



Explore the Foodbank

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.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

	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 by watching the [Hungry Kate Video](#) on YouTube with an adult.
- 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?
- 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

- Become a [Hunger Hero](#) and join the annual food and fundraising competition!
- 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 at the Foodbank](#) with an adult.
- Be eco-friendly! Encourage anyone you know to recycle their bags by giving them to you. The Foodbank can use recycled grocery bags for their mobile pantry distributions or get paid to recycle them!
- [Host a traditional food drive.](#) (Visit this page with an adult.) Try to collect 100 pounds of food, and deliver it to the Foodbank during your tour or volunteer shift.
- Become an advocate for the Foodbank! With an adult's permission, record a PSA and help spread awareness about hunger, then share it with us at gsc.org/blog#story.