

Council Patches

Help the Hungry

D B J C S A

This program is designed to increase awareness toward world hunger and poverty by making contributions locally, regionally and globally to help alleviate the problems of hunger and poverty.

D B

Complete at least one activity from each section.

J C S A

Complete at least two activities from each section, including the starred activities.

Discover:

1. Take only what you will eat. Eat everything on your plate for a week. In school, restaurants and home, watch to see how much food is thrown away. Keep a daily journal of your findings.
2. * Pretend to shop for a family of four. Price items necessary for well-balanced meals to last one week. Total your bill, and discuss with your troop how costly this can be.
3. Pick a third-world country and learn about its people's lifestyle. Compare how they must live to how life is like for you in the USA.
4. Make a collage of the food pyramid. Discuss the importance of eating a well-balanced meal.

Connect:

1. * Help one afternoon at a food pantry in your area; pack boxes, weigh food and speak with the director, take a tour and see how it runs.

Take Action:

1. Make posters for your local food pantry advertising the items that they need. This would be a good activity to make the community aware of needs.
2. Collect food for your local food pantry. Make sure it is permitted in your area. You can even invite others to participate, divide up sections of the town and assign a group to each. OR Get involved with a Food Drive that is already established in your community.
3. Start a food pantry day at your local church, school or other community area and urge people to donate.
4. Volunteer your help at a local homeless shelter or mission. If possible, ask for a tour to see how it runs.
5. * Write a letter to your elected representative (federal, state or local), newspaper editor or local television station expressing your opinion on hunger issues.
6. Start a community garden that donates fresh produce to the local food pantry. Get others in the community involved. Coordinate gardening/harvesting schedules. Consider establishing your garden as a community coop, where all who help with the gardening get to enjoy some of the fresh produce.