

Solutions To Hunger

Maine Learning Results: Social Studies:A1, A2, A3, C2

Purpose: To introduce multiple strategies connected to real life examples, for how to counteract hunger in our communities.

Key Concepts:

- There are many ways to help end hunger in our communities
- We can find out about these by getting in touch with people and asking questions.

Activity:

- 10 minutes. Take a brainstorm from the class to summarize what they know and have learned about hunger both in our country and around the world during the last month.
- 10 minutes. Introduce the plan for the day; we will be breaking into groups and each group will have the assignment of reading and discussing one of six different approaches to ending hunger. Go over glossary terms.
- 20 minutes. Divide the class into groups. Present each group with their information card, and tell them they have 20 minutes to discuss the information and answer the question on the card. Tell them that they will have to present what their group came up with to the rest of the group at the end of the 20 minutes.
- 10 minutes. Presentations. Everyone should receive a worksheet or scrap paper for this part, and they need to fill in or write down the name of each of the six solutions, and a sentence telling basically how it helps end hunger.

Time Frame: 50 minutes

Follow-Up: Groups can brainstorm a list of questions to answer by doing research into each of the six examples of ways to end hunger. They can search online or call the real life examples up and do interviews. Information could be summarized in posters, or mini-resource books.

Materials: Information for cards with solutions to Hunger:

Group 1; Food Rescue from Institutions

- Food rescue is when someone has food that is going to be wasted or thrown out and it is saved instead and given to or cooked for people in need.
- Food can be rescued from businesses or institutions who deal with a lot of food. Can you think of any businesses or institutions that might throw away a lot of perfectly good food on a regular basis?
- What do you think might be some of the challenges in rescuing food and getting it to people? (What does food need to stay fresh?)
- Can you think of any places where you could bring food that has been rescued? Where would it be needed?

- What are some of the benefits of food rescue?
- One example of an organization that does food rescue is Wayside Evening Soup Kitchen in Portland. They have refrigerated vans and trucks that go around to supermarkets and take all of the good food that the stores are about to throw away and cook lunch and dinner every day of the year for 200 or more people. They do most of the pick-ups and all of the cooking with volunteer labor, and they use free rescued food and thus are able to feed around 145,000 meals a year with very little money spent.

Group 2; Individual Opportunities

- What are some of the things that we as individuals can do to help end hunger in our communities? Try and think of four examples.
- Which of these could we do regularly?
- How many of these things can we do for free? How much time do they take?
- What would happen if everybody or almost everybody in a community tried to do some of these things regularly?
- Some of the things that people already do in our community as individuals working to end hunger are; food drives and giving donations, Plant a Row for the Hungry, and volunteering. Food drives are when a class or a group of people get together and try to collect extra food from their school or friends or community to give to those in need by bringing it to an emergency food provider. Plant a Row for the Hungry is a program in which people with gardens set aside a part of their garden that is going to be given to food pantries and soup kitchens or neighbors in need. Volunteering is needed in soup kitchens and food pantries, and even if you have no food or money to donate you can give time to help cook or clean up.

Group 3; Food Rescue from Farms

- Food rescue from farms is called gleaning. This is when people go out to a farm and collect the extra food that never got harvested or didn't make it to market, and they bring this food to be donated to the emergency food system.
- Why do you think that there is extra food from farms to be gleaned?
- What do think some of the challenges of gleaning food are?
- What are some of the good things about gleaning or getting gleaned food? (Think in terms of nutrition.)
- One example of an organization that feeds a lot of people with gleaned food is Salvation Farms in Vermont. A woman that used to be a farmer started that group because she saw that there was so much food being wasted from farms that could be going toward feeding hungry people in Vermont. She organizes groups of volunteers to go out to farms and pick the food that would otherwise be going to waste and then she donates it to the emergency food system. She helps feed thousands of people with fresh, healthy food by doing this.

Group 4; Local Distribution

- Distribution is the method by which food gets to the people who need it.

- For example, Cultivating Community, where Kae works, harvests on Wednesday mornings from the Oxford Street Garden, and brings the produce down the street to the Preble Street Resource Center. On Thursdays, Preble Street distributes the produce through their food pantry to people who need it. They walk in and get a share of whatever food is there. This is one example of local distribution.
- What are some of the challenges of food distribution?
- What do you think are some problems that exist that affect people's abilities to receive food donations from emergency food providers? (Do you think that people who work full time can take off from work to go to the food pantry during the afternoon on a Thursday? Do you think that people sometimes feel weird or bad about having to ask for food? What about people who have dietary restrictions like eating halal or kosher?)
- One example of local food distribution is the Preble Street Resource Center. They have three cooked meals served every day to as many as 200 people per meal. They also have a food pantry once a week where they give away food to be taken home and cooked. Anyone can show up to either the meals or the pantry to get food.

Group 5; Local Farms and Food Sovereignty

- Food sovereignty means roughly that there is enough food produced in an area to feed the people in that area. The area is self-sufficient as far as food is concerned.
- Do you think that our area is self sufficient as far as food is concerned?
- How could food sovereignty help end hunger in our community?
- What do you think are some of the reasons that food sovereignty is not something that is common in our country right now? Think back to what you know about local foods.
- Do you think that food sovereignty is a possibility in our town?
- What would it take to make that happen?
- One example of a city that claims food sovereignty is Havana, Cuba. Cuba is an island country which used to receive food supplements from the Soviet Union. Once the Soviet Union fell apart, they stopped receiving food, they found themselves suddenly without enough food or fossil fuels to transport food. So, people started planting gardens where they lived, even if it was in the middle of a city. Soon Havana was 80% food self sufficient. That means that they were growing almost all of the food that everyone needed right in the city itself, and since there was enough food for everyone easily accessible because it was growing right nearby, people were less likely to go hungry because they didn't have access to food that was shipped from far away and ended up in stores where you need money to buy it.

Group 6; International Solutions

- Using the information pages at the back of the book WHY; World Hunger Year, and the internet research the organizations:

Unicef

Bread for the World

Heifer International

Oxfam

- Summarize what these organizations do and how you can help them.

Other materials: WHY; World Hunger Year book, paper, pencils, access to internet.