

ANSWER:

WHEN I'M HUNGRY, I



FOOD *for* OTHERS

# THE FACTS:

- A. 1 in 6 Children Experience Childhood Hunger
- B. 13 million children live in food insecure homes
- C. Summer is the hungriest time of the year for children who rely on school meals

SOURCES: CHILDREN'S DEFENSE FUND (MARCH 2021 REPORT), FEEDING AMERICA

# FOOD INSECURITY



## TALK ABOUT IT:

- What is your favorite food?
- Do you like to go to the grocery store with your family?
- When you hear this phrase, what do you think it means? What do you think insecurity means?

# FOOD INSECURITY

DEFINE IT:

LACK OF CONSISTENT ACCESS TO  
HEALTHY FOOD (USDA DEFINITION)

Post Definition Chat:

What do you think is a healthy food?

What do you think is an unhealthy food?

Where can you buy unhealthy food?

# EDUCATIONAL VIDEO

[HTTPS://WWW.YOUTUBE.COM/WATCH?  
V=XXVLLHXB5U4](https://www.youtube.com/watch?v=xxvllhxb5u4)

## Post Video Chat:

Use one word to describe how this video made you feel  
Why do you think people are struggling with hunger?

# WHAT CAN YOU DO TO HELP

- A. You never know who around you is experiencing hunger so please be kind! Don't judge people for seeking help!
- B. Hold a food drive
- C. Talk to your local food bank about volunteering with an adult
- D. Ask for donations to a nearby food bank at your next birthday party
- E. Be creative! All new ideas are welcome!

# REFLECTION TIME!

Answer:

What's one new thing you learned today?

Activity:

Write down one **ACTION ITEM** you can do this year to help those struggling with food insecurity! Make a plan to complete them as a group!