprouted, dig up half of them and see what has happened. Plant the other half in large containers 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. Do another activity from the book.
 - *This activity can connect with the "Feast of Plant Parts" and "How Plants Drink" activities on page 58 of the Daisy Between Earth and Sky Journey Leader's Guide.*
- . Visit a farm, farmer's market or food garden. Talk about where the food comes from and what happens to food we can't eat.

- *For Daisy Girl Scouts, use this as the "Celebrate Local Foods" snack activity on page 80 of the Daisy Between Earth and Sky Journey Leader's Guide.*
- Plant your own garden. Donate food you grow to a local pantry or community kitchen or sell your produce and use the proceeds of your harvest to buy nonperishable foods for a food bank.
- Make your own butter. You will need one pint of heavy cream and a one quart plastic jar with a tight-fitting lid. Put the cream in the jar and close the lid tightly. Each girl shakes the jar 25 times and then passes it along to the next girl. 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 foods 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 foods?
 - Use this activity as part of "Story Time" on page 79 of the Daisy Between Earth and Sky Journey Leader's Guide.

Juniors & Cadettes

Juniors choose 5 Activities/ Cadettes choose 6 Activities:

Include a visit to a local food pantry, shelter, or community meal program in your area.

- Go <http://www.nutrition.gov/smart-nutrition-101/myplate-food-pyramid-resources>. Talk about the different foods that make up a healthy meal. Plan a healthy snack for a troop meeting. Create a recipe book to share with healthy snack ideas.
 - *This activity can be connected to the "Energizing Snacks" activity on page 36 of the Junior Get Moving! Journey Leader's Guide.*
- Keep a diary of all the foods and drinks you consume in a day (or a whole week). Track everything. Calculate calories, protein, fat and carbohydrates you consumed. How much more did you eat than what was required by the USRDA (US Recommended Dietary Allowances)? How much food did you waste?
- Talk with your troop about what foods means to you. How does food bring you together, how it can be a way to express love and family history? Share with your troop any traditional foods that your family eats during the holidays you celebrate. Cook a traditional holiday food that smells remind you of the holiday. How does the smell make you feel?

- *Use this as part of the "Scent Sense" activity on page 43 in the Cadette Breathe Journey Leader's Guide.*
- Interview your school's dietician/kitchen manager. Ask him/her how she/he decides what foods to serve to students. Where do they get the foods from? Do they cook the meals or are they already prepared? Ask what the school does with leftover food and if there are ways that the 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?
- Interview someone from another country. Ask that person about their favorite foods from their own 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 nutritional values of the meals and why different countries use different spices and ingredients.
 - *Use this as part of the "Scrumptious Scents" activity on page 42 in the Cadette Breathe Journey Leader's Guide.*
- Gather enough small paper bags for each girl in your troop and divide them up into three groups + one bag. Fill one group with a large amount of a small snack (raisins, pretzels, Goldfish, etc.), fill the second group of bags with a small amount of a small snack (raisins, pretzels, Goldfish, etc.), leave the third group of bags empty (you may want to put some paper in there so they look like they have something) and fill the last bag full of snacks. Fold over and close up the tops of the bags so girls can't see inside. Gather in a circle and tell girls that you will have a snack and randomly hand out a small paper bag to each girl. After everyone has received a bag, let the girls open them and give them time to process what is happening (not everyone has the same to eat). How did it feel to be the one to receive the most snacks? What was your first thoughts? How did it feel to be the ones to receive nothing in your bag? How does this relate to what you have been learning about hunger? How can we come up with a solution for distributing today's snacks so that everyone has enough, and what are some action steps that we can take in our own communities so that everyone has enough to eat?
- For one week, observe if the issue of hunger is talked about in the local media - newspapers, web and television news, magazines, etc. In 2017 the population of people living below poverty in counties near you are as follows; 10.3% in Ventura, 15.4% in Santa Barbara, 13.8% in San Luis Obispo, 14.7% in Monterey, 9.7% in San Benito, and 14.7% in Santa Cruz. As of 2017 11.8% of the nation's population are living in poverty and needs help accessing enough food to eat. 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 your community? Pick one way and Take Action.

