


Use these activities for enhanced learning to increase the impact of your school's food drive. Meant to both improve understanding on the facets of food insecurity and inspire youth action, these activities are thought-provoking and enjoyable. Noted activities with this icon  will earn your students community service hours from us when documented...any time of year!

— The REPLENISH Team, food bank of Middlesex County

FOOD DRIVE UPGRADE!

'Can-struct' a simple fort or full sculpture during the food drive or as part of another school event. Students brainstorm, design and build using items donated from your food drive. Get inspired at Canstruction.org. Share pictures with us and #hashtag **REPLENISH** on your social media page.

Tip: Build on a carpeted surface to protect against dents and breakage.

Watch a video on Share Tables in schools

Simulate project planning for Share Tables in your own cafeteria. Have your classroom or Student Congress discuss the benefits and challenges to implementing share tables at your school. Share your project results with us!

Local examples & How-to Toolkit:

njaes.rutgers.edu/school-food-waste

Add our Recommended Reading titles to your school's library

— Work with the school librarian to acquire more titles from our Recommended Reading list onto your bookshelves. Create a display of owned titles in the library ahead of your school's food drive and/or during national **Hunger Action Month (SEPTEMBER)**. Take pictures and send them to us for sharing or #hashtag us on your school's Facebook page.

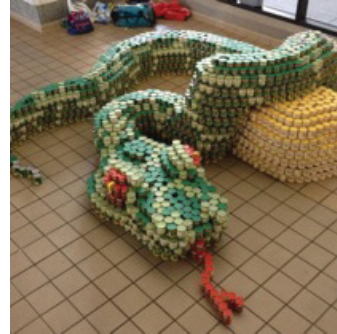
Make artful encouragement cards

to be mailed to us or your local food pantry for placement into pantry clients' food bags. REPLENISH will send out a thank you to your students!

Contact Master Gardeners' Rows for the Hungry project for your science unit on plant biology.

Enhance your plant biology/life cycle unit by learning about how **Master Gardeners** grow nutritious vegetables and fruits in their **Rows for the Hungry** gardening project at the E.A.R.T.H. Center in North Brunswick.

Read **Middle Schoolers Dig Learning** at North Brunswick Garden in *New Jersey Monthly* (August 18, 2022).



Conduct Simulation Activities

Inequity Snack aka **Roots of Hunger** is a great exercise for group problem-solving and classroom leadership development. Students experience class distinctions and associated food security through the amount of food they are served. Student can discuss how they felt about their portion amongst their peers and if and how it motivated them to make change.

Have older students host Find the Hungry Duck game for younger students

Use as a Buddy Classroom activity or as a game booth at a school event. Introduces students to current food insecurity statistics in Middlesex County. Host and players afterwards discuss what things are hard to do if you're always hungry or not getting proper nutrition. Supplies and instructions available for borrowing from **REPLENISH**.

"On an Empty Stomach, I Can't..."

A paper plate activity to talk about and/or write down what is hard to do when you're chronically hungry or undernourished. Color, decorate and hang in your classroom. Supplies and instructions available from **REPLENISH**.

Find local food pantries using our **Accessing Healthy Foods Map**. Kids get to play with filters, set searches, and navigate around the county finding food pantries that their families can access or volunteer and support. middlesexcountynj.gov/healthyfoodsmap

 REPLENISHMiddlesexCounty

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To learn more and locate food pantries, scan the QR code.

 middlesexcountynj.gov/replenish

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REPLENISH
NOURISHING NEIGHBORS

KINDERGARTEN - GRADE 5

Hunger & Food Security Education

Reading Recommendations

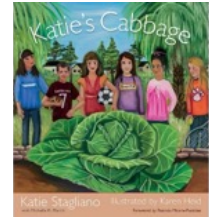
Katie's Cabbage

by Katie Stagliano

ISBN 9781611175042

A true story about one third-grader's science project which grows way beyond expectations. A tiny seed ends up as a cabbage big enough to feed 275 people at the local soup kitchen and spurs a youth-centered organization focused on community gardening to feed neighbors in need.

Key Concepts: Creativity, Youth Action, Community Gardening



Lulu and the Hunger Monster

by Erik Talkin

ISBN 9781631985461

Or 9781631987250 for English + Spanish

How does it feel to be hungry day after day? Follow Lulu as she struggles with hunger throughout a typical day: how it affects her schoolwork, her friendships, and what happens that allows her to finally say good-bye to Hunger Monster!

Key Concepts: Characteristics of Hunger, Imagine, Empathy



Maddie's Fridge

by Lois Brandt

ISBN 9781947277762

Or 9781936261970 for Spanish

Maddie just can't keep up with Sophia lately. When Sophia learns that Maddie's fridge is empty a lot, she is sworn to secrecy. How can Sophia keep her promise but help her best friend? It's a slightly smelly adventure...but ends well for both girls and their families.

Key Concepts: Friendship, Dealing with Secrets, Finding Support



Saturday at the Food Pantry

by Diane O'Neill

ISBN 9780807572368

Two classmates spot each other in line at the food pantry. Though one feels embarrassed to be seen, they come together to play and explore all the good things waiting for them and their families to take home from a food pantry.

Key Concepts: First Experiences, Destigmatize, Encouragement



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