



Golden Spread Council, Boy Scouts of America  
*Scouting for Food Program • Saturday, March 27, 2010*  
“To help other people at all times...”

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Dear Boy Scout Leader:

On Saturday, March 27, 2010, hundreds of Scouts participating in the Scouting for Food “Good Turn” will experience the highest ideals of Scouting. We would like to encourage you to help the boys in your pack understand the importance of this activity and to get the most out of the experience. Enclosed are two activities you can use at your meetings.

The two activities have been designed for you to use with your Scouts to help them understand some of the issues around hunger in the Texas and Oklahoma Panhandle. We would like to suggest that you work with your Senior Patrol Leader and have them conduct the activities in the following manner:

Activity #1: Hunger in Texas quiz

- Step 1: Leaders should begin the activity by discussing the notion that hunger is an economic problem. People are hungry because there is not enough money available to the family to buy food.
- Step 2: Read aloud each of the quiz items and then possible answers. Have the boys decide which answers are correct. Encourage the boys to explain why they hold that opinion. Conclude the discussion for each question with what the real facts are clarifying items that may be difficult for the younger Scouts.

Activity #2: Hungry-Young and Old

- Step 1: Read through the activity sheet.
- Step 2: Hand out copies of the stories to the Patrol Leader. Have him read the story out loud to his patrol members.
- Step 3: Using the discussion questions, lead the discussion on the stories. There may be other issues in the story that are not touched on in the questions, but we leave that up to you to continue the discussion.

Activity #3: An evaluation of Scouting for Food

- Step 1: In patrols, ask Cubs to discuss their experience with “Scouting for Food.”
- Step 2: Patrol leaders write up responses on the form and take, drop off or mail to the address listed on the form.

Please contact your district executive or Scott Kilian at 806-358-6500 or [skilian@bsamail.org](mailto:skilian@bsamail.org) for more information on this worthwhile program.



Proud sponsor of the 100th Anniversary Celebration



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*Unit Coordinator Responsibilities:*

- Secure commitment of your unit’s leadership and make official unit commitment
- Work with adult leadership to promote program to youth and their families
- Supply leaders with activity pages so Scouts can learn more about hunger in our area
- Attend roundtables to secure, collection bags and assignment of the collection territory
- Recruit adult help with vehicles for collection day to assist Scouts as they collect food door-to-door
- Ensure collected food is delivered to the appropriate food pantry or distribution agency
- Complete and return your unit’s collection report

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(Please turn in to Golden Spread Council)

*Scouting for Food*  
*Unit Collection Report*

District \_\_\_\_\_ Pack# \_\_\_\_\_ Troop # \_\_\_\_\_ Crew # \_\_\_\_\_

We are proud to report that we have collected and turned in \_\_\_\_\_ (number of items) items of food for those in need in our community.

Signed \_\_\_\_\_  
 Unit Coordinator

Signed \_\_\_\_\_  
 Unit Leader

Return to:

Golden Spread Council  
 Attn: Scouting for Food  
 401 Tascosa Road, Amarillo, Texas 79124



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### *Facts about Hunger Quiz*

1. *The majority of people who use food banks/food pantries are unemployed. FALSE*

The vast majority of people who receive assistance from the food bank are what is defined as the working poor. These are people who work multiple jobs and still cannot make ends meet due to the high cost of living (such as the price of gas, food and utilities).

Many senior citizens are on a fixed income and with the rising cost of bills, they are sometimes forced to either pay bills or eat.

In the case of day care centers, many parents work and have to place their children in a day-care facility in order to make ends meet. Overall, more than 80 percent who are served have a current occupation but cannot afford to buy food items.

2. *The same people use food banks/food pantries week after week. FALSE*

Many families may need assistance until they can find new jobs or get back on their feet again. Others may be homeless and need a meal and a place to rest out of the cold.

3. *Food Banks and Food Pantries are the only way to help hungry Panhandle folks. FALSE*

They cannot help feed every hungry individual or family in the Texas Panhandle. In order for us to win the fight against hunger, it will take a collaborative effort from community and group working together as one. With the support of each individual in the Panhandle doing their part (helping someone out who you know is hungry by buying them a meal or donating some groceries), we can overcome hunger in every part of our community.