- Research poverty and hunger on the internet and answer some of these questions: What are the poverty guidelines? Can you work full time and still be poor? What are 2 of the largest groups of people seeking help with food in the United States? What is the current minimum wage? What is a livable wage in your community?
- Make your own butter. You will need one pint of heavy cream and a one quart plastic jar with a tight-fitting lid. Put the cream in the jar and close the lid tightly. Each girl shakes the jar 25 times and then passes it along to the next girl. 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 foods 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 foods?
- Explore whether there is a food/hunger-related need in your community. Write a letter to the editor of your newspaper about that need.
- Make a bulletin board at your school about hunger issues in your area. Take what you learn about hunger and food security and do a presentation to classes at your school.
- Organize a food drive with your troop at your local house of worship, in your school or neighborhood. Contact your local food bank for helpful hints on how to organize a food drive.
- Find out more about the lives of homeless people. Interview people who run shelters and serve the homeless community. Volunteer at a daycare for homeless children. Present what you learn to your class, school, house of worship, civic, or community group.
- Visit a food garden, farm stand, farmers market or farm in your community. Learn about growing plants at home. Plant your own vegetable garden in the ground or in containers. Learn how plants need light to grow. Donate your produce to a shelter or senior center.
 - *Use this as part of the "Plants, Light, Energy" activity on page 41 in the Junior Get Moving! Journey Leader's Guide or the "Getting Green with Plants" activity on page 68 in the Cadette Breathe Journey Leader's Guide.*
- Find out what compost is and how to make it. 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 compost holders).

- More than 20% of the food that we make and grow is wasted in the United States. More than 263,013,699 pounds of food are wasted every single day. Research and discuss how we waste food in this country. Find out how 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 2 action steps that reduce waste of food in your home and/or community.
- Find out what percentage of senior citizens live in poverty in your community.. Contact your local senior center to find out what services they provide for senior citizens in your area. Volunteer to assist with making and/or delivering Meals on Wheels for a month. Share your experiences with your class, school, house of worship, civic, or community group.
- In many communities there are community meals (you can search for community meals in your area using the search tool at www.justserve.org). Talk to the organizers to find out how the program started. How do they fund the program and what is involved in volunteering. Volunteer to serve meals for a month.

Seniors and Ambassadors

Choose at least 7 activities including a visit to a local food pantry, shelter, or community meal program in your area.

- How difficult is it to plan menus for a family on a Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) allotment (about \$1.40 per person per day for a family of four in the state of California)? To find more information visit: <https://www.cbpp.org/research/food-assistance/a-quick-guide-to-snap-eligibility-and-benefits>. Create on paper a day's worth of nutritious meals that you would love to eat and then visit your grocery store and price the ingredients you would need to see if you can make those foods on a SNAP budget. What kinds of foods could you afford and how much of them could you buy?
 - *Use this for the "Eat Another Person's Plate" activity on page 68 of the Sow What? Journey Leader's Guide.*
- Try to live for a week on an average Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) budget. Discuss how poverty affects nutritional choices and keep a journal of your reflections. Learn more about SNAP or other nutritional 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?

