

# Activities for Children

## Middle School and Older

- How difficult is it to plan menus for a family on a food stamp budget (between \$1 and \$3.75/person/day.) Create a day's worth of nutritious meals that you would enjoy eating, then visit your grocery store and price the ingredients and see if you can make those foods on a food stamp budget. What kinds of foods could you afford and how much of them?
- Visit the Central Pennsylvania Food Bank or a pantry in your area. (Hunger)
- Keep a diary of all of the food and drink you consume over a day (or week). EVERYTHING should be included. Count calories, protein, fat, etc. How much more did you eat than required? How much food did you waste?
- Research what a subsistence diet is. Live on a subsistence diet for a day or 2 and write about the experience.
- Research poverty and hunger on the Internet. What are poverty guidelines? Can you work full-time and still be poor? What are 2 of the largest groups of people seeking food assistance in the United States? What is minimum wage?
- Have children write a poem or story about hunger. (Hunger)
- Collect articles that discuss hunger and poverty. Put together a scrapbook of food/hungerrelated items. Are there many stories? If not, why not? From online research, find out how many people in our country suffer from hunger.
- Fast for one day and then discuss how you feel. Break the fast by sharing a meal together.
- Make a bulletin board or website about hunger issues in your area. Take what you learn about hunger and food security and do a presentation at your school, community center, etc.