


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!

**Create a Canstruction class competition.** Each team collects and constructs a sculpture with shelf-stable food items or paper products. Items used are then donated. Share pictures with us and tag **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 where students discuss the benefits and challenges to implementing share tables at your school. Share results with us.

## Local examples & How-to Toolkit:

[njaes.rutgers.edu/school-food-waste](http://njaes.rutgers.edu/school-food-waste)



## Educate younger children

Request our Reading Recommendations List Grades K-5 that gives books and learning activities which can be used to teach younger children in your school district or through your local library.

## Create/compile healthy, culturally relevant family recipes that use simple, cost-effective ingredients. Send them to us with proper credits/citations and we will share them with food pantries.

## Contact Master Gardeners' Rows for the Hungry project for your science unit related to plants and environment

Enhance students' learning with real-world application of science concepts that also have big social benefits. Learn how **Master Gardeners** grow NJ native flowers and 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).

**Learn more about food gardening** and volunteer with **Rows for the Hungry**.

## Become an ambassador and help us with our outreach programs

Raise awareness about hunger statistics, food date labels, decreasing food waste at home, and where to find help. **Activity sign-ups** run all year round.

## Create a dedicated club or sub-group within an existing service club to establish Youth Liaisons within a local food pantry

The goal of this long-term partnership is for students to learn more about community food security while providing continuous support to their local food pantry as opposed to one-and-done volunteer opportunities.

Club advisor & members should work closely with food pantry directors and adult volunteers to resolve current challenges such as:

Consistency of labor; Support for physically demanding activities; Social media literacy; Using social media for client directives during community emergencies; Succession: planning for long-time volunteer retirements; Language translation; Intercultural communications support for food pantry workers (to serve clients from diverse backgrounds with better ease).

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

 [middlesexcountynj.gov/replenish](http://middlesexcountynj.gov/replenish)

 732.729.0880

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## Reading Recommendation

### **The Soup Movement (novel inspired by a true story)**

by Ben Davis

ISBN 9780192749239

A thermos of soup and an unintended encounter with a homeless man leads Jordan to learn how a little empathy and an open mind can be life-changing for both givers and recipients of help.

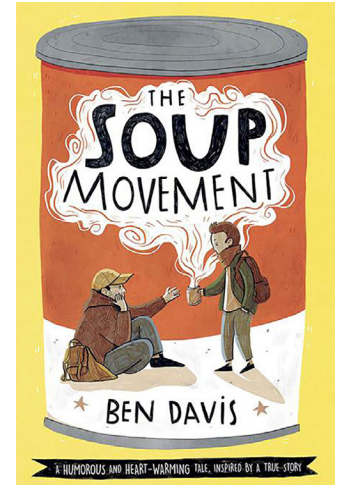
**Key Concepts:** Empathy, Random acts of kindness, Peer Pressure

### **Feeding America's Teen Hunger webpage**

Provides information on hunger stats, hunger among teens, and food security research highlighting the young adult perspective

[feedingamerica.org/research/teen-hunger-research](https://feedingamerica.org/research/teen-hunger-research)

Do you know of any YA titles where food insecurity is front-and-center or in the background of the protagonist's life? Let us know! We want to expand our list.



## Simulation Activities

### **Life's Journey Game**

A game that highlights how inequity can dupe success in life despite doing all the right things.

**Check it out here:** [mcifp.org/wp-content/uploads/2018/10/Lifes-journey-game.pdf](https://mcifp.org/wp-content/uploads/2018/10/Lifes-journey-game.pdf)

### **Inequity Snack Time (Roots of Hunger)**

Students experience class distinctions and associated food security through the food they are served. Student can discuss how they felt about their food, how it made them feel amongst their peers, and what did it motivate them to do next.

**Check it out here:** [cfbnj.org/wp-content/uploads/2021/11/Roots-of-Hunger.pdf](https://cfbnj.org/wp-content/uploads/2021/11/Roots-of-Hunger.pdf)

### **Inequality Marshmallow Activity**

Students are given variable amounts of resources to construct a tower, some have additional privileges and others don't. Review the finished structures and have each group explain the ease or challenge in which they experienced in successfully completing their assignment. You may frame this activity in the context of economic inequity or food insecurity as they are intertwined.

*Tip: Use marshmallow brands made without gelatin to be courteous to Halal, Kosher, vegetarian needs.*

**Check it out here:** [cfbnj.org/wp-content/uploads/2021/11/Marshmallow-Equity-activity.pdf](https://cfbnj.org/wp-content/uploads/2021/11/Marshmallow-Equity-activity.pdf)

### **Minimum Wage Activity**

Students have to research the monthly expenses of a fully-employed household with 1 adult and 1 child on a NJ minimum wage income. Students discuss how easy or hard it is to balance a budget, be food secure, and/or plan for the future. Brainstorm possible solutions and identify available community resources to families to tap into for support. Share project results with us.

*Optional: Hypothesize how results might change with: The addition of another child?*

*Another working adult making just above NJ minimum wage?*

**Check it out here:** <https://cfbnj.org/wp-content/uploads/2021/11/Minimum-Wage-activity.pdf>

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