- Keep a diary of all the foods and drinks you consume in a day (or a whole week). Track everything. Calculate calories, protein, fat and carbohydrates you consumed. How much more did you eat than what was required by the USRDA (US Recommended Dietary Allowances)? How much food did you waste?
- Talk with your troop about what food means to you. How does food bring you together, how it can be a way to express love and family history? Share with your troop any traditional foods that your family eats during the holidays you celebrate.
- Research what a subsistence diet is. Live on a subsistence diet (a meager diet providing barely enough to live) for a day or two and write about your experience. How did it feel not to have enough food? Share your experience with others.
- Interview your school's dietician/kitchen manager. Ask him/her how she/he decides what foods to serve to students. Where do they get the foods from? Do they cook the meals or are they already prepared? Ask what the school does with leftover food and if there are ways that the students can help prevent food waste?
 - *Use this as part of the "Guilty Habits" activity on page 48 of the Ambassador Justice Journey Leader's Guide.*
- Interview someone from another country. Ask that person about their favorite foods from their own 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 nutritional values of the meals and why different countries use different spices and ingredients.
- For one week, observe if the issue of hunger is talked about in the local media - newspapers, web and television news, magazines, etc. In 2017 the population of people living below poverty in counties near you are as follows; 10.3% in Ventura, 15.4% in Santa Barbara, 13.8% in San Luis Obispo, 14.7% in Monterey, 9.7% in San Benito, and 14.7% in Santa Cruz. As of 2017 11.8% of the nation's population are living in poverty and needs help accessing enough food to eat. 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 your community? Pick one way and Take Action.
- 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 about your experience. Break the fast by sharing a meal together.
- Research poverty and hunger on the internet and answer some of these questions: What are the poverty guidelines? Can you work full time and still be poor? What are 2 of the largest groups of people seeking help with food in the United States? What is the current minimum wage? What is a livable wage?

- Create a blog or website that documents and shares your experiences as you learn about and take action against hunger and poverty with in your community. Make sure to follow council policies and procedures about using social media.
- Explore whether there is a food/hunger-related need in your community. Write a letter to the editor of your newspaper about that need.
- Make a bulletin board at your school about hunger issues in your area. Take what you learn about hunger and food security and do a presentation to classes at your school.
- Organize a food drive with your troop at your local house of worship, in your school or neighborhood. Contact your local food bank for helpful hints on how to organize a food drive.
- Find out more about the lives of homeless people. Interview people who run shelters and serve the homeless community. Volunteer at a daycare for homeless children. Present what you learn to your class, school, house of worship, civic, or community group.
- Break into research groups and role play being a single parent with two small children working full time on a minimum wage salary (\$11 in California). How much money do you make each month? What expenses would you have? Look in the newspaper for house and apartment rental listings. What housing can you afford and how many choices do you have? Research what utilities and childcare expenses typically are. Make a list of groceries and go to the store to see how much these would cost. Can you afford a car? How much does it cost to take public transportation to the grocery store (if it is available in your area)? Is it easy to get to the store and how much time did it take? Would your family be eligible for food stamps or free or reduced lunch at school? Keep a diary of your research and your experiences. Share what you learn.
 - *Use this as part of the "Ranking Cares and Concerns" activity on page 35 of the Ambassador Justice Journey Leader's Guide.*
- Visit a food garden, farmers market, farm stand or farm in your community.
 - *Use this activity as part of the "Food Network Story" on page 36 of the Sow What? Journey Leader's Guide.*
- Visit or volunteer in a community garden that has been started to increase food security for lower income residents.
- Plan your own vegetable garden in the ground or in containers. Donate your produce to a shelter or senior center.

- Find out what compost is and how to make it. 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 compost holders).
 - *Use this activity for the "Away with Waste" on page 62 of the Sow What? Journey Leader's Guide or as part of the "Do the Math" activity on page 49 of the Ambassador Justice Journey Leader's Guide.*
- More than 20% of the food that we make and grow is wasted in the United States. More than 263,013,699 pounds of food is wasted every single day. Research and discuss how we waste food in this country. Find out how 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 2 action steps that reduce waste of food in your home and/or community.
 - *Use this as part of the "Map out a Local Issue" activity on page 42 of the Ambassador Justice Journey Leader's Guide.*
- Contact your local senior center to find out what services they provide for senior citizens in poverty. Volunteer to assist with making and/or delivering Meals on Wheels for a month. Share your experiences with your class, school, house of worship, civic, or community group.
- In many communities there are community meals (you can search for community meals in your area using the search tool at www.justserve.org). Talk to the organizers to find out how the program started. How do they fund the program and what is involved in volunteering. Volunteer to serve meals for a month.