



Explore Foodbank

foodbankonline.org



Since 1981, the Foodbank of Southeastern Virginia and the Eastern Shore, a member of Feeding America™ and the Federation of Virginia Food Banks, has been providing food for hungry people throughout Southeastern Virginia and on the Eastern Shore. In our mission to lead the effort to eliminate hunger in our community, the Foodbank has distributed over 331 million pounds of food equating to over 276 million meals throughout our 4,745 square mile service area, which includes the cities of Norfolk, Portsmouth, Chesapeake, Suffolk, Franklin and Virginia Beach as well as the counties of Southampton, Northampton, Sussex, Isle of Wight and Accomack. During the 2016-2017 fiscal year, the Foodbank distributed over 18 million pounds of food equating to 15 million meals to the community

GUIDELINES: Learn more about the Foodbank and hunger in your community, all while earning a patch!

| | DISCOVER | CONNECT | TAKE ACTION | ANY ACTIVITY UNDER ANY KEY | TOTAL NUMBER OF ACTIVITIES |
|------------------------------|----------|---------|-------------|----------------------------|----------------------------|
| Girl Scout Daisy | 1 | 1 | 1 | 0 | 3 |
| Girl Scout Brownie | 1 | 1 | 1 | 1 | 4 |
| Girl Scout Junior | 1 | 1 | 1 | 2 | 5 |
| Girl Scout Cadette | 1 | 1 | 1 | 3 | 6 |
| Girl Scout Senior | 1 | 1 | 1 | 4 | 7 |
| Girl Scout Ambassador | 1 | 1 | 1 | 5 | 8 |

DISCOVER

- Learn more about the Foodbank of Southeastern Virginia and the Eastern Shore by watching the Hungry Kate Video with an adult here: <https://www.youtube.com/watch?v=2ADaMBwlqIY>.
- List five food pantries or soup kitchens that are *not* the Foodbank within your area. What is the difference between a food bank, a food pantry and a soup kitchen?
- Review the Foodbank’s most wanted items with an adult here: <https://foodbankonline.org/how-to-help/donate-food/host-an-online-food-fund-drive/>. Why do you think that we request these particular items.
- Research the Federation of Virginia Foodbanks. What is the Foodbank’s connection to the Federation?
- Research Feeding America. What is the Foodbank’s connection to Feeding America?

CONNECT

- Request a tour of the Foodbank with an adult to learn about what we do here: <https://foodbankonline.org/request-speaker-tour/>.
- With an adult, research a food pantry or soup kitchen closest to you. Come up with five unique questions to ask that agency and give them a call!
- When you are at your local grocery store next, check to see if they are running any campaigns to benefit the Foodbank. With the store’s permission, take a picture to show what the campaign is all about.

TAKE ACTION

- Register to volunteer with an adult here: <https://foodbankonline.org/how-to-help/donate-time/volunteer/>.
- Be eco-friendly! If anyone you know uses plastic bags, encourage them to recycle their bags by giving them to you. The Foodbank can use recycled grocery bags for our mobile pantry distributions and, if we can’t, we get paid to recycle!
- Host a traditional food drive. Try to collect 100 pounds of food, and deliver it to the Foodbank during your tour or volunteer shift. For more information on how to host a food drive, please visit our website with an adult here: <https://foodbankonline.org/how-to-help/donate-food/host-an-online-food-fund-drive/>.
- Become an advocate for the Foodbank! With an adult’s permission, record a PSA and help spread awareness about hunger, then share that with us by emailing your video to Candice Burton at cburton@foodbankonline.org.