

**4-H Feeding Missouri, 2020**

**Hunger Awareness Activities for 4-H Clubs – Round 2**

**Just the Facts:**

* 1 in 5 children in Missouri are affected by hunger and food insecurity (which means they and their families do not have enough to eat, or do not know where their next meal is coming from)
* Missouri 4-H and Feeding Missouri are partnering to combat this with 4-H Feeding Missouri
* 4-H clubs can join in the fight against hunger by doing a fundraiser or service project any time   
  between Jan-Apr 2020 (True Leaders Serve/National 4-H Service Day)

**Youth/Adult Leaders: choose one of these 10-15 Minute Activities to Do With Your 4-H Club!**

(*Note to leaders: hunger and food insecurity can be sensitive topics for youth and their families. Use good judgment and avoid words or actions during activities that would make any club member or family feel uncomfortable or singled out for their situations.*)

1. The Meaning of Food -- ask the group to identify different ways that food brings people together or is the centerpiece of an activity, function, or event (family meals, holiday celebrations, community gardens, parties, potlucks, cooking together, picnics, church dinners, etc.). Ask the group to reflect on all the different ways that food plays a role in their lives. Facilitate discussion with the following questions:

* Do we eat food for reasons beyond nutrition? What are they?
* Do we ever express love with food? How?
* Why do we bring food to families who are grieving – or celebrating?
* Is food one way that we express and share our family history? Can you share an example of that from your own family?
* Do you have any special memories of preparing food with someone you love, or of a meal that was particularly delicious? If so, share what made the experience stand out.
* How do you think that hunger can impact a person’s sense of connection to their community?

Thank all the youth for participating, and move to “challenges.”

1. Skip a Meal Activity\* – skip a meal the day of your next club meeting. Ask the members how a day without adequate nutrition felt. Was it harder than a normal day? Did you feel awkward or uncomfortable at lunch when your friends were eating and you weren’t? Discuss how food insecurity with hunger often causes youth to feel like different or separated from their peers. Thank all the youth for participating, and move to “challenges.” Consider providing a snack. (\*Please consider youth in your club/program who may be food insecure before asking them to take on this challenge).
2. Musical Chairs -- set up 9 chairs in a circle facing outward. Invite 10 youth to play musical chairs. Play music as youth walk around the outside of the chairs. When music stops, every youth takes the nearest seat. The youth who does not get a seat is “out” of the game. Take away one chair and begin next round with music. Continue the game until 5 youth remain, 4 find a seat and one does not. Stop the game and ask everyone how the youth who was left out must feel. Thank all youth for playing, and move to “challenges.”

**Challenges: share these points and challenges hunger/food insecurity present for youth and families…**

* Food security is defined by the United States Department of Agriculture as “access by all people at all times to enough food for an active, healthy life.”
* More than 48 million people (or 14% of the population) in the United States experienced food insecurity in 2015.
* In Missouri, over 20% of children have experienced food insecurity. One in five kids and their families do not have enough to eat or know where their food is coming from.
* Kids who face food insecurity may not have all of their hunger or nutrition needs met, and may find it harder to get along with others, to do well in school, to keep a positive mood, and have a sense of well-being.
* Kids living in hunger and food insecurity say the hardest part can be “feeling different” from others. They can feel isolated or separated from their friends, peers, and communities.
* Hunger and food insecurity is a problem that can be solved. There is more than enough food for everyone to go around.

**Group Discussion: ask 4-H club members…**

* How does it make us feel that youth/families do not have enough food to eat?
* What do we think causes hunger and food insecurity, and what can we as 4-Hers do about it?
* How might we use the skills we are learning through 4-H to make a difference?
* What could our 4-H club do that will help these youth/families who face this situation?
* How can we join with other clubs around the state to do something in 2020?

**Call to Action:**

The 4-H Feeding Missouri campaign is an opportunity for our club to get involved and be part of a larger movement to make a difference, starting January 2020.  But the time to start thinking and planning what we can do is right now!

**Next Steps:**

* Brainstorm ideas as a whole club
* Form a committee of members to come up with ideas for a fundraiser/service project and present at upcoming meeting
* Visit the [4-H Feeding Missouri website](file:///C:\Users\gracesk\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\20OYO1J8\o%09https:\extension2.missouri.edu\programs\missouri-4-h\4-h-opportunities\4-h-prog\4-h-feeding-missouri\4-h-feeding-missouri-resources) to learn more about the campaign, how to participate, project ideas, timelines, and incentives!

**Resources for Clubs:**

* [Feeding Missouri](https://feedingmissouri.org/)
* [All Things Missouri](https://allthingsmissouri.org/issues/food-insecurity/)
* [MO 4-H Service-Learning](https://extension2.missouri.edu/programs/missouri-4-h/4-h-projects/4-h-civics-and-service/service-learning-projects)
* [True Leaders Serve](https://4-h.org/get-involved/true-leaders-in-service/)

(Activities adapted from *4-H: Empowering Youth to End Hunger in Their Communities Toolkit*.   
Kansas State University Extension.)