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STUDENT LESSONS

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When was the last time you felt really hungry?

Have you ever felt your stomach growling from hunger?

Have you ever said, "I'm starving!" to describe how hungry you are?

Most of us have probably felt hunger many times before, but for so many people around the world, hunger is a deeper issue they face every day. Hunger is a feeling that is hard to measure and can be different for everyone, so we often talk about hunger issues using the term **food insecurity**. The definition of **food insecurity** is the "*state of being without reliable access to a sufficient quantity of affordable, nutritious food or as a household's inability to provide enough food for every person to live an active, healthy life*". **Food insecurity** can be one way to measure hunger and its impact on an individual.

In the United States currently, 1 in 5 children struggles with hunger each day.*

The good news is that you can help! Through this program, you will...

- EXPLORE: Research hunger issues in your community,
- ACT: Implement a project to address food insecurity issues in your school or community,
- TELL: Share your project story video, inspiring others to get involved.

More than 14.1 million children face hunger.

According to the USDA, one in every five children is unsure where they will get their next meal.

It's all about providing meals! Help address hunger in your community today!

** Source: Feeding America*

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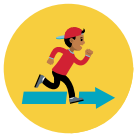

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INTRO LESSON

LEADERSHIP

Program Kick-off

Who is a great leader? Take one minute to list two impactful leaders. These leaders can be someone you know personally, or leaders in a high position.

Consider: What leadership qualities do they possess? Why do you think they are impactful leaders?

Name _____ **Leadership quality** _____

Name _____ **Leadership quality** _____

While thinking about the leaders listed above, stand in a circle. All of you will pass around one ball. When you catch the ball, say aloud a word that comes to mind when you think about leaders. Your teacher can record all mentioned words. There aren't any wrong answers here! After everyone has a turn, return to your seats and review the list of words written by your teacher.

Write specific adjectives and verbs to describe leaders as you fill in the spaces below. These adjectives and verbs can be recycled from the last activity with your peers.

LEADERS

ARE	CAN	HAVE
Persistent	*Motivate*	*Determination*

LEADERS

ACT	SAY	THINK
With compassion	*Their ideas clearly*	*About details*

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You listed names of leaders and shared words associated with leaders. It's time to dig a little deeper with your leadership qualities. Which leadership qualities do you possess now and which leadership qualities do you want to acquire? Look at the graphic organizer you just filled in and

- Circle two leadership qualities that best describe you now
- Underline two leadership qualities to indicate areas you would like to improve

Use these leadership qualities (circled and underlined) to write your Commitment Statements:

Two leadership qualities you possess now:	Two leadership qualities you would like to improve:
I am _____	**I need to develop** _____
I am _____	**I need to develop** _____

I commit to exploring and expanding in all of these areas as I help solve the issues with hunger in my community.

Signature _____

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Activity 1: Explore Hunger as a National Issue

Before we explore hunger, and its related issues, let's see what we already know. In the box below, list any facts you know about how hunger affects people in your school, your community or around the world.

HUNGER FACTS

- _____
- _____
- _____
- _____
- _____
- _____

When starting an important project like the one you will be working on, it is important to research the issues involved and gather facts to support your work. Let's add to the facts you listed above with information provided by organizations that are working to end hunger.

The United Nations leads the effort around worldwide sustainable development goals. The UN Zero Hunger initiative (https://www.un.org/sustainabledevelopment/hunger) provides statistics, information and goals toward solving hunger and food insecurity around the world. WhyHunger (https://whyhunger.org/just-the-facts) is another source of information around hunger related issues and activities.

Another resource for exploring hunger initiatives is the Albertsons Companies Foundation's Nourishing Neighbors website (https://www.nourishingneighbors.com). Find a great video about the importance of working to reduce hunger here (https://www.nourishingneighbors.com/articles/93-check-psa?playVideo=true).

RESEARCH TIP

When researching an issue, it is a good idea to use more than one source to gather facts. What other websites can you find to help you learn more about hunger?

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Using the above websites, or others you may find, you can explore many different issues:

- how hunger affects children
- the effects of hunger in rural communities

ONE FACT ABOUT HUNGER THAT ...	MY RESPONSE
... is most surprising to me.	
... is important for people to know.	
... might inspire others to participate in addressing the hunger crisis.	
... I found on another website with good information.	

