



## **HUNGER TO HOPE:**

Lessons for Community Awareness and Engagement

Looking to actively engage your group in the issues of hunger? Food Lifeline has created age-appropriate lessons for community awareness and engagement called HUNGER TO HOPE. These are great by themselves or in addition to your food & fund drive or volunteer project.

This program is facilitated by Food Lifeline. Please contact our Grassroots Advocacy Coordinator at [advocacy@fll.org](mailto:advocacy@fll.org) or (206) 545-6600 x3625 if you have questions or would like to set up a session.

### **HUNGER TO HOPE LESSONS:**

#### **Unequal Distribution—Understanding the Power of Sharing | Age Group: Younger children (grades 1-4)**

Children will have a chance to experience first-hand the reality of a world where few have some and most have much on a fundamental level. Inequality will be expressed as some students receive full bags of snacks and some receive empty bags. Opportunity to share will be given and a discussion will follow concerning the children's emotions through the activity and solutions they found to the problem of unequal distribution.

#### **Hunger Survey—Facing the Facts of Hunger in our Community | Age Group: Older Children (grades 5-8)**

Students will take a True or False survey concerning facts and figures surrounding the issue of hunger. As the answers are revealed many will find the need to be greater than what they expected. Discussion time will be the primary element of this session as well as a short introduction to Food Lifeline's work and opportunities available to young people to volunteer.

#### **Feeding a Family—An Exercise in Tough Choices on a Limited Budget | Age Group: Teens (grades 8-12)**

Students will be given the chance to see what it is like to balance a budget as well as understand the disparities between large and small budgets. Each group will be assigned a family scenario and will be responsible for feeding that family three complete meals for the day staying within the family budget. Discussion time will follow concerning the choices made, why they were made and what the effects they have on the family. A brief introduction to Food Lifeline's work and opportunities to serve will follow the discussion.

#### **The Right to Food—Basic Needs Vs. Basic Rights | Age Group: Adults**

In the American political landscape there is much discussion and understanding about what the basic rights of the people are. But how often do those rights provide essentials for living? This is the point where humanitarian rights meet political rights. Often our political rights do not match up with our basic human rights to survival. This session is an eye-opening discussion on why our political rights do not always offer solutions to the needy in our communities and why it is important for organizations like Food Lifeline to advocate for those human rights even in a land with many political rights.