Also, many people qualify for government assistance (such as food stamps) and may not realize they could receive additional support. Government assistance helps provide a supplement to hunger. However, it will take a combination of all of the above to help alleviate hunger where we live.

4. *Most of the people who use the Food Bank and Food Pantries live in the inner city. FALSE*

We are finding more and more that hunger in our rural communities (outside of Amarillo/Canyon) is growing rapidly. As our rural communities decrease in size, the businesses that were once there have relocated or moved to another location. Many children in our rural communities leave their small town for the bigger city after high school.

The trend we are seeing is more and more many people who live in our small towns need assistance but they cannot come all the way to Amarillo to seek help. This is a startling trend. In fact, our elderly population is having the hardest time adjusting to rural hunger. We constantly hear stories on how our older populations in the smaller towns are barely scraping by.

## *Facts about Hunger Quiz – Page 2*

5. *Food stamp amounts are adjusted according to the age of the recipients. FALSE*

The amount an individual receives from food stamps is very minimal. A person simply cannot depend on food stamps as their only food source. The food stamp benefit (or about how much a person receives each week through food stamps) is \$21 per week. With the ever increasing price of food, people who utilize food stamps alone have to buy less food. Also, a person can only buy food with food stamps.

You cannot purchase paper products (such as toilet paper, paper towels, etc), toiletry items (such as soap, shampoo, toothpaste) or even baby food/formula with food stamps. This all has to be purchased separately. Even with the food stamp benefit being raised due to the passage of the 2008 Farm Bill (the first such increase since the 1970s) many people still cannot survive on this assistance alone.

6. *Missing a few meals isn't going to hurt anybody. IT DEPENDS*

Missing meals is the first step in the cycle of hunger. When you miss one or more of the three meals required each day, your body begins to feel the immediate impact. When you skip a meal or multiple meals, your body eventually goes into a hibernate mode. Your metabolism (or how your body works off the energy of food) goes down when you miss meals. Eventually, your body can shut down or not function properly because it is not receiving the nutrients through food that it needs to survive.

A good example of this is when you skip a meal or two you can start to feel run down or tired. This is because your body is not receiving the protein and carbohydrates it needs to function properly. Children who skip meals cannot perform well in school - it is very hard to concentrate on an empty stomach. Studies have shown that children who do not eat well-rounded meals do not perform well in school and they lack energy.

This is why helping us feed those in need is so important. Once you get in the cycle of hunger, it can have disastrous consequences. It is very important that we not only help those in need but make sure they are eating nutritious food. These two factors together will help solve hunger in the Texas Panhandle.

### *Food Shelves Facts*

- In 2007, 4.2 million pounds of food were distributed in the Texas Panhandle – or about 3.3 million meals
- More than 1,000 meals are served on average to at-risk children each week night to over 800 children throughout the Panhandles.
- Approximately 13,500 different people receive assistance through emergency food programs in any given week
- 35 percent of the members of households that receive food from food banks/food pantries are children under 18 years old
- 48 percent of food recipients report having to choose between paying for food and paying for utilities



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*Activity # 1- Hunger Quiz*

1. Why do people use food banks/pantries?
  - a. They do not know where the stores are.
  - b. They do not have enough money to buy food.
  - c. There is not enough food for everyone.
2. What percent of poor people are children?
  - a. 10%
  - b. 25%
  - c. 40%
  - d. 50%
3. What percent of people using food banks/food pantries are employed?
  - a. 7%
  - b. 17%
  - c. 27%
  - d. 37%
4. Adults who struggle with purchasing food are the most likely group to go hungry?
  - a. True
  - b. False
5. Only certain people are subject to hunger?
  - a. True
  - b. False
6. The problem of hunger can be solved?
  - a. True
  - b. False

*Hunger Quiz Answers and Discussion Questions*

1. (B) The answer that applies to most hungry people is that they cannot afford to buy enough food. Hunger and poverty are directly related, with the most severe malnutrition occurring in the poorest areas, whether it is a neighborhood of a city or a region of the country.

Possible discussion questions:

- a) How are poverty and hunger related?
  - b) Who is hungry in your community and where do they live?
2. (C) 40 percent of poor people are children, according to Children's Defense Fund.