Right now, we are going to focus on some general statistics about the impact of hunger in the United States. Visit Feeding America (https://www.feedingamerica.org/hunger-in-america) to explore the data and statistics there. As you review the information, answer the questions in the table below.

Have you noticed any of the facts or issues you listed above in your own school or community? If so, list some examples here:

- _____
- _____
- _____

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Activity 2: Explore Hunger at a Local Level

While hunger is a national issue, it is likely you might see friends or neighbors in your own community affected by hunger. Feeding America is an organization that is working to end hunger and they offer information about hunger in individual states on their website as well. Visit Feeding America (https://map.feedingamerica.org) and click on your state in the dropdown menu at the top of the page.

What data and statistics did you find about hunger in your state?

What food bank(s) serves your state or community?

_____

Take a few minutes to explore the website for your local food bank. Find an email address or phone number to contact the organization and write that information here.

Name of food bank _____

Address _____

Email address _____ Phone number (____)_____

While food banks play an important role in meeting the hunger needs in communities, there may be other local food organizations that support individuals facing food insecurity in your area. You can identify these organizations and reach out to them in addition to your local food bank. List any additional organizations that might assist you during your project below.

Local hunger organization _____

Contact email/phone number _____

Local hunger organization _____

Contact email/phone number _____

Local hunger organization _____

Contact email/phone number _____

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In the next activity you are going to start thinking about ways you can help address hunger and food insecurity in your school or community. A great way to know what is really needed right now to help your neighbors is to talk to the experts. Who are some experts you can talk to about hunger in your community? Add some of your own ideas to the list we started below.

Identify one or two experts from the list below that you can contact to learn more about the hunger issues and needs in your community. Have a discussion with them to learn about the needs in your community and ways you can help. Make a list of questions below to include in your discussion.

Below are Albertsons Companies brands. Visit a store near you for help or collaboration.

TALKING TO THE EXPERTS

Many ideas might come to mind when you think about hunger, but the experts will know what people in your community need right now. Be sure to ask them what the most important needs are and how you can best help. You might be surprised to find how many different ways there are to help your neighbors struggling with hunger.

Fully Funded by:

Albertsons Companies Foundation

Market Foundation, Tom Thumb Foundation, Safeway Foundation, Shaw's Foundation, Star Foundation, Amigos Foundation, Pavilions Foundation, Carrs Foundation, Kings Foundation, Balducci's Foundation, Market Street Foundation, Vons Foundation, Haggen Foundation, United Supermarkets Foundation, Jewel-Osco Foundation, Randalls Foundation, Acme Foundation

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Activity 3: Explore Project Ideas

Before we think about project ideas, let's pause to review what we have learned so far. Write a short summary (1–2 paragraphs) about what you learned in activities one and two. Be sure to include details from the various websites you explored for research, local hunger organization websites and from your conversations with the experts.

WHAT I'VE LEARNED ABOUT HUNGER

DESIGN A PROJECT

Using everything you have learned about hunger and food insecurity, you are going to develop a project to address these issues in your community.

Make a list below of all the ways you might be able to address hunger in your community.

PROJECT IDEAS BRAINSTORM

_____ _____

_____ _____

_____ _____

_____ _____

BRAINSTORMING TIP

Be sure to keep an open mind to all ideas at this point — you are just brainstorming, and no idea is too big, too small or too wacky at this point. Just list everything you think of so you have a large list of options to choose from for your project.

Now that you have listed so many great ideas, take a few minutes to look back over the list. Ask yourself some questions. Which idea(s) ...

... sounds most exciting to me?

... are the most realistic?

... might have the greatest impact in my community?

Go back to the list and put a check mark beside the ideas that best fit your answers to these questions. You now have a short list to work with and will develop one of those ideas into a full project plan in the next lesson.

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LESSON 2

PLAN TO ACT

Activity 1: Set a CLEAR Project Goal

Fighting food insecurity means providing meals to those in need. Every 1.2 pounds of food equals one meal, every dollar provides four meals, and two canned goods provide one meal. How will your project provide meals to help feed those facing hunger?

Activity 1: Set a CLEAR Project Goal

From the short list you developed at the end of the last lesson, select one idea and develop a goal for your project. Setting a CLEAR goal will give you something realistic to work towards and keep you focused throughout the project. Write the selected idea in the box labeled "Your Project Idea" and use the table to help you define a CLEAR goal for your project. An example is provided to help you get started.

