



# Guide to Hands-on Learning



second harvest  
**HEARTLAND**  
Food changes everything.™

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# Introduction

## **How to Use the Second Harvest Heartland Guide to Hands-on Learning**

The purpose of the Guide to Hands-on Learning is to support and enhance your service learning experience. It contains facts, activities and discussion questions to help teachers and students learn more about hunger and what kinds of action can be taken to tackle a growing need in our communities.

There are seven lessons included in this guide—they may be used in any order or they may stand alone. Some lessons will have service activities, some will just have information. All have curricular ties to many disciplines including social studies, science, language arts, math and art. There is also a resource list included at the end of this guide with book selections, websites and videos that can be woven into your lessons.

While the lesson plans are geared for middle and high school classrooms, many can be adjusted to accommodate a variety of age groups.

The content for this guide was provided by Julie Rogers Bascom, service learning coordinator at Edina Public Schools and Nan Peterson, director of service learning at The Blake School, with support from Second Harvest Heartland.

## **Who is Second Harvest Heartland?**

Second Harvest Heartland is one of the largest, most innovative and most efficient food banks in the United States. Second Harvest Heartland helps deliver millions of meals to people who need it. As a food bank, we find new sources of food and deliver it to nearly 1,000 agency partner programs (food shelves, soup kitchens, senior centers and more) that in turn distribute this food to hundreds of thousands of families.

Second Harvest Heartland's mission is to end hunger through community partnerships. We achieve our mission by focusing on strong results, innovation and thought leadership. We are passionate about our work and inspire others to be generous participants in solving hunger.