



Guide to Hands-on Learning



second harvest
HEARTLAND
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Section 2: Hunger and Food Security Vocabulary

Description of Lesson

In order to have an in-depth conversation about hunger, students and teachers need to understand the definition of hunger and vocabulary to discuss hunger relief. This lesson can also be used as a way to test prior knowledge.

Materials Needed

Printed copies of the hunger vocabulary crossword puzzle, wordle, or word find.

Preflection

- What do you know about local and global hunger?
- What local agencies help our hungry neighbors?
- What efforts help alleviate hunger?



Vocabulary and Definitions

From Second Harvest Heartland, dictionary.com and Wikipedia.com

Advocacy: The act of pleading for, supporting, or recommending. Often in the hunger relief system, the word advocacy is in reference to working on public policy initiatives.

Community Meal: An event where prepared food is offered for free or at a reasonably low price. Community meal organizers may purchase foods, use donated food or obtain food from a local food shelf or food bank.

Feeding America: A domestic hunger relief charity, with a network of 200 partner food banks whose mission is to feed the hungry and to engage our country in the fight to end hunger.

Food bank: A non-profit, charitable organization that distributes mostly donated food to a wide variety of agencies within a designated service area that in turn feed people. The largest sources of food are for-profit growers, manufacturers, distributors and retailers who in the normal course of business have excess food that they cannot sell. After sorting and inventory, a food bank distributes the food to non-profit community or government agencies in its service area, including but not limited to food pantries, soup kitchens, homeless shelters, orphanages and schools.

Food drive: A campaign to collect food for a charitable organization.

Food insecurity: The lack of sustainable physical or economic access to enough safe, nutritious, and socially acceptable food for a healthy and productive life. Food insecurity may be chronic, seasonal, or temporary.

Food relief: The multitude of efforts to address and end hunger.

Food Rescue: The practice of safely retrieving edible food that would otherwise go to waste, and distributing it to those in need.

Food shelf/food pantry: A non-profit community agency that gives food to individuals and families who are food insecure. They receive support from community members, which can include individuals, corporations, farmers and food banks.

Gleaning: The act of collecting leftover crops from farmers' fields after they have been commercially harvested or on fields where it is not economically profitable to harvest. Some ancient cultures promoted gleaning as an early form of community assistance.

Hunger: The painful sensation or state of weakness caused by the need for food.

Program Definitions:

Commodity Supplemental Food Program (CSFP): A federally-funded program which works to improve the health of vulnerable populations by providing food and administrative funds to States to supplement their diets. The populations this program focuses on are elderly people over the age of 60, pregnant and breastfeeding women, other new mothers up to one year postpartum, infants and children up to age 6.

- **Mothers and Children Program (MAC)** – the program through which Second Harvest Heartland distributes CSFP food. Through MAC, Second Harvest Heartland specifically serves income-eligible post-partum women 6-12 months who are not breast feeding and are not served by WIC, and children between ages 5 and 6.
- **Nutrition Assistance Program for Seniors (NAPS)** – the program through which Second Harvest Heartland distributes CSFP food. Through NAPS, Second Harvest Heartland specifically serves income-eligible seniors 60 years of age or older.

National School Lunch Program: A federally-assisted meal program operating in public and nonprofit private schools and residential child care institutions which provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Summer Food Service Program (SFSP): A federally-funded program designed to fill the nutrition gap that children face during the summer when they do not have access to free and reduced-price breakfasts and lunch. SFSP ensures that children get the nutritious meals they need.



Supplemental Nutrition Assistance Program (SNAP): A federally-funded program that helps people with lower incomes pay for nutritious food. SNAP (formerly Food Support and often referred to as “food stamps”) does not pay for all the food that a person or a family needs each month, but just some of it. In Minnesota, SNAP is administered by the Minnesota Department of Human Services but eligibility and case management is provided by county Human Services departments. SNAP is the largest program in the domestic hunger safety net. State agencies, nutrition educators, and neighborhood and faith-based organizations work together to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits.

Women, Infants, and Children (WIC): A federally funded supplemental nutrition program serving pregnant, breastfeeding, and postpartum women as well as children up to age 5 who are found to be at a nutritional risk.

Activity 1

Students create a list of words, facts or thoughts about hunger. This can be done individually, in pairs, for a homework assignment or in groups in class.

Activity 2

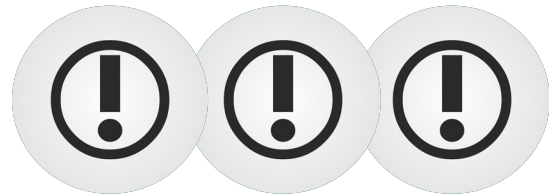
Create a wordle to demonstrate their awareness of hunger vocabulary before and after engaging in Second Harvest Heartland Hunger Relief Action Guide. You can use an online tool like www.wordle.net. One suggestion is to have one student input vocabulary as other students call out the words. Make sure NOT to put spaces in between words—such as food bank. See Wordle Example—the larger the font of the word, the higher the number of times that word is listed/shared.

Activity 3

Fill out a crossword puzzle and word find. Students can test their comprehension of the aforementioned terms by doing the attached crossword puzzle or word find.

Reflection/Discussion Questions

- What words or concepts are new to you?
- What surprised you?



