

Fighting Hunger in New Jersey Statewide Girl Scout Patch Program

PURPOSE: To increase girls' understanding and awareness of hunger in New Jersey. To encourage girls to take action and help reduce hunger in their local area.

REQUIREMENTS:

Daisy, Brownie & Junior Girl Scouts - 2 starred (*) activities

Cadette & Senior Girl Scouts – 2 starred (*) plus 1 other activity

***1. Educate Yourself & Raise Awareness About Hunger –**

Daisy & Brownie Girl Scouts: *Discuss the following questions and complete the activity.*

- Have you ever been hungry? How did you feel? How would you feel if you had to be hungry for a day or two? How could you help people in your community if they are hungry?
- Make a poster to advertise your food drive. The poster should make people aware of hunger in the community and how they can help fight hunger.

Junior Girl Scouts: *Discuss the following questions & complete Activity #1. Complete Activity #2 or #3.*

Cadette & Senior Girl Scouts: *Discuss the following questions & complete all three activities.*

- Why are people hungry? Why do people not have enough food? What are the causes of hunger? How many people are hungry in New Jersey? What is the difference between a food pantry and a soup kitchen?

Activities:

1. Make & hang posters to advertise your food drive. The poster should make people aware of hunger in the community and how they can help fight hunger.
2. Find out what the average rent and utility expenses for a month (gas, electric, phone) are in your community. Calculate what a full time worker at minimum wage would earn (after taxes) in one month. Deduct monthly expenses like rent, utilities and transportation from those earnings. How

much money would remain for a family to purchase groceries? Does your family spend more or less than this in an average month?

3. People who receive food stamps get \$.85 per meal, per person, per day. For example, a family of four would have \$71.40 to spend on groceries for the whole week! Do you think this would be enough for your family each week?

To determine this, create a grocery list for your family for the week.

Remember to include personal and household items such as toothpaste, soap, laundry soap, cleaners etc.

Take a trip to the supermarket and price the items on your list. Did you stay within your budget? What items would you delete, if needed?

2. Visit a Food Pantry or Soup Kitchen

Observe their operation and find out the following information:

- How much food can each family get? How long will it last? How often can the family come and get food? What types of food go into the bags? Who works at the pantry or soup kitchen?
- Volunteer your time at a pantry or soup kitchen. What skills and talents could you contribute to help the pantry/soup kitchen feed the hungry?

3. Start A Letter Writing Campaign

- Write a letter to your school or local newspaper, mayor, congressperson, senator, or governor to express your concern about hunger in New Jersey. Ask them to take a stand against hunger and to help feed the hungry in New Jersey. Ask others to write letters, too.

4. Learn from the Professionals

- Invite a speaker from a local food pantry, soup kitchen or other emergency food or anti-hunger organizations speak to your troop.
- Ask questions about hunger in New Jersey. Find out who provides them with food. Do they ever run out of food? What happens then? Who works at their site? What is the difference between a food pantry and a soup kitchen?

OR

Watch the video about hunger titled “Faces of Hunger”, which is available to borrow from the Girl Scout Council of Bergen County Library. Please call 201-967-8100 ext. 242 to reserve. Think about the questions above. Discuss what you learned from the video with your parents and troop members.

***5. Organize a Food Drive**

- Work with others in your troop or within your community to hold a food drive. Donate food that you collect to your local food pantry or coalition of emergency food providers in your county. Check beforehand with that organization exactly what kind of food they could use.
- For local food providers in Bergen County, please see attached sheet.
- As per *Safety-Wise*, when soliciting for your food drive, do not indicate a specific organization, rather advertise that you are just helping the hungry in Bergen County. Request food, rather than monetary, donations.

Most needed pantry items:

powdered milk or parmalat	100% fruit juice
cold & hot cereals	macaroni & cheese
peanut butter & jelly	plain rice
instant potatoes	bisquick/pancake mix & syrup
coffee & tea	cleaning supplies
large size disposable diapers	toiletries & paper goods
Canned food: meat (tuna fish, etc.), baked beans or pork & beans, beef stew, pasta in sauce, fruit	

Bergen County Food Providers

The following organizations can be contacted when sponsoring a food drive:

SEFAN (Statewide Emergency, Food and Anti-Hunger Network) Lisa Pitz
201- 569-1804 x20. www.sefan.org Their website will link you to food pantries and soup kitchens that collect food in Bergen County. (Presently it is not a complete listing.)

Girl Scout Council of Bergen County
300 Forest Av, Paramus, NJ 07652
(201) 967-8100

Fighting Hunger in New Jersey
Patch Order Form

Leaders, please have your troops share their thoughts and experience with us by completing this evaluation form and returning it to the Girl Scout Council of Bergen County, 300 Forest Ave, Paramus, NJ 07652, Attn: Barbara Grady, Program Director.

PARTICIPANTS' INFORMATION: About Your Troop:

Troop # _____ Level: _____ # Girls: _____ Town: _____

Girls participating in program: _____ Patches needed: _____

Leader's Name: _____ Phone #: _____

Address: _____

ACTIVITIES RECORD (use other side if necessary)

Please describe what you learned about hunger in New Jersey:

As a troop, what did you do to educate others and/or your community about the hunger crisis in our area?

Where did you donate the food collected?

How many pounds of food did you donate?

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