

Stop Hunger, Start Sharing!

Teacher Instructions

Objective: Students will gain a new understanding of food insecurity and build empathy for those who don't know where their next meal is coming from.

Time Required: 45 minutes

Materials: Art supplies (markers, colored pencils) for Activity Sheet 1

Introduce the Activity

1. **Younger Level:** Invite students to share their favorite foods out loud, while passing out Coloring Activity Sheet 1. (Have art supplies ready)

Upper Level: Invite students to share their thoughts on how much they think food and groceries cost for one person. Pass out Budgeting Activity Sheet 2.

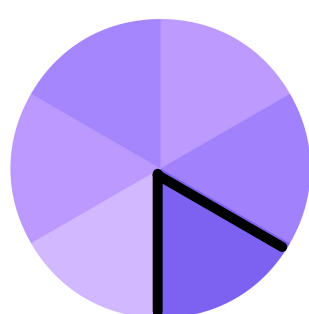
Discuss Answers

2. **Younger Level:** Talk about what foods they picked to draw and why. Talk about how it would feel to never have those foods and how being hungry can affect daily activities.

Upper Level: Ask students how they felt going through the activity? Did they find it difficult to watch their budget decrease so quickly? Why is it important to understand how budgeting for food can be difficult? (especially if your going through a hard time)

Explore Data

3. Did you know 1 in 6 kids can't get the food they need? (For visual reference, draw a pie chart for the class).



Ask the Questions

4. Younger Level:

- How would you feel if you couldn't have your favorite foods?
- How do you feel when you're hungry?
- How does it feel to be in class when your hungry?
- What if someone was hungry all the time?

Upper Level:

- What are some things you use daily that cost money?
- What are ways you could help budget for food?
- What are situations that could happen to anyone that would cost money to fix?

Explain it could be anyone

5. Talk about the factors that can cause people to be food insecure...

- Financial hardships such as: moving, getting sick, losing a job or an unexpected repair/expense.
- Talk about *food desert: living in areas that may be difficult to buy affordable or good-quality fresh food.*

Important to note: People can have different levels of food security along with moving in and out of hardships.

Empathy

6. It's important to understand situations that are different from our own. People who are food insecure can use....

Food Banks: Collect and store large amounts of food.

Food Pantries: Distribute food directly to people that need it.

Action

7. Let kids come up with their own ideas for solutions. Talk about ways they can take action and help in their community or at home!

- Donation jar
- Community/Family garden
- Volunteer at a food drive
- Explore local food charities



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My Favorite Meal

Activity Sheet 1

In the space below, draw your favorite meal. Not everyone gets to eat their favorite foods every day. Think of how much fun it would be to share this meal with someone who has NEVER eaten it before!



Need Ideas? Try One of These!



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Balancing a Budget

Activity Sheet 2

Instructions

Imagine that you are living alone and have a total of \$900 to spend for the whole month.

1. You hit a pothole and now your car needs a new tire. It costs \$100 for one new tire.
2. You now have to take the bus to work 5 days a week for 30 days.
Bus Pass: \$1 per person/day.
1. Don't forget rent is also due at the end of the month! It costs \$400 to live in your home.
2. You have a phone for work and in case of emergencies, your phone bill costs \$40.
3. Winter is coming and your catching a cold, you need to go to the doctor for some medicine. The doctors visit is \$100. The medicine you need is \$25.
4. When you get home from work you need water for showering, lights to see, gas to cook. Your utilities bill is \$100.
5. Sometimes people have to make difficult decisions about how to spend money. Making choices about how to meet all of your financial responsibilities can be difficult. So, how much do you have leftover for groceries?

Questions to think about...

- What bills surprised you the most?
- What household supplies do you need to consider getting?
- What is something you use daily that is not included in this budget?
- What if you accidentally clogged your toilet, now your bathroom is flooded. Do you have enough to pay a \$100 plumbing repair?
- What are ways you can make room for more grocery money in your budget?
- How did the unexpected bills (car repair, sudden cold) impact your budget?

There is no one-size-fits-all answer for grocery expenses. Here are some reference plans to compare to how much you should budget for groceries:

Average Thrifty Plan: \$180

Average Low-Cost plan: \$220

Average Moderate Plan: \$300

circle one

Single or Married

Car Repair: _____

Bus Fees: _____

Rent: _____

Phone Bill: _____

Medical Bill: _____

Utilities Bill: _____

Groceries Total: _____

Overview

Food insecurity is a lack of nutritious food because of current hardships. This can change depending on the situation. It is a very real problem in our country. Even if you have a job, you do not have the ability to purchase everything you would like. Next time you go to the store, pay attention to the prices of food. Notice the difference between healthy vs. unhealthy food.

Discuss

Go around the room and share thoughts on how this changes your perception of what it means to be food insecure, or what it means to be living in poverty? This can happen to anyone, and it is not always permanent.



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