Possible questions:

- a) What problems do children experience because they are poor?
  - b) What are some of the similarities and differences between poor children and wealthy children?
3. (D) 37 percent. An independent food shelf survey found that 21 percent of users worked full-time and 16 percent worked part-time. Families attempting to live off minimum wage jobs make difficult choices between paying rent or mortgage costs, energy costs or food. Use of food shelves by working families whose wages do not meet basic needs is a growing trend in Texas.

Possible questions:

- a) What could happen to a family who chose to spend their income on food and not energy or housing?
  - b) What kind of jobs pay minimum wage?
4. (B) The truth is that most affected by hunger is children. This is mostly due to the fact that children depend on their parents, guardian or caregiver to provide them with their essential needs.
  5. (B) This is probably the most false statement on this quiz. Hunger can and does strike anyone. It knows no gender, sex, age or ethnicity and has no season. 50 percent of those assisted in the Panhandle are white, 10 percent are black, 29 percent are Hispanic and the remaining 2 percent are other ethnic groups.
  6. (A) Even though the problem of hunger is insurmountable, it is actually an issue that can be solved or conquered. You can help this effort by collecting for during the Scouting for Food event. More than 350,000 pounds of food are distributed per month in the Panhandles and you will help supply the food that can help feed a child or adult in your community.



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## *Activity # 2 – Hunger: Young & Old*

### **Story #1**

During December several years ago, there were several volunteers at a local youth feeding location. It was a very cold December for the Texas Panhandle; the temperature was in teens. Most of the youth had already eaten and everyone was about to begin cleaning up. Suddenly a group of 4 children came in the cafeteria doors and ran up to the serving line. The volunteers noticed the children as they came closer: they were wearing shorts and short-sleeved t-shirts – the shorts and t-shirts they were wearing were razor thin and had holes in multiple places. The children’s faces were flush red from the below freezing temperatures and they were anxious to warm up.

The volunteers were horrified – why would children get out in these temperatures and risk hypothermia and getting sick? It was also obvious that the children had nothing warm to wear – they put on the only clothes they had. One of the volunteers asked the children why they would get out in this freezing weather. One of the older siblings replied “because we knew if we got out and came here that there would be something to eat.”

### **Story #2**

Many senior citizens in our area don’t get proper nutrition on a daily basis. Hot meals are brought to them to ensure they have at least one good meal per day. Some of the food you collect help these elderly citizens survive.

One day during a delivery, a volunteer noticed an elderly lady and her cat sitting outside. Some of the neighbors had mentioned that they thought she wasn’t eating so they decided to stop and ask her if they could bring her some food to eat. After a discussion, she said yes, she would love to receive a free meal. Her husband had passed away and she did not have any steady source of income. When the volunteer looked in her pantry, the volunteer found that she had no food. When asked what she ate to survive, the woman replied she ate her cat’s food to save money.

As you can see from the previous two stories, hunger strikes people of all ages. The Scouting for Food “Good Turn” helps feed all different types of people in our area!

*Activity # 2 – Hunger: Young & Old - continued*

*Questions for Discussion*

Story # 1

1. Why do you think these children hungry?
2. Why do you think these children don't have food at home?
3. Children are often the victim of hunger. How do you feel about this story and how do you think we can solve this problem in our area?

Story # 2

1. Why is this woman hungry?
2. Senior citizens often have more trouble getting enough food than other adults do. Why do you think this is so?
3. How do you feel about this story and how do you think we can solve this problem in our area?



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### *Activity # 3- Evaluation of Scouting for Food*

On March 27, 2010, our unit took part in the Scouting for Food Good Turn event in the Golden Spread Council. We were happy and excited to take part in helping people have food on their shelves. After discussing this event with our Scouts at our regularly scheduled meeting, here is how they answered the following questions.

**What did you learn about hunger in the Texas and Oklahoma Panhandle through this project?**

**How do you think that you had an effect on reducing hunger by participating in Scouting for Food?**

**What things did you like about Scouting for Food?**

**What things did you dislike?**

**How would you make Scouting for Food better next year?**

Please return to: Scouting for Food Evaluation  
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Boy Scouts of America  
401 Tascosa Road, Amarillo, TX 79124