

<u>Activity</u>	<u>Time</u>	<u>Materials</u>
Cooking (Food Pantry Competition)	12:00 -- 2:00	Food Pantry Ingredients Only
Lunch	1:00 - 1:30	N/A
Ice Breaker	2:00 - 2:15	None
Throw a Penny//Reflection	2:00 -- 2:30	Pennies, bowls, reality cards
Affordopoly//Workshop //Game	2:30 -- 3:15	Game Board, Reality Cards
Discussion//Reflection//Check Outs	3:15 -- 4:00	N/A

Cooking (The Food Pantry Competition)

Since this week is all about food access why not in our workshop/cooking day have a competition about cooking with ingredients that are only found in a food bank, food pantry, etc. The competition starts by dividing groups in two and let each group choose ingredients that they are going to use. Tell them that like people that only feed themselves through the emergency food system, they have to be creative and cook for the whole group. There is going to be a judge, preferably from the community but not related to the youth program. The judge is going to give points 1-10 in the categories of: Presentation, Creativity, Flavor, Recipe explanation, and group organization.

The winning team can get any type of prize. This summer the winning team won chocolate cupcakes and they shared with the losing team, because everyone won knowledge in the experience.

NOTE: Since we only could fit one team in the kitchen, while one cooked, the other team was watching food related documentaries.

Definitions//Discussion Points:

- **Food Sovereignty:** right of people to healthy and culturally appropriate food produced through ecologically sound and sustainable methods and their right to define their own food and agriculture systems (Food Secure Canada)
- **Food Security (Access):** consistent and dependable access to adequate, safe and nutritious food for an active and healthy life. For a region to be food secure, it must have an adequate, stable supply of food even during drought and other difficult conditions; and its people must be able to locate and afford food, even in the presence of an abundant supply
- **Food Desert:** geographic area where affordable and nutritious food is hard to obtain, particularly for those without access to an automobile. Some research links food deserts to diet-related health problems and health disparities in affected populations, but this phenomenon has been disputed (Wikipedia).

- LOCATOR -
<http://www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas.aspx>.
- What criteria would we use in NL? -- is it walkable if you get food for your whole family; do they have people who speak your language?
- One in seven U.S. households (more than 17 million) suffer from food insecurity: hunger, skipping meals, compromised nutrition, relying on emergency food sources.
- **Emergency food:** food offered through food banks, food pantries, soup kitchens, & other sources for people seeking food who would otherwise not get enough to eat or not eat well
- **Government Food**
 - SNAP (formerly known as food stamps) Supplemental Nutrition Assistance Program. 45.5 million Americans rely on SNAP.
 - SNAP households are expected to spend 30% of their income on food. A family of four may receive no more than \$649 in food stamps per month.
 - The Food and Nutrition Act of 2008 (the Act) defines eligible food as any food or food product for home consumption. Includes seeds/plants which produce food for consumption. → SNAPpers can get junk food & healthy food. But, if you live in a food desert then all you can really get is junk food.
 - “Economic improvement after the ‘08 recession has caused increased restrictions on food stamps → adults in 22 states will now only receive their SNAP benefits until April due to a three-month cap (NPR reported),” 9RT America)
 - “Center for Budget & Policy Priorities says individuals most likely to lose their food stamps as a result of the time limit earn about 17 percent of the poverty line,” (RT America)
 - “According to Bloomberg, the average SNAP recipient earned a net monthly income of \$335. With food stamps providing \$150 to \$170 per person a month, this could be trouble for those struggling to find work,” (RT America)
 - “To qualify for food stamps, childless recipients who are not taking care of anyone else must prove that they are actively searching for jobs as well as accept any reasonable job that is offered. They must work 80 hours a month, participate in job training programs (that, according to NPR, are not offered everywhere) or volunteer with a state-approved agency,” (RT America)
 - WIC: Women, Infants, and Children: provides Federal grants to States for supplemental foods, healthcare referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women and to infants and children up to age five who are found to be at nutritional risk
 - “Since its beginning in 1974, the WIC Program has earned the reputation of being one of the most successful Federally-funded nutrition programs in the United States,” (USDA).
 - WIC approved foods: <http://www.mass.gov/eohhs/docs/dph/wic/food-guide.pdf>
- Activism: farm to school projects (NL, Michigan, etc), urban farms, school gardens, community gardens

- Co-Ops: community-founded co-op meant to fight food insecurity. Greensboro, second most food-insecure city in nation
<http://www.guilfordian.com/worldnation/2015/02/13/new-co-op-created-to-fight-food-insecurity/>

Black Urban Farmers:

Throw a Penny: This game is meant to be a reality check to the players. They will see how food secure or insecure they really are. You can either break into groups of three or four or remain as a whole group. The players sit in a circle, and each starts with three pennies. In the center of the circle is a bowl inside of which is a whole mess of pennies. The facilitator will read off some “reality cards.” If the card applies to the player, the player will either take a penny from the bowl in the center or add one of his/her own pennies to the bowl (the card will specify which action is to be taken). The players with the most money at the end of the game are the most food secure. Things to be written on reality cards:

- Take a penny if your household owns a reliable automobile. Throw a penny if it does not.
- Take a penny if there is a large grocery store no more than 15 by car from your home. Throw a penny if there is not.
- Throw a penny if there is a convenience store a five minute walk from your house.
- Throw a penny if there are two convenience stores a five minute walk from your house.
- Take a penny if you can think of three sources of local food in your town//city. Throw a penny if you cannot.
- Take a penny if you know anyone who maintains a vegetable garden. Throw a penny if you do not.
- Throw a penny if you know how much an 18 oz. bottle of soda costs.
- Throw a penny if you know anyone who receives SNAP benefits.
- Throw a penny if you know anyone who receives WIC benefits.
- Take a penny if, at any given time, you can find fruit, vegetables, or cooked meals (leftovers) in your home. Throw a penny if you cannot.
- Take a penny if you have constant access to a potable water supply. Throw a penny if you do not.

Affordopoly:

Meant to show how frustrating and life-threatening food insecurity can be.

Arrange “gameboard” -- large, color-coded rectangles of construction paper labeled “hospital,” “chance,” etc on floor. Players will be their own game pieces and step on these cards.

Have each player roll die. The number shown on the dice is the amount of money they will receive with which to start the game, to reflect about privileges.

Now the game may begin; each player rolls dice. The number on the dice shows the number of spaces they move. The word written on the card on which they are standing dictates which card will be read to them, either chance, unfortunate, impact, or random. Players must follow instructions on card.

Object of the game is to purchase enough ingredients to cook a spaghetti dinner. The cards will either assist or hinder them in their quest to purchase groceries. They will realize the

compromises folks who have limited food sovereignty must make, whether it be going without food or buying less-healthy foods.

Discussion:

_____ Just be sure to link everything back to each other. Try to relate the experience of food insecurity//lack of food sovereignty to a dependence on government food//emergency food. Ask if they learned a lot about how much food access they really have. Ask their take on urban farms, farm to plate, farm to school, and community gardens.