



Girl Scouts Fighting Hunger in New Jersey

A patch program for all age levels.

* Starred activities are required, plus one addition activity.

This program was created by the Program Cluster (representing all 10 Councils in New Jersey) in collaboration with SEFAN. It is a state-wide necessary initiative because food pantries and soup kitchens are seeing dramatic increases in the number of people they serve while at the same time decrease in the donation of food. Some emergency food providers have to cut back on the amount of food they give out. These empty shelves turn away hungry people: working families who are still poor; the elderly and persons with disabilities on fixed incomes; the middle class, middle aged people who recently lost jobs; and immigrants.

Patch Requirements:

*1. Have a speaker from a food pantry, soup kitchen or other emergency food or anti-hunger agency speak to your troop. Ask questions about hunger in New Jersey.

What are the causes of hunger? How many people are hungry in New Jersey? What can people do to help fight hunger? What is the difference between a food pantry and a soup kitchen? From where do food pantries and soup kitchens get their food? What happens when they run out of food?

2. Visit a food pantry or soup kitchen.
 - a. Observe what they do there. How could you volunteer? How many bags of food does each family get? How long does it last? What types of food go into the bags?
 - b. Volunteer your time at a pantry or soup kitchen. What skills and talents could you contribute to help the pantry/soup kitchen feed the hungry?

3 . Educate yourself and your community about the causes of hunger.

- a. Coordinate Activity #1 with your troop, family and/or class (see attached activity sheet). Talk about what you learned with your family, classmates and/or teachers.

Activity #1: Research how much the average rent and utility expenses (gas, electric, phone) are in your community. Calculate with a full time worker at minimum wage would earn (after taxes) in one month. Subtract monthly expenses from wage. How much does this family have left to buy groceries? What is their food allowance for the month?

- b. Do Activity #2. Talk about what you learned with your family, friends, classmates and/or teachers.

Activity #2: People who receive food stamps get \$.85 per meal/ per person/ per day to buy food for a month. Prepare a grocery list for your family. Include all the things that your family needs for the week. Include nutritious foods from all 4 food groups (pasta, rice, beans, fruit, vegetables, bread, eggs, milk, juice, chicken, fish, cereals). Do not forget to include any personal items (toothpaste, soap, toilet paper). Go grocery shopping for your family (you can do with your mom or dad). Make purchases using your grocery list, but remember: You can only spend \$.85 per meal/ per person/ per day. For example: family of 4 could only spend \$71.40 for the whole week. What can you really get for that amount of money? What types of food are you not able to buy? Do you think this is enough money to buy groceries for your whole family for a week?

- c. Raise awareness about hunger by giving a talk at your school, church or other organization, by making and hanging posters, or by writing an article for your school paper. Tell others about the existence of hunger and its causes in New Jersey and how they can help.
- d. Write a letter to the editor in your local newspaper about the growing problem of hunger in New Jersey and how people can help.

4. Start a letter writing campaign.

- a. Write a letter to your mayor, congressperson, senator or governor to express your concern about hunger in New Jersey. Ask them to take a stand against hunger and to help feed the hungry in New Jersey
- b. Have others in your family, neighborhood, troop write letters to their government representatives asking them to take a stand against hunger and to support efforts to feed the hungry in New Jersey.

*5. Organize a food drive.

Work with others in your troop or within your community to hold a food drive. Donate food that you collect to your local food pantry or to the coalition of emergency food providers in your county.

How do we do this?

Conducting a sponsored food drive is simple! Follow these easy steps.....

- ▶ Designate about a two week period for the collection of food
 - ▶ Have a contact person within your group available to answer any questions
 - ▶ About one month prior to your food drive, start ADVERTISING:
 - ▶ Send notices out via e-mail, put an article in newsletters
 - ▶ Make posters. Be sure to include food drive collection dates, where food collection points will be located, and who the food drive will benefit
 - ▶ Hang posters in your neighborhood
 - ▶ Make copies of the "Most Needed Items" list and distribute.

 - ▶ Call SEFAN so that we can help arrange for the pick up of the collected food
 - ▶ Make arrangements for any cash donations or supermarket gift cards to be secure
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Follow through: How much food was collected? How many families will it feed?
Let your community know the outcome of the food drive.

They need to know they made a difference!

Need assistance organizing your food drive?

Call Lisa Pitz at SEFAN (201) 569-1804 ext. 20

Most Needed Pantry Items:

Canned meat (tuna fish, etc.)

Powdered milk or Parmalat

100% Fruit Juice

Cold and hot cereals

Macaroni and Cheese

Baked beans or pork & beans

Canned beef stew

Canned pasta in sauce

Peanut butter and jelly

Canned fruit

Plain rice

Canned or instant potatoes

Bisquick / pancake mix and syrup

Coffee and tea

Cleaning supplies

Large size disposable diapers

Toiletries and paper goods

www.sefan.org