



Girl Scouts - North Carolina Coastal Pines
6901 Pinecrest Road
Raleigh, NC 27613
(800) 284-4475
www.nccoastalpines.org

No One Goes Hungry Council Patch Program



Requirements:

Daisies/Brownies- complete required activities for all and 2 activities in each section for level (Discover, Connect, Take Action).

Juniors- complete required activities for all and 3 activities in each section for level (Discover, Connect, Take Action).

Cadettes, Seniors and Ambassadors- complete required activities for all and 4 activities in each section for level (Discover, Connect, Take Action).

Information on the patch:

Girl Scouts of all levels can earn this patch by learning about the Food Bank of Eastern and Central North Carolina and food insecurity in their communities. Within our area the food bank serves more than 600,000 people in the Durham, Greenville, New Bern, Raleigh, Southern Pines and Wilmington communities. Daily, thousands of our local residents have food insecurity and especially so after natural disasters and post COVID-19. By learning about food insecurity, what the food bank does, how it helps and taking action together to create year long drives we can help end hunger in our communities. Earn a patch while giving back sustainably, the Girl Scout way!

Required Activities For All Girl Scout Levels

- ❖ Visit Food Bank of Central and Eastern North Carolina website and learn their story: <https://foodbankcenc.org/about-us/our-story/>
- ❖ What is food insecurity? Learn the difference between hunger and food insecurity. <https://hungerandhealth.feedingamerica.org/understand-food-insecurity/> Play the below game with your family. Get everyone a piece of paper and pen or pencil.
 - Have everyone make three parts on their paper to draw a plate for breakfast, lunch, and dinner.
 - Now tell them there is not enough food so lunch is missed for everyone– cross it out.
 - Next dinner there is not enough meat for everyone, so no meat on the dinner plate.
 - Next dinner there is not enough food so two people will have to give up their meal.
 - Next there is not enough food in the morning so no breakfast for everyone. No lunch either.
 - Next dinner there is even less food and one person must give up the whole meal.
 - Last dinner there is only one meal for everyone to share.
 - Discuss with family how they made the decision to share and who went without. Talk how it felt to not feel secure on the amount of food and next meal.

Discover

- ❖ Learn about hunger in your county. How many people does it affect?
Ask your family or troop to guess the number, write it out on a paper and show them.
ALL

- ❖ Learn the most needed items from the food bank. *See/Print the flyer in the Resource section.* **ALL**
- ❖ Learn how a food bank gets donations. *Talk to an employee or volunteer at a food bank.* **ALL**
- ❖ Learn how much it costs to eat for a typical family. *Compare with your family's grocery budget.* **JCSA**
- ❖ What kinds of food do you think a family gets for a week from the food bank? How many local partner agencies help in distributing the food to those in need? *Check with the food bank fact sheet to see how close your guesses were. Compare what you learned and share with family.* **JCSA**
- ❖ Learn about the Food Program for Seniors- CSFP. *Research what CSFP stands for, look into what government program the food bank works with.* **CSA**
- ❖ Learn about the Kids Summer Meals Program. *Look up other meal programs and if they work with schools. Does your school have a program they support or something similar?* **CSA**
- ❖ Research disaster relief programs. Learn about at least two organizations that provide disaster relief. **CSA**
- ❖ *There's more out there – learn about it!* **CSA**

Connect

- ❖ Visit virtually or in person a Food Bank of Central & Eastern North Carolina branch near you. *Go with family or troop.* **ALL**
- ❖ See all the different ways the food bank stores and gives out food. Have you supported the food bank in any of these ways? If not, which area would you like to work in? *Talk about it with family or troop.* **ALL**
- ❖ Real Food – not just canned. Learn about the community gardens the food bank has. *Ask your local food bank employee or volunteer what foods they grow. Make a list of 10 items, would you eat them? Share with troop or family.* **JCSA**
- ❖ As we learned with food insecurity, oftentimes kids and families do not have enough food for snacks and sometimes next meal. Skip a snack or meal to feel how people who don't have food, and have to skip a meal because they are food insecure. *How did you feel? Talk about it with your troop or family.* **DBJ**
- ❖ Food Bank CENC's Mission statement is: "Nourish People. Build Solutions. Empower Communities." From what you've learned about the food bank, write down one way Food Bank CENC is fulfilling their mission. Discuss with family or troop. **CSA**