	PROJECT EXAMPLE: HOLD A FOOD DRIVE AND FUNDRAISER AT SCHOOL	**YOUR PROJECT IDEA**
COLLABORATIVE How will everyone work together to accomplish the goal?	*There are many tasks involved in this project so many people can contribute.*	
LIMITED What limits do you have on your time and/or resources?	*We need to finish collecting donations by the end of April so we have time to make our video and complete our Challenge entry.*	
EMOTIONAL Why is this goal important to you and/or people in your community?	*The person at the food bank said they have a lot of food donations but really need money to make building repairs. We want to help with this important issue to keep the building open and continue supplying food.*	
APPRECIABLE How will your goal be measured?	*The food bank said they need $3000 dollars for the repairs and we want to help raise half the money.*	
REFINABLE Can you adjust your goal if needed while working on your project?	*If we are not receiving a lot of donations, we can adjust the amount of money we plan to raise. We can also reach out to local businesses for additional donations.*	

Summarize your CLEAR goal in one or two sentences.

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Activity 2: Create an Action Plan

TEAM NAME _____

RESTATE YOUR PROJECT GOAL

COMMUNICATION PLAN FOR THE TEAM

How will the team communicate and how often?

TEAM MEMBER STRENGTHS (may be pulled from the Leadership lesson)

TEAM MEMBER NAME	STRENGTH	STRENGTH	STRENGTH

TASK LIST

Brainstorm a list of all tasks for this project.

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TASK ORGANIZATION
Organize the tasks listed on the previous page.

TASK	PERSON/PEOPLE RESPONSIBLE	DEADLINE

MANAGING OBSTACLES
Obstacles may be anything that causes your project to change or stop.

OBSTACLES THAT MAY OCCUR	HOW THE TEAM WILL OVERCOME THE OBSTACLE

End of Lesson 2

Share your Project Action Plan with your educator so it can be added to your Challenge entry.

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Activity 1: Record Your Progress and Outcomes

When we complete any project, we want to know how successful it has been in the end. When you complete a school project, you often receive a grade as a measure of your success. You have already set an overall goal for your project, but there are many other ways to track your success. For this project, you will use benchmarks to track your success and inspire others to get involved!

The benchmarks for your project are included on the final submission form, but they are listed here as well so you can track them while you work on your project. Consider keeping the Challenge submission form available, along with your action plan, so you can record data for each category during each step of the project. A list of items needed for your contest entry can be found on page 18.

In addition, take pictures and record any memorable quotes or comments from project participants as you work. These pieces of information can also be very helpful as you complete your challenge submission.

**Indicates required field*

* Number of students participating: _____
* Project results in total meals: _____
  (2 canned goods = 1 meal, 1.2 pounds = 1 meal, $1 = 4 meals)
* Approx. total volunteer hours contributed to this E.A.T. service project _____

Indicate your impact below by completing one or more fields.

Number of people impacted by project: _____

Total dollars raised: $ _____

Number of food items collected: _____

Pounds of collected food: _____lbs.

Number of meals prepared/served: _____

BENCHMARKS

A benchmark is simply a standard that you set to help you measure your success. In your final submission for this project, you will need to share data and statistics to demonstrate the results of your project.

MEASURING TIP

- 2 canned goods = 1 meal
- 1.2 lbs. = 1 Meal
- $1 = 4 meals

Make sure to track these metrics!

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Activity 2: Implement the Project

You have a plan and it is time to take action! The careful plan you created will help you conquer each task one by one. Once you have completed your project, you will be so proud of your hard work and everything you have accomplished!

As you are implementing your project, keep the following details in mind:

- **Review your plan weekly.** Make sure that you are meeting deadlines and completing all necessary tasks. If you get off track, your plan will help you refocus.
- **Keep your goal in mind.** The project will require you to work hard. If you keep your focus on the goal of working to address the hunger crisis in your own community, you will find inspiration and motivation to keep going.
- **Document your work.** Consider keeping a journal of your experiences as your work through the project. Take pictures of important tasks you complete. All of this can help as you create your video submission.
- **Photos and videos.** Be sure to take photos and videos along the way while doing your project. The story video is an important part of your entry.
- **Measure your success.** Keep track of the benchmarks from the final submission form and your progress towards your overall project goal. This is an important part of your final submission, so remember to collect this essential information at every step of the process.