Extensions to lesson

- Students set up a table in the lunchroom to test other students’ knowledge of hunger vocabulary.
- Students create their own crossword puzzles or word finds

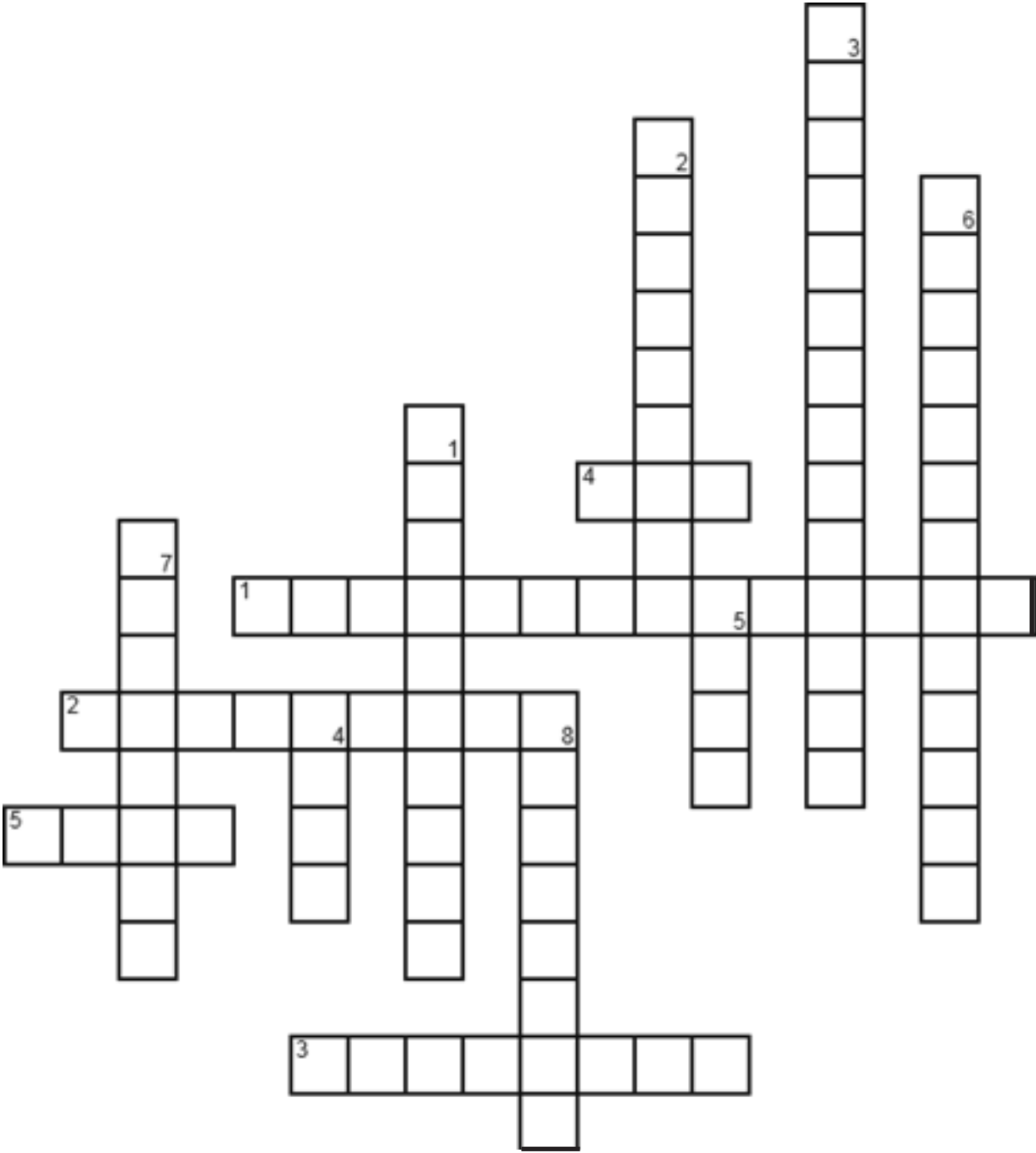
Hunger Vocabulary Word Find

T P N X T P C R U L G T N X G
M O S T F A D V O C A C Y Q Z
Y O T F J V J W A E Z E P E L
Z E U C S E R D O O F B M K J
E V I R D D O O F B T E Y I K
T A C I R E M A G N I D E E F
H J F O O D S H E L F K E N X
U C I W P I Y K N A B D O O F
N P S F X G H P C G T A F O E
G M S F E J N I V S P A N S E
E C O M M U N I T Y M E A L T
R X N I K S C R Q E D P S A M
D F S Y E M B G U T Q W T T U
H F O O D I N S E C U R I T Y
G L E A N I N G R R B R A P V

Hunger
SNAP
SFSP
Gleaning
CSFP
Food Bank
Food Insecurity

Food Shelf
Food Drive
Community Meal
Food Rescue
Advocacy
Feeding America
WIC

Hunger Vocabulary Crossword Puzzle



Across

1. The lack of sustainable access to enough food
2. An agency that gives food to individuals and families
3. Collecting leftover crops from farmers' fields
4. A program providing supplemental food, nutrition education, and health care referrals to low-income women who are pregnant or have children up to age 5
5. A federally funded program that helps people with lower incomes pay for nutritious food

Down

1. Safely retrieving edible food that would otherwise go to waste
2. A campaign to collect food for a charitable organization
3. Hunger relief organization that coordinates a nationwide network of food banks
4. A federally-funded program designed to fill the nutrition gap that children face during the summer
5. A program that provides one box of food each month to income-eligible mothers and seniors
6. An event where prepared food is offered for free or at a low cost
7. The act of pleading for, supporting, or recommending
8. Organization that distributes food to community agencies

Key

Across

1. Food insecurity
2. Food shelf
3. Gleaning
4. WIC
5. SNAP

Down

1. Food rescue
2. Food drive
3. Feeding America
4. SFSP
5. CSFP
6. Community meal
7. Advocacy
8. Food bank