

TAKE ACTION!

FEED THE HUNGRY

According to figures released by the World Bank, one out of every eight human beings is hungry most of the time. It is estimated that one billion people in the world suffer from hunger and malnutrition. About 24,000 people die every day from hunger or hunger-related causes. This is down from 35,000 ten years ago, and 41,000 twenty years ago. Three-fourths of the deaths are children under the age of five.

In 1999, a year marked by good economic news, 31 million Americans were food insecure, meaning they were either hungry or unsure of where their next meal would come from. Of these Americans, 12 million were children. Famine and wars cause about 10% of hunger deaths, although these tend to be the ones you hear about most often. The majority of hunger deaths are caused by chronic malnutrition. Families facing extreme poverty are simply unable to get enough food to eat.

No one Girl Scout troop will be able to put an end to hunger but we can work together to make a difference. Not only do we have to contribute to local food agencies, we need to change the way we think when it comes to food and hunger. You will find suggestions for a Feed the Hungry Calendar on the following pages. This is a great project to do with your girls to increase awareness of hunger issues and to give them 12 tangible ways to help hungry people.

It is also a great idea to utilize troop activities and meetings as a time to collect food items for your local food pantry or soup kitchen. You might want to tell the girls that the "price of admission" to the next activity or meeting also includes a non-perishable food item. Make sure you emphasize to the girls that the kind of food that is best for donation is healthy, nutritious food that goes a long way - rice, pasta, tuna, peanut butter all are good choices for donation.

FEED THE HUNGRY CALENDAR

Attach these suggestions to the top part of the calendar page, add a photo or drawing to each page in order to create your calendar.

JANUARY

www.thehungersite.com

Every time you log on to The Hunger Site and then click on the icon that says, "Give Free Food Now", the website sponsors donate 1 cup of rice to people in need. You can log on EVERYDAY and help feed the hungry people of the world!

DRAW or TAKE A PICTURE OF YOU CLICKING ON TO THE HUNGER SITE AND DONATING TO PEOPLE IN NEED!

FEBRUARY

THE SHOPPING HABIT

Every time you go to the supermarket, buy something specifically for donation to the food bank. Remember the best foods to donate are HEALTHY foods that serve many, such as: rice, beans, peanut butter, cereal, tuna and pasta.

DRAW A PICTURE OF YOU SHOPPING FOR FOOD FOR DONATION

MARCH

BE A COUPON CLIPPER

Clip healthy food and toiletry coupons from newspapers, magazines and circulars. Donate them to your local food pantry. Remember coupons expire so donate them regularly!

DRAW A PICTURE OF YOU CUTTING COUPONS FOR DONATION

APRIL

SPRING CLEAN YOUR KITCHEN OR PANTRY

We all have food in our kitchen and pantry that we bought and then decided not to use. Gather these food items and donate them to a food pantry or a soup kitchen.

DRAW A PICTURE OF YOU GATHERING FOOD FOR DONATION

MAY

VOLUNTEER WITH YOUR FAMILY

Go with your family and friends and volunteer to cook, set up, serve and clean up a meal at a soup kitchen or volunteer at a local food pantry.

DRAW A PICTURE OF YOU AND YOUR FAMILY SERVING A MEAL TO HUNGRY PEOPLE

JUNE

STRAWBERRY PICKING

June is the month for strawberries. Go strawberry picking with your family, friends or Girl Scout troop. Keep half the strawberries you pick and donate the other half to a food pantry or soup kitchen. You might want to make strawberry preserves or strawberry pies to donate as well.

DRAW A PICTURE OF YOU STRAWBERRY PICKING WITH YOUR TROOP

JULY

BUY FOOD AND PRODUCTS THAT HELP OTHERS

Many companies donate a portion of their profits to organizations that help others. Ben & Jerry's Ice Cream, Paul Newman Products, McDonald's, Wendy's, American Express and Land's End all donate some of their profits to help make the world a better place. Try to buy these products whenever you can!

DRAW A PICTURE OF YOU EATING BEN & JERRY'S ICE CREAM

**AUGUST:
BE A TEACHER**

Try to teach others about what you have learned concerning hungry people. Talk about the things you can do to help hungry people in school, church, synagogue, mosque or your Girl Scout troop and to your friends and relatives. Get other to help you with your projects for the hungry.

**DRAW A PICTURE OF YOU TEACHING YOUR FRIENDS ABOUT WAYS TO
HELP THE HUNGRY**

**SEPTEMBER:
ORGANIZE A FOOD DRIVE**

Organize a food drive for your Girl Scout troop, school, church, synagogue or mosque. Collect non-perishable (things that will not spoil) foods and bring them to the **Council Helping Hands Food Drive in October**.

DRAW A PICTURE OF YOU WITH LOTS OF HEALTHY FOOD FOR DONATION

**OCTOBER:
A GOO DEED ON HALLOWEEN**

Donate a predetermined portion of your Halloween candy to a soup kitchen or food pantry. You can decide to donate 10% (for every ten pieces of candy you have, you donate one) or you can donate the candy that you do not like. Either way someone will be happy to get a Halloween treat. Set up a large bowl by your door for trick-or-treaters. Ask them to put in a donation of candy for you to bring to the soup kitchen. Try it, most kids put candy into the bowl when they came to trick or treat.

DRAW A PICTURE OF YOU TRICK OR TREATING

**NOVEMBER
BE THANKFUL ON THANKSGIVING**

Take time during your Thanksgiving Feast to talk about the problems of hunger in the world. Use the Thanksgiving meal as a time to choose a project for you and your family to do to help the hungry. Buy an extra can or jar of ingredients to donate to the food pantry.

DRAW A PICTURE OF YOUR THANKSGIVING FEAST

DECEMBER

HOLIDAY BAKING FOR EVERYONE

Many families bake all kinds of delicious treats for the holidays: cookie, pies, cakes and candy. Bake a special batch of treats for the food pantry so that everyone can have a happy and sweet holiday!

DRAW A PICTURE OF YOUR FAVORITE HOLIDAY TREAT