

Scouting to End Hunger Patch Program

The Scouting to End Hunger Patch Program pairs an activity-based curriculum with a Food and Funds Drive opportunity to provide Scouts with an understanding of hunger, nutrition, and community solutions.

The curriculum equips young people and caring adults with clear, age-appropriate activities. It includes a suggested time and age range. Feel free to adapt any part of the curriculum to fit your group's needs.

Upon completion, your Scouts will earn the Scouting to End Hunger: It's Spooky to Be Hungry Patch. Please contact us if you have any questions and to receive your patches.



Contact:

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Host a Food and Funds Drive

In addition to completing the curriculum, sign up your troop to host a Food and Funds Drive at ItsSpookyToBeHungry.org.

Fundraising food drive ideas for troops include:

- Hot chocolate stand
- Pumpkin decorating contest
- Costume parade with canned good “entry fee”
- Bake sale with spooky treats

- Haunted garage or yard with food donations as admission

Dropping off donations:

You can drop off the items your troop has collected at one of our locations during business hours.

- **Augusta Warehouse:** 3310 Commerce Drive Augusta, GA 30909
Drop Off Hours: Monday – Friday from 8:30am-4:00pm
Closed for Lunch: Monday – Friday from 12:00pm-1:00pm
- **Aiken Warehouse:** 81 Capital Drive, Aiken, SC 29803
Drop Off Hours: Monday – Friday from 7:30am-3:00pm
Closed for Lunch: Monday – Friday from 12:00pm-1:00pm

Complete Scouting to End Hunger Activities

Scouts will take a step toward earning the Scouting to End Hunger Patch upon completing the required activities from the curriculum guide below. This curriculum is a Golden Harvest Food Bank (GHFB) learning series for Scouts across 24 counties in Georgia and South Carolina.

Please email proof of program completion to spooky@goldenharvest.org.

Activity Requirements:

- Scouts: At least 3 activities from the curriculum guide.
- Cub Scout Lions, Tigers, Wolves, & Bears: At least 1 activity from curriculum guide.
- Girl Scout Daisies & Brownies: At least 1 activity from curriculum guide.
- Webelos & Arrow of Light Dens: At least 2 activities from curriculum guide.
- Girl Scout Juniors: At least 2 activities from curriculum guide.

The Need: Hunger at a Glance

- **Where we serve:** 24 counties across Georgia and South Carolina
- **Food insecurity:** 1 in 6 neighbors and 1 in 4 children are food insecure
- **Our network:** 325+ hunger relief partners (includes food pantries, meal sites, senior centers, and more)
- **Impact math:** \$2 = 5 meals through Golden Harvest Food Bank
- **Key programs referenced:** [The Master's Table Community Kitchen](#), [Senior Food Boxes](#), and [BackPack Program](#)

Activity 1: Preconception Exploration

Time: 15–20 minutes | **Age:** All ages

A quick warm-up that surfaces what participants already believe about hunger and food insecurity and opens the door to respectful conversation.

Materials

- Whiteboard or paper (one per group)
- Markers or pens

Directions

1. Form small groups of 3-4 (or one group if there are less than 5 participants)
2. On the page, draw two columns: Hunger and Food Insecurity
3. Give 5 minutes to brainstorm words or ideas for each column
4. Share out as a full group
5. Provide simple definitions for both terms
6. Invite reflection

Discuss

- What did you learn or find surprising?
- How does hunger, poverty, and food insecurity overlap or differ?
- Who should be part of the solution?
- How could you teach others about these issues?

Activity 2: The Hunger Obstacle Course

Time: 20–30 minutes | **Age:** All ages

Participants rotate through stations that describe real-life challenges, then brainstorm solutions that could work here in the CSRA.

Materials

- 6-8 obstacle cards (write one per index card or sheet of paper – from list below)
- Paper for each station and writing utensils
- Whistle or bell (optional)

Directions

1. Post each obstacle with a blank sheet beside it.
2. Split into the same number of groups as stations and assign starting points.
3. Give 2 minutes per station to list unique solutions on the paper.
4. Rotate until all stations are visited.
5. Review, combine, and highlight the best ideas.
6. End by choosing one simple project the group could try.