Let's do it!
Carry out your project!
Make a difference in your community!

End of Lesson 3

Share your project outcomes with your educator so they can be added to you Challenge entry.

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Activity 1: Team Reflection

Students: Take time to talk as a team and think about your project. Use these questions as a guide:

Students: Describe the project in 4–6 sentences.

Students: What did the team learn about hunger?

Students: What did the team enjoy most about the project?

Students: What obstacles or challenges did the team face? How did they overcome them?

Students: How did the lessons and project affect the team?

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Activity 2: Create Story Video

One component of your Challenge entry is the excitement of telling the story of your journey through the lessons and project. This is where you will share your project story and inspire others to join you in addressing hunger needs in your community.

SIGNATURE TRACK: STORY VIDEO TIPS

Discover quick ways to elevate your video in just 5 minutes

PROJECT METRICS

(*Denotes required fields in this section)

* Number of students participating: _____
* Project results in total meals: _____
  (2 canned goods = 1 meal, 1.2 pounds = 1 meal, $1 = 4 meals)
* Approx. total volunteer hours contributed to this E.A.T. service project _____

Indicate your impact below by completing one or more fields.

Number of people impacted by project: _____

Total dollars raised: $ _____

Number of food items collected: _____

Pounds of collected food: _____lbs.

Number of meals prepared/served: _____

Story Video - Your video can be designed in any way you choose. Invite the students on the team to each take a part. Incorporate photos or videos taken while you were doing the project work. And, be sure to give your results! It is important to realize that no one knows your story, so this is your chance to tell it in an exciting and inspiring way. **Story videos should be 1–3 minutes in length.**

Some questions to guide you as you create your story video and entry:

- **What did students do, and why?** Share the project actions and the reason they chose this project focus. Include students actually doing the project.
- **What were the outcomes?** Share the team's results and even the obstacles. Learning happens during the best and worst times in any project.
- **What would they like others to do?** Share a message of inspiration so others might address hunger using your ideas and actions.

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Activity 3: Complete Challenge Submission

Your final Challenge submission is ready to be completed.

A checklist of the Challenge entry is included below. You worked hard on your project and you want your final submission to reflect that. Check in with your teacher to be sure your project and final submission have met all the official contest rules.

Take some time to add the story video that really brings your story to life.

GREAT JOB! You did important work to address the issue of hunger and help others in your local community. Continue to take action to impact your community and make a difference in the lives of the people around you.

PROJECT RECAP CHECKLIST

Please assist your teacher to gather the information and forms for your lessons. These are the items needed to complete your Challenge entry.

* *Indicates required field*

Project Information

* Project name _____
* Project description _____

Metrics

* Number of students participating: _____
* Project results in total meals: _____
  (2 canned goods = 1 meal, 1.2 pounds = 1 meal, $1 = 4 meals)
* Approx. total volunteer hours contributed to this E.A.T. service project _____

Indicate your impact below by completing one or more fields.

Number of people impacted by project: _____

Total dollars raised: $ _____

Number of food items collected: _____

Pounds of collected food: _____lbs.

Number of meals prepared/served: _____

Supported Charity

* Name of 501c3 or public school:

  _____

  EIN# if not a public school: _____

Reflection

* Team Reflection (from Lesson 4, Activity 1) document on E.A.T. website > *Resources*
* How did the program affect you as the adult leader?

Uploads

* Action Plan (from Lesson 2, Activity 2) document on E.A.T. website > *Resources*
* Two photos (JPG, PNG)
* Story video (MOV, MP4, WMV, FLV, MKV)

Other documents

* Administrators Permission Form (document on E.A.T. website)

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Explore.Act.Tell. Student Self Reflection

Complete this portion upon completion of the leadership lesson and four Explore.Act.Tell. lessons.

Rewrite your Commitment Statements (from the initial leadership activity):

Two leadership qualities you possess now:	Two leadership qualities you would like to improve:
I am _____	**I need to develop** _____
I am _____	**I need to develop** _____

Reflect on the Explore.Act.Tell. lessons and project.

Did you build on the leadership qualities needing growth? Provide details!

What are your leadership qualities now that you have concluded the Explore.Act.Tell. program?

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