



# **Food for All Patch Program**

An At-Home Patch Program

## Girl Scouts of California's Central Coast Food for All Patch Program



This patch program helps girls focus on how they can help end hunger locally and globally while learning more about their own nutritional needs. The activities will help girls learn about hunger as a contemporary issue. Organized by Girl Scout age level, they will be encouraged to take on activities that engage, educate and empower them to fight hunger. Encouraging girls to discover their community's needs, connecting with local resources and taking action by making the world a better place is the focus of this program.

### Program Outline

- All levels must complete the required activities.
  - Daisies and Brownies must complete 1 additional activity
  - Juniors and Cadettes must complete 2 additional activities
  - Seniors and Ambassadors must complete 3 additional activities

## Required Activities

**Everyone must complete the following 5 requirements:**

- Talk with your family about what food means to you. How does food bring you together, how can it be a way to express love and family history? Does your family have any traditional foods that are special for holiday celebrations? Cook a traditional holiday food. Does the smell remind you of a particular holiday? How does the smell make you feel?
- Explore what children eat in different cultures around the world. (Do you know someone from another country? Call that person and ask them about their favorite foods from their country.) Make a meal from another culture with your family. Compare the nutritional value of these meals. Talk about the different flavors and scents of these foods.
- Gather enough small paper bags for each person in your family.
  - Fill one bag with a large amount of a small snack (raisins, pretzels, gold fish, etc.)
  - Fill another bag with a small amount of a small snack (raisins, pretzels, Goldfish, etc.)
  - Leave the rest of the bags empty (you may want to put some paper in there so they look like they have something)
  - Fold over and close up the tops of the bags so no one can see inside
  - Gather in a circle and tell everyone you have made a snack for the family
  - Randomly hand out a small paper bag to each person
  - After everyone has received a bag, let them open their bag
  - Give everyone time to process what is happening (not everyone has the same items to eat).
  - Ask your family the following questions - How did it feel to be the one to receive the most snacks? What was your first thought? How did it feel to be the one to receive nothing in your bag?
  - How does this relate to what you have been learning about hunger? Can you come up with a solution for distributing today's snacks so that everyone has enough, and what are some action steps that we can take in our own communities so that everyone has enough to eat?
- Go to <https://www.choosemyplate.gov/> Talk with your family about the different foods that make up a healthy meal. Make a fruit or vegetable salad as part of a healthy meal or snack for your family.
- Find out what compost is and how to make it. Make your own indoor or outdoor compost holder (call your county extension agent or a nature center for helpful information on composting. YouTube has amazing videos on how to build a compost holder).

## Additional Activities

**Daisies and Brownies must complete 1 additional activity from the list below.**

- Have a discussion: Which foods do you like? Which are healthy for you? Which are less healthy? Make a visual collage of the healthy foods.
- Make a meal of what children experiencing famine might eat in a day. Talk with your family about the difference in this and what you eat in one day. Talk about how it would feel to only eat ½ cup of rice in a whole day. How would your body feel? Would you feel tired? Cranky? How much do we need to eat to stay healthy?
- Make a planter out of an egg carton or other recycled container. Plant bean seeds in your container and when they have sprouted, dig up half of them and see what has happened. Plant the other half in large containers and watch them grow. Explore other great gardening activities at [Hands-On Gardening and Nature Project](#).
- Make your own butter.
  - You will need one pint of heavy cream and a one-quart plastic jar with a tight-fitting lid.
  - Put the cream in the jar and close the lid tightly.
  - Shake the jar until butter starts to form (look for flakes, then small pieces and then chunks of butter in the cream). Ask your family to help you with the shaking.
  - After big lumps form, open the jar and carefully pour off the watery "buttermilk."
  - With clean hands, roll the butter into a ball and then taste it on bread or crackers.
  - Talk about how much time it takes to make foods without using any mixes or quick food preparation techniques. How would our lives be different today if we always had to grow and make our own foods?

**Juniors and Cadettes must complete 2 additional activities from the list below.**

- Go to <https://www.choosemyplate.gov/> Talk about the different foods that make up a healthy meal. Make a healthy snack for your family. Create a recipe book to share with healthy snack ideas.
- Keep a diary of all the foods and drinks you consume in a day (or a whole week). Track everything. Calculate calories, protein, fat and carbohydrates you consumed. How much more did you eat than what was required by the USRDA (US Recommended Dietary Allowances)? How much food did you waste?
- For one week, observe if the issue of hunger is mentioned in the local media - newspapers, web and television news, magazines, etc. In 2017 the population of people living below poverty in counties near you are as follows; 10.3% in Ventura, 15.4% in Santa Barbara, 13.8% in San Luis Obispo, 14.7% in Monterey,

9.7% in San Benito, and 14.7% in Santa Cruz. As of 2017, 11.8% of the nation's population are living in poverty and needs help accessing enough food to eat. How and how often do we see this represented in the news? What are some ways that you and your family could raise awareness about hunger in your community? Pick one way and Take Action.

- Research poverty and hunger on the internet and answer some of these questions: What are the poverty guidelines? Can you work full time and still be poor? What are two of the largest groups of people seeking help with food in the United States? What is the current minimum wage? What is a livable wage in your community?
- Explore whether there is a food/hunger-related need in your community. Write a letter to the editor of your newspaper about that need and share some of your ideas regarding solutions.
- Find out more about the lives of homeless people.
  - [Kid Power: Small But Mighty](#)
  - [PowToon: Sam Finds Out About Poverty](#)
  - [My Job at the Homeless Shelter](#)
- Learn about growing plants at home. Plant your own vegetable garden in the ground or in containers. Learn how plants need light to grow. Donate your produce to a shelter or senior center.
- It is estimated that between 30-40% of the food made and grown in the USA is wasted. Approximately 150,000 tons of food are wasted every single day – equal to a pound per person. Research how food waste happens in this country. Find out how restaurants in your community donate their excess food to organizations that feed hungry people. How do food banks reduce the amount of food wasted? Journal how food is wasted in your family over a given week. Come up with two action steps that could reduce food waste in your home and community.

**Seniors and Ambassadors must complete 3 additional activities from the list below.**

- How difficult is it to plan menus for a family on a Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) allotment (about \$640 a month for a family of four)? Let's find out!
  - Create on paper a day's worth of nutritious meals that you would love to eat. Using the internet, price the ingredients you need for these meals. Can you make those foods on a SNAP budget? What kinds of foods could you afford and how much of them could you buy?To find more information visit: <https://www.cbpp.org/research/food-assistance/a-quick-guide-to-snap-eligibility-and-benefits>.
- Research what a subsistence diet is. Live on a subsistence diet (a meager diet providing barely enough to live) for a day or two and write about your experience. How did it feel not to have enough food? Share your experience with your family.

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- Role-play being a single parent with two small children working full time on a minimum wage salary (\$13 in California). Answer the following questions.
  - How much money do you make each month?
  - What expenses would you have?
  - Look in the newspaper for house and apartment rental listings. What housing can you afford and how many choices do you have?
  - Research what utilities and childcare expenses typically are.
  - Make a list of groceries and use the internet to see how much these would cost.
  - Can you afford a car?
  - How much does it cost to take public transportation in your city? Keep a diary of your research and your experiences. Share your insights with others.

**Fill out this form when completed:**

<https://www.cognitofrms.com/GirlScoutsOfCaliforniasCentralCoast2/GSCCCFoodForAllPatchProgramAtHome>

**Patch Purchase Link:**

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