Obstacles (CSRA-Specific)

1. A family in the CSRA is missing meals due to limited income.
2. Many neighbors do not realize how common hunger is in our community.
3. Students could benefit from the Backpack Program, but donations are needed.
4. Seniors living alone need healthy meals and social connections. GHFB supports by Senior Food Boxes and meals at The Master's Table Community Kitchen.
5. A family facing job loss does not know where to find help.
6. A neighbor feels embarrassed to ask for food assistance.
7. You learn that one of your friends goes hungry several days a week.
8. A family lacks reliable transportation to reach the nearest pantry.

Ideas for Solutions

- Volunteer as a group at Golden Harvest Food Bank.
- Host a food drive for shelf-stable, nutritious items.
- Add one extra item to your cart and donate locally.
- Share facts and GHFB resources to build awareness.
- Advocate for programs like Backpack and Senior Food Boxes.

Activity 3: What are Hunger's Consequences?

Time: 10–15 minutes | **Age:** High school

Explore the health and behavioral impacts of food insecurity on individuals, families, schools, and workplaces.

Materials

- Whiteboard or flip chart and markers

Directions

1. Create two columns: Health and Behavior.
2. Brainstorm impacts together.

3. Add examples that did not surface during discussion.

Examples to Add if Needed

- **Health:** Headaches, fatigue, frequent illness; higher risks during pregnancy; weakened immunity; iron deficiency anemia affecting attention and memory; seniors choosing between food and medicine.
- **Behavior:** Lower focus, reduced ability to complete complex tasks, irritability, nervousness, lower self-confidence, and hesitancy to seek help.

Discuss

- Which impacts were surprising?
- How do these issues affect schools, workplaces, and the broader CSRA?
- How could addressing hunger improve community well-being?

Activity 4: Health and Food Access (Elementary School)

Time: Up to 60 minutes | **Age:** Elementary school

Kids connect healthy choices to energy and growth through MyPlate activities and an optional snack demo.

Materials

- MyPlate coloring sheet and maze
- EN Coloring Sheet: [MyPlate Coloring Sheet with Food Groups \(English, PDF\)](#)
- ES Coloring Sheet: [MyPlate Coloring Sheet with Food Groups \(Spanish, PDF\)](#)
- Maze: [MyPlate Activity Maze \(PDF\)](#)
- Pencils, crayons, markers
- Optional demo: Berry Parfait recipe, ingredients, clear cups, spoons

Directions

1. Color MyPlate with favorite foods in each group.
2. Complete the MyPlate maze.
3. Discuss why variety matters and what happens when we do not get enough healthy food.

Optional Recipe Demo: Berry Parfait (1 serving)

- Ingredients: 1 cup non-fat plain yogurt; 1/4 cup chopped strawberries; 1/4 cup blackberries; 1/4 cup unsweetened granola; 1 tsp honey
- Steps: Layer half the yogurt with a little honey, then granola and fruit; repeat; drizzle honey.

Make the Golden Harvest Food Bank connection: Golden Harvest helps families access fresh, healthy foods across our region so kids can grow, learn, and play.

Activity 5: Health and Food Access (Middle School)

Time: Up to 70 minutes | **Age:** Middle school

Students learn to read labels, think critically about choices, and try a budget-friendly smoothie.

Materials

- Activity sheets and pens
- Video: [Making Healthy Choices Using the Nutrition Facts Label \(FDA\)](#)
- What's on the Nutrition Facts Label: [The Nutrition Facts Label \(FDA\)](#)
- Nutrition Label Comparison: [Nutrition Label Comparison Worksheet](#)
- Dishin' the Nutrition rap (YouTube): [Watch](#)
- Optional demo: Green Apple Pie Smoothie recipe, ingredients, blender, small cups

Flow

- 5-minute intro
- 5-minute rap (what message stood out?)
- 5-minute video (who reads labels and why?)
- 10-minute review of What's on the Nutrition Facts Label
- 15-minute Nutrition Label Comparison Worksheet race
- 15-30-minute discussion

Discussion

- Benefits of understanding what we eat
- Distractions that steer us from healthy choices
- Practical steps to be more mindful

Optional Demo: Green Apple Pie Smoothie (serving ~1 cup)

- Ingredients: Granny Smith apple (chopped, unpeeled), 1/2 cup vanilla Greek yogurt, 1/2 cup spinach, 1/4 cup quick oats, 1 banana, 1 Tbsp honey, 1/2 tsp cinnamon, 1/4 tsp nutmeg, 2–3 ice cubes
- Steps: Add to blender. Blend until smooth. Sample in small cups.

