

ANSWER:

WHEN I'M HUNGRY, I



FOOD *for* OTHERS

THE FACTS:

- A. 1 in 7 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: FEEDING AMERICA

EDUCATIONAL VIDEO

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

Post Video Chat:

Share one word to describe how this video made you feel
Why do you think people struggle with food insecurity?

FOOD INSECURITY



TALK ABOUT IT:

- Write down your own definition of food insecurity
- Share what you think food insecurity means and why you have that impression

FOOD INSECURITY

DEFINE IT:

LACK OF CONSISTENT ACCESS TO
HEALTHY FOOD (USDA DEFINITION)

Post Definition Chat:

Was this definition similar or different to your definition?

Why do you think we use the phrase food insecure instead of
hungry?

A PERSON IS FOOD SECURE IF...

- a. A grocery store with healthy options is available to them
- b. They can afford to buy fruits and vegetables
- c. They have access to food other than fast food
- d. They can regularly eat **nutritionally complete** meals
- e. They have access to foods that are **culturally relevant**

Post Definition Chat:

Were you previously familiar with the term
food secure?

What would make a meal nutritionally
complete?

FOOD DESERT

REGIONS WHERE PEOPLE HAVE LIMITED
ACCESS TO HEALTHY AND AFFORDABLE
FOOD

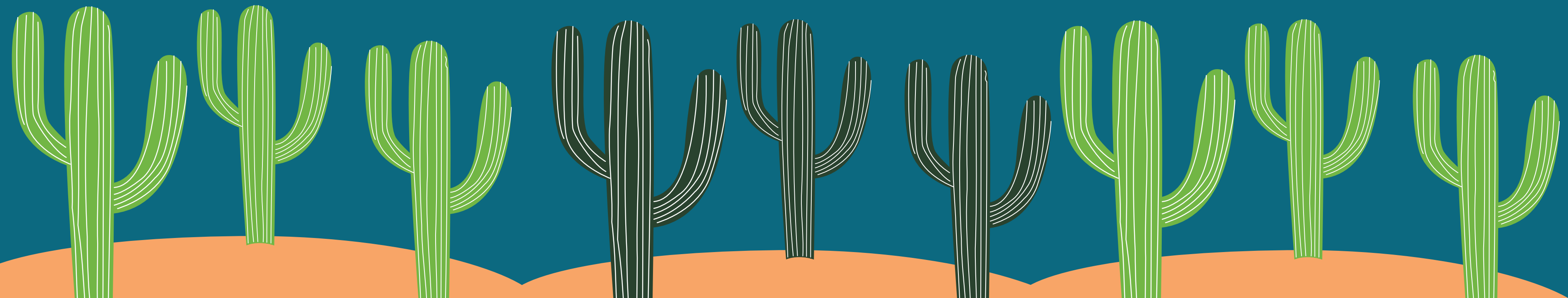
Post Definition Chat:

Have you heard the term food desert before? If so, what are your past impressions of it?

Where do you think the closest food desert is to you?

FOOD DESERTS BY THE NUMBERS

- Food deserts have a poverty rate greater or equal to 20% (USDA)
- In an urban food deserts, 33% of a community lives more than one mile from the largest grocery store (USDA)
- People living in the poorest Socio-Economic-Status areas 2.5x more exposure to fast food restaurants than people in wealthy areas (DoSomething)



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!