Girl Scouts Heart of the Hudson

# Food Patch—I Can Help Patch Program

Connect to your community as you gain an understanding of how hunger affects individuals and families where you live. Take action to help ease the effects of hunger. To earn this patch, Girl Scout Daisies must complete numbers 1-5, Brownies must complete numbers 1 thru 6. Juniors must complete 1-7, 8 OR 9, and 10-11. Cadettes, Seniors and Ambassadors must complete all

1. Visit -Connect to your community. Visit a food pantry, soup kitchen, or other group in your neighborhood that provides food to those in need.

2. Create—Educate others on the issues surrounding hunger in the Hudson Valley by designing an informative poster. Display your work at your school or place of worship.

3. Feed a Family—Learn what it takes to feed a family. Organize and collect at least one day's food supply sufficient to feed a family of four. Donate your food to a local shelter.

4. You Are What You Eat—Keep track of what you eat for a week. Divide what you eat into the four major food groups by creating an "I am what I eat" collage. Identify the five major nutrients and explain how they help your body grow.

5. World Hunger Game—To gain an understanding of hunger, play the "World Food Game". Divide a box of raisins so that one girl gets the majority of the raisins, four girls get a smaller quality, two girls get a couple, and the rest of the girls get nothing. Discuss how you felt during the game. Do you think the raisins were divided fairly? How did you feel about the number of raisins you received? How does this game help you understand the issues related to hunger?

6. Discover Healthy Life Skills - Plan a one week menu for yourself. Make sure it is a balanced diet using the four basic food groups and add snacks for each day.

7. What's the Cost? - Check the cost of the foods you have chosen. How much would it cost you to feed yourself for one week? How much would it cost to feed a family of four? Research the terms "recommended daily allowance" and "USRDA".

8. Action Plan—Develop an action plan that would help ease the problem of hunger. Send your ideas to legislators who can make a difference in combating hunger.

9. Essay—Gather information on nutrition and practice your writing skills by creating an essay. Explain why it is important to adopt good eating habits at an early age.

10. Volunteer—Take action and make the world a better place. Volunteer your services to help distribute food to those in need. Contact your local food distribution pantry for assistance.

11. Survey—Connect with your school. Conduct a classroom or school-wide poll to survey eating habits and attitudes towards nutrition. Share the results with your troop.