Activity 6: Health and Food Access (High School)

Time: Up to 70 minutes | **Age:** High school

Students build a personalized MyPlate Plan, compare habits to guidelines, and choose one change to try.

Materials

- Devices for students
- MyPlate Online Calculator tool: [MyPlate Calculator Daily Plan](#)
- MyPlate Plan: [MyPlate Plan Individualized Worksheet \(PDF\)](#)
- Portions and Serving Sizes Document: [Portions and Serving Sizes \(PDF\)](#)
- Optional demo: Avocado Smoothie recipe, ingredients, blender

Flow

- 5-minute intro
- 5-minute review of Portions and Serving Sizes (PDF)
- 15-minute MyPlate Plans using Online Calculator tool (test the site ahead of time)
- 15-minute MyPlate Individualized Worksheet
- 15–30-minute discussion
- 20-minute demo (optional)

Discussion

- What was surprising about your plan?
- Where do your habits align or differ?
- What is one simple change you will try this week?

Optional Demo: Avocado Smoothie (serving ~1/2 cup)

- Ingredients: 2 small avocados, 1 1/2 cups reduced-fat milk, 1 Tbsp honey, 4 ice cubes, dash cinnamon or nutmeg; optional yogurt to thicken
- Steps: Blend until smooth. Serve.

Activity 7: Community and Government Responses to Hunger

Time: Up to 60 minutes | **Age:** Middle school and high school

Students plan a meal for four people on \$5 using grocery ads, then consider how SNAP and community partners help.

Materials

- Printed or digital grocery ads; MyPlate graphic
- Paper, pencils, calculators
- Optional demo: Bean Dip recipe, ingredients, blender, samples

Directions

1. Pairs or trios plan breakfast, lunch, or dinner for four.
2. Include at least four MyPlate groups.
3. Stay within \$5 and show the math.
4. Share plans and reflect.

Discuss

- Was it balanced, realistic, and something you would eat?
- What made it hard? How long would a full week take?
- Would SNAP help? How else does Golden Harvest and our partners help families stretch food dollars?

Optional Demo: Bean Dip (2 Tbsp serving)

- Ingredients: 1/2 can beans, 1 clove garlic (minced), 1/4 cup water, 1 Tbsp canola oil, 1/2 tsp salt, 1/2 tsp pepper; serve with veggies and whole-grain crackers; optional 1/4 cup salsa
- Steps: Blend smooth. Taste and serve.

Activity 8: Health and Food Access – Unequal Distribution of Food

Time: Up to 45 minutes | **Age:** Elementary, middle, and high school

A hands-on simulation using paper bags and candy to show how uneven access feels, then turning feelings into action.

Materials

- Lunch bags; candy in three sizes

- Recipe handout: [Chocolate Peanut Butter Fruit Dip](#)
- Demo supplies: bowl, spoon, fruit, cups or plates

Example set for 25 students

- 8 bags: no treat
- 8 bags: two bite-size
- 8 bags: three fun-size
- 1 bag: three full-size

Directions

1. Pre-fill and hand out sealed bags.
2. Open together and pause for reactions.
3. Discuss fairness, feelings, and real-life connections.

Discuss

- How did it feel to receive more, less, or none?
- What health effects come from not having enough nutritious food?
- How would you redistribute the candy so everyone has enough?
- What real solutions help neighbors in the CSRA get the food they need?
- What can your class do this month?

Optional Demo: Chocolate Peanut Butter Fruit Dip (2 Tbsp + fruit)

- Ingredients: 1 1/2 cups plain Greek yogurt, 1/4 cup peanut or almond butter, 1/4 cup honey, 2 Tbsp unsweetened cocoa powder, 1 tsp vanilla; 2 fruits cut into bite-size pieces
- Steps: Mix dip until smooth. Serve with fruit.
- Reinforce choosing at least two MyPlate food groups for a balanced snack.

Close the Loop: Turn Learning into Action

- **Volunteer:** Pack student backpacks and senior boxes at Golden Harvest Food Bank, serve at The Master's Table Community Kitchen, or help with sustainable solutions at The Urban Farm. You can learn more and sign up for a volunteer shift on [our website](#).
- **Give:** \$2 = 5 meals for neighbors across the CSRA.
- **Host a drive:** Collect our most wanted items. Learn more about how you can host a food drive at itspookytobehungry.org or throughout the year [here](#).

- **Advocate:** Share what you learned and point neighbors in need of food resources to the Food Finder on [our website](#).