

Are you hungry for a great service project?
Here's some food for thought:

TWO OUT OF EVERY FIVE CHILDREN
IN LOS ANGELES COUNTY ARE AT RISK OF HUNGER.

Help Girl Scouts of Greater Los Angeles fight hunger!



Saturday, April 30, 2016

PARTICIPATION

Fight hunger in your community and earn the *Feed Your Neighbor* patch by completing activities that weave in the three keys of the Girl Scout Leadership Experience: Discover, Connect, and Take Action. It all culminates with a one-day food drive and day of service!

PROCESS

1. Choose the appropriate activities from the Feed Your Neighbor Patch Program
2. Complete three requirements, including one activity on Saturday, April 30, 2016
3. Exchange your completed evaluation form(s) for the Feed Your Neighbor patch(es)*

PARTNERS

GSGLA is proud to have Ralphs/Food 4 Less as the exclusive grocery partner of the 2016 Feed Your Neighbor Food Drive & Service Day.



Questions? Go online to www.girlscoutsLA.org for resources, information, and the Feed Your Neighbor frequently asked questions (FAQs).

**Must submit evaluation within 2 weeks of program completion. Patches subject to availability after April 30.*



Feed Your Neighbor Patch Program DAISIES AND BROWNIES

Choose at least one activity from each leadership key.

STEP 1 – DISCOVER Choose one.

- Take a hunger quiz like one of these and discuss what you learned:
 - No Kid Hungry – <http://nokidhungry2.org/quiz>
 - Feed America -- <http://feedingamerica.org/hunger-in-america/hunger-facts/quiz.aspx>
 - Kids Can Make a Difference – <http://www.kidscanmakeadifference.org/hunger-quiz>.
- Learn about the success stories of fighting childhood hunger around the world like these found at www.kidsagainsthunger.org. Locate the countries featured in the stories on a map.
- Learn a new word: **philanthropist**. It is pronounced FILL-LAND-THROP-IST. Say it in a slow and deliberate way. A philanthropist is someone who helps other people even though he or she has to give something up for him or herself. List some examples of philanthropy, such as giving food or clothing to someone who is hungry or cold. (Other words: **compassion**, **altruism**, **benevolence**.)

STEP 2 – CONNECT Choose one.

- Make a troop snack graph like this one:

Did you have a snack this week/yesterday?							
Yes							
No							

Each Girl Scout marks either yes or no. Discuss the responses. Tell what kind of snack you had, when you ate it (just before bed, right after school, etc.), where you ate it and who ate with you. Reflect on how you would have felt if you were not able to have a snack when you were hungry.

- Make colorful placemats for a local shelter or food pantry. Coordinate a visit or tour of the shelter/pantry and deliver the placemats.
- Tour a local supermarket, learn about the nutritional value and cost of different foods, and then share some ideas to create a nutritional menu you would want to have for dinner.

STEP 3 – TAKE ACTION Choose one.

- Host a Feed Your Neighbor food drive booth at a Ralphs/Food 4 Less** supermarket on April 30. Give a copy of the GSGLA-provided [item list](#) to shoppers and ask them to buy at least one item on the list to donate to a local food bank or pantry. Shoppers drop off their item(s) and return the list.
- Make a list of two items that go together, e.g. spaghetti and sauce; peanut butter and jelly; tuna and crackers. *Prior* to April 30, collect these duos* from family and friends and on April 30, go with leaders and parents to deliver the food to a designated GSGLA collection location (TBD, check website).**
- Draw a picture of a meal for a big family dinner. What food items would be included? Make a list of at least four. *Prior* to April 30, collect these items* from family and friends and on April 30, go with leaders/parents to deliver the food to a designated GSGLA collection location (TBD, check website).**

*Food banks and pantries accept dry, shelf-stable, refrigerated and frozen food items; prepared foods; foodservice items; and personal care and cleaning products. For a food drive over a period of days, collection of dry, shelf-stable goods and personal care products are best.

**GSGLA has partnered with Ralphs/Food 4 Less. Ralphs/Food 4 Less location shift sign-ups can be made at ivolunteer.com (see final page for details).



Feed Your Neighbor Patch Program JUNIORS AND CADETTES

Choose at least one activity from each leadership key.

STEP 1 – DISCOVER – Choose one.

- Research the number of people in the world that are at risk of hunger, the number of people in your state that are at risk of hunger, and the number of people in your city that are at risk of hunger. How many of these are children? Do a presentation or a skit on the topic of child hunger.
- Find out how much the average amount of food (in pounds) a U.S. family eats per week. Find out how much food a family eats in two other countries. Compare. What are the differences? Why? Do a presentation or a skit on the topic of child hunger.

STEP 2 – CONNECT – Choose one.

- Tour a local supermarket, learn about the nutritional value and cost of different foods, and then create a menu that would provide a nutritional and cost effective meal for an average family. What was the total cost of your meal? What would you omit if you only had half that amount of money? How would that make you feel?
- Share a time when you were really hungry with your troop. What did you do about it? Imagine feeling hungry every night or wondering if there would even be enough food at home for supper. Discuss how you'd feel.
- Make colorful placemats for a local shelter or food pantry that serves meals. (Your troop can also coordinate a visit or tour of the shelter or food pantry and deliver the placemats. Check with the location to find out if there is an age requirement to tour the facility.)

