



Guide to Hands-on Learning



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Section 4: Hunger Relief in Minnesota

Lesson Description

Students research and identify the major partners in ending hunger in Minnesota.

Materials Needed

Computer and Internet connection
Copies of the following personal stories:



Preflection

- Are you aware of any agencies that provide food support? If so, what are they?
- Who is hungry?
- Why are people hungry?

What can we do for our hungry neighbors?

Hunger Facts in Minnesota

- Demand for emergency food has doubled in our region since 2005. (Source: Feeding America Hunger Study 2010)
- Today, more than 600,000 people in Minnesota and western Wisconsin are at risk of missing a meal on any given day. This translates to 1 in 10 people, living all around us, who experience the stress of hunger. (Source: Feeding America Hunger Study 2010)
- Families in Minnesota miss out on 100 million meals each year; this is equivalent to missing dinner 10 times every month. (Source: Feeding America, Map the Meal Gap study 2011)
- This lack of food security results in children and adults with more developmental and cognitive deficiencies as well as increased physical and mental health issues. People who are hungry cannot participate fully in their daily lives, or in the world around them.
- Hunger costs Minnesota at least \$1.93 billion per year due to the combination of lost economic productivity, more expensive public education because of the rising costs of poor education outcomes, avoidable health care costs, and the cost of charity to keep families fed. Center for American Progress / Brandeis University Study, Hunger in America: Suffering We Are All Paying For, October 2011



Activity 1

Students research hunger relief agencies in their local area.

Some research questions could include:

- Where do agencies get their food?
- How much is purchased?
- The effects on a child living with hunger—going to school, playing with friends, trying to study
- How is the food brought to the hunger relief agency?
- How many people are served per year?
- What do the agencies need?
 - Food donations?
 - Funding for buying more food?
 - Volunteers?
- What does Charity Navigator (an online way to determine an agency’s performance rating) say about the agency? www.charitynavigator.org

The following are some agencies that help hungry Minnesotans:

- Minnesota Foodshare gmcc.org/foodshare
- Hunger Free Minnesota (3 year Campaign) hungerfreemn.org
- Hunger Solutions hungersolutions.org
- Feeding America feedingamerica.org
- Bread for the World bread.org

Minnesota Food Banks:

- Second Harvest Heartland 2harvest.org
- Channel One, Inc. Food Bank and Food Shelf, Rochester, Minn. channel-one.org
- North Country Food Bank, Crookston, Minn., northcountryfoodbank.org
- Second Harvest North Central Food Bank, Grand Rapids, Minn; secondharvestncfb.com
- Second Harvest Northern Lakes Food Bank, Duluth, Minn. northernlakesfoodbank.org

Activity 2

Invite a representative from your local food bank/food shelf to visit the classroom or school. Prepare students to engage in conversation.

Activity 3

Have a panel discussion on hunger in your community. Invite someone from your local food shelf, the mayor or other city official, the social worker at the school, and the school nurse. Discuss how hunger can impact your school and the community. Brainstorm ways to fight hunger in your town or city.

Reflection/Discussion Questions

- What do you know now about hunger relief that you didn't know before this project?
- Who uses hunger relief resources?
- What can you do to contribute to these agencies?
- Map out your community. Where is a food bank/shelf in your neighborhood?
hungersolutions.org
- Figure out how someone could get to a food shelf on public transportation. Examine barriers to getting to a food shelf.
- You have \$1,000 given to you to donate to a hunger relief agency. To what organization would you donate and why?