

Food for Thought | Hunger Awareness

Food insecurity is when someone does not always have access to enough food and may suffer from poor nutrition and health as a result. Although research shows that food insecurity is a sweeping and systemic issue, that doesn't stop all of us from doing what we can to uplift our neighbors through service. We know that food insecurity risk increases when transportation options are limited and when grocery stores are far away or limited in number. With this project, your team will learn more about the hunger-related issues in your community, help educate others on these important topics and provide more information on how they can get involved.

- **Area of Care:** Hunger
- **Time:** 5 hrs prep and 1 hr execution
- **Sample materials:** Posters, Markers, Pens, Screen/TV, PPT, Videos
- **Photo:** El Camino High School (Bay Area) Students tabling at school service event in Fall 2022.



1. **Investigate:** Do your research! What does your team know? And what do you need to know?
 - Find facts/statistics for your area, and learn about food desserts, policies, and related topics.
 - Compile a list of resources where people can obtain food assistance, donate, or volunteer.
2. **Prepare:** Decide on a plan for sharing what you learned.
 - Will this be a forum, fair, campaign, a single event or week/month-long, in combination with another event? (IDEAS: host an afterschool event, share information during morning announcements, post on social media, table at lunch)
 - Ask a school administrator for permission and finalize the date/time/location.
 - Create videos/flyers announcing when the event will take place and what can be expected.
 - Create posters, handouts, and ways for other students to engage during the event (IDEAS: discussion questions, fact wall, bingo with prizes, volunteer sign-up)
 - Make sure everyone has a task they are responsible for to prepare for the event.
 - What will each team member do on the day of the event?

- Make it fun! How can you ensure diverse students from all grades feel included?
- Can you invite someone from a local hunger nonprofit organization to speak? Or can you plan a volunteer opportunity that students can sign up for?

3. Execute: Host your event to educate and discuss the issues you have researched.

4. Reflect:

- *Debrief:* As a team, spend 15 minutes discussing how the project went (highs, lows, things you would change).
- *Reflect:* What was the impact on the people who learned more about hunger in your area? What was the impact on you and your teammates? What did you learn (about yourselves, your community)? What leadership skills did you use/improve?

5. Share:

- Report your impact. Think about the number of people served and the impact on the beneficiaries. Also, gather quotes and stories when possible.
- Share: Tell others about your project and the impact made, through social media and your school channels.