STEP 3 – TAKE ACTION – Choose one.

- Host a Feed Your Neighbor food drive booth at a Ralphs/Food 4 Less** supermarket on April 30. Give a copy of the GSGLA-provided [item list](#) to shoppers and ask them to buy at least one item on the list to donate to a local food bank or pantry. Shoppers drop off their item(s) and return the list.
- Plan a troop party (or meeting) and “charge” a can of food for admission. Invite family and friends. Collect the items and on April 30, go with leaders and parents to deliver the food to a designated food bank, pantry, or local GSGLA Service Center.**
- Cadettes! Join the Service Squad! [Volunteer at the LA Food Bank](http://www.girlscoutsla.org) (14+) on April 30, sorting and packing food items. Refer to the Feed Your Neighbor page on the GSGLA website, www.girlscoutsla.org. **

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Feed Your Neighbor Patch Program SENIORS AND AMBASSADORS

Choose at least one activity from each leadership key.

STEP 1 – DISCOVER – Choose one.

- Research the number of people in the world that are at risk of hunger, the number of people in your state that are at risk of hunger, and the number of people in your city that are at risk of hunger. How many of these are children? Do a presentation on the topic of child hunger.
- Find out how much the average amount of food a US family eats per week. Find out how much food a family eats in two other countries. Compare. What are the differences? Why?

STEP 2 – CONNECT – Choose one.

- Tour a local supermarket, learn about the nutritional value and cost of different foods, and then create a menu that would provide a nutritional and cost effective meal for an average family. *Prepare* the menu for family or with/for your troop. What was the total cost of your meal? What would you omit if you only had half that amount of money? How would that make you feel? Would it be difficult to keep the nutritional value?
- Find out about at least one organization in your community that works to fight hunger. Find out its mission statement, then find out about at least three jobs necessary for the organization to reach the goal of its mission. Interview someone in one of the jobs about how they got started, what motivates them, what their workweek is like, etc.
- Make colorful placemats, blankets, or pillows for a local shelter or food pantry that serves meals or houses the homeless. Plan a visit or tour of the shelter or food pantry and deliver the items you've made. (Check with the location to find out if there is an age requirement to tour the facility.)

STEP 3 – TAKE ACTION – Choose one.

- Join the Service Squad! [Volunteer at the LA Food Bank](#) (14+) on April 30 to sort and pack food items. Post a photo of yourself on Twitter or Instagram and hashtag #fightinghunger and #girlscouts! Refer to the Feed Your Neighbor page on the GSGLA website, www.girlscoutsla.org. **
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Feed Your Neighbor Patch Program **HOW TO SCHEDULE YOUR FOOD DRIVE or SERVICE SHIFT**

SERVICE SQUAD (Cadettes, Seniors, and Ambassadors)

If you choose to participate in the Feed Your Neighbor volunteer service component on April 30:

- Join the Service Squad! [Volunteer at the LA Food Bank](#) (14+) on April 30 to sort and pack food items. Post a photo of yourself on Twitter or Instagram and hashtag #fightinghunger and #girlscouts. Refer to the Feed Your Neighbor page on the GSGLA website, www.girlscoutsla.org. You can also contact food pantries in your area to directly to arrange for a shift.**
- Or visit the Feed Your Neighbor page on the GSGLA website (www.girlscoutsla.org) for a list of LA Food Bank affiliates that you can contact directly to arrange and confirm a volunteer shift.

Please note: Volunteer opportunities usually include food sorting and packing and usually have an age requirement. *This is a great opportunity for Cadettes, Seniors, and Ambassadors!*

FOOD DRIVE BOOTHING (Daisies, Brownies, and Juniors)

If you choose to participate in the GSGLA Feed Your Neighbor food collection component *at a Ralphs/Food 4 Less location on April 30*, you must register via ivolunteer.com. The ivolunteer.com boothing location registration is available at www.girlscoutsla.org.

COUNCIL CONTACTS

If you have questions about Feed Your Neighbor Food Drive & Service Day, contact the appropriate program team member listed below:

ARCADIA SERVICE CENTER Deanne Moore (626) 677-2207 dmoore@girlscoutsla.org	PALMDALE SERVICE CENTER Christine Colvin 626-677-2369 ccolvin@girlscoutsla.org
LONG BEACH SERVICE CENTER Bethany Wylie 626-677-2256 bwylie@girlscoutsla.org	SANTA CLARITA SERVICE CENTER Molly Briggs 626-677-2370 mbriggs@girlscoutsla.org
MARINA SERVICE CENTER Kalie Brisbon 626-677-2300 kbrisbon@girlscoutsla.org	WOODLAND HILLS SERVICE CENTER Leslie Nesbit 626-677-2221 lnesbit@girlscoutsla.org
MONTCLAIR SERVICE CENTER Michelle Geathers (626) 677-2286 mgeathers@girlscoutsla.org	