



# BE HUNGER AWARE!

## Lesson Overview:

Many people are shocked to learn that many children face some form of food insecurity. This lesson will demonstrate the inequitable distribution of food and the feelings that may come from not having regular access to nutritious food.

**Note:** You may like to do this with 4-H'ers and their family members or in conjunction with another club to get a larger group.

## Objective:

4-H'ers will learn what food insecurity is and how it impacts people in their community.

## Materials / Resources:

A few types of nutritious snacks (such as pretzels, raisins, etc.)  
Small lunch bags, boxes or envelopes (1 per 4-Her)  
Stapler or tape

## Procedures:

Prior to the meeting, fill the bags with the different snack items and seal them with the stapler or tape.

Distribute the amounts as follows—you can adjust for the size of the group, but try to keep the following ratios:

	25 members	20 members	15 members
No snack:	8 bags	6 bags	5 bags
5 yogurt raisins:	8 bags	7 bags	5 bags
15 raisins:	8 bags	6 bags	4 bags
40 pretzels:	1 bag	1 bag	1 bag

Announce to the participants that each of them will be receiving a snack. Tell them not to open their bag until each person has received one, and then pass out the bags.

Ask each person to count the contents of their bag. Have them announce how much

snack they have in their individual bags. Encourage them to share their snack so that

everyone gets something to eat. If the participants don't share, use that as a talking point.

Begin a group discussion using the following questions.

## Discussion Questions:

- How did you feel about receiving a small, large, or no amount of snack?
- Was it fair that some people got a lot of food and some people got little or none?
- Did you have trouble sharing your snack with the rest of the group? Why?

- *Do you think this exercise might be similar to the way food is distributed in our state?*
- *Did anyone feel hungry during this exercise? How did that make you feel?*
- *Was it fair that some people got a “nicer” food than others? Did the selection affect the desire to share?*

*Based on VT Campaign to End Childhood Hunger, Feeding Minds Hunger Curriculum*