- ❖ What is a drive? (Not your typical four wheel!) Ask a food bank employee/volunteer to explain it and how many drives they do in a year. Have you or a family member ever done a drive? Talk about it. **JCSA**

Take Action

- ❖ Draw a picture of the Food Bank of Central & Eastern North Carolina. Write down two interesting things you've learned. Share the picture with family or troops and send it to the Food Bank. **ALL**
- ❖ Teach family members, classmates or another troop what you learned. Make posters or a video. **ALL**
- ❖ Collect spare items in your house. Ask family and friends to do the same. Contact the food bank and drop it off following their safety rules. **ALL**
- ❖ See if there is a local food drive going on and participate in it. **ALL**
- ❖ You've learned there is a need all year long, work with your school club, group or troop to create a drive to help out this month. Also see if you can commit to set up other times throughout the year after the first drive. **ALL**
- ❖ Reach out to your local food bank and see how you can volunteer in person or virtually. **ALL**
- ❖ You've learned the Food Bank has community gardens. See if they need help to harvest, supplies donated, replanting or if there is a shortage in your area help build one. **ALL**
- ❖ Help with a corporate drive or ask your work or a family member's work to be a sponsor. Everyone wants to help and give back, share your ideas and together you can also bring a big impact to the community. **ALL**

Together in creating lasting programs and sharing our knowledge we can help end hunger in our communities. In Discovering, Connecting and Taking Action you too can help ensure No One Goes Hungry!

Resource Section

Flyer for Most Needed Items:

http://foodbankcenc.org/wp-content/uploads/2019/11/BrandRefresh_Food-Drive-Most-Needed-Items_2019.pdf

Statistics:

<https://foodbankcenc.org/our-work/hunger-in-our-area/newsletters-hunger-stats/>

Disaster Relief:

<https://foodbankcenc.org/our-work/programs/disaster-relief/>

Kids Café:

<https://foodbankcenc.org/child-nutrition-is-about-more-than-food/>

COVID-19 Impact:

<https://foodbankcenc.org/food-bank-covid-19-preparedness/>

Food Insecurity:

<https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>

Hunger in America:

<https://www.feedingamerica.org/hunger-in-america>

Food Bank Fact Sheet (see below):

FACT SHEET: HOW DOES FOOD BANKING WORK?

Food is donated to the Food Bank of Central & Eastern North Carolina through grocery stores, food manufacturers & distributors, local farmers & community food drives. This food is collected, sorted, & stored in the Food Bank of Central & Eastern North Carolina's distribution centers in Sandhills, Durham, Greenville, New Bern, Raleigh & Wilmington. It is then distributed to a network of 900 nonprofit partner agencies, including food pantries, soup kitchens, shelters, day care centers & elderly care programs.

What part of North Carolina does the Food Bank serve?

The Food Bank serves 34 counties in central & eastern North Carolina. The territory is about 19,000 square miles, and is more than a third of the state! The counties served are: Brunswick, Carteret, Chatham, Columbus, Craven, Duplin, Durham, Edgecombe, Franklin, Granville, Greene, Halifax, Harnett, Johnston, Jones, Lee, Lenoir, Moore, Nash, New Hanover, Onslow, Orange, Pamlico, Pender, Person, Pitt, Richmond, Sampson, Scotland, Vance, Wake, Warren, Wayne & Wilson.

Where does the Food Bank get its food?

The Food Bank obtains food from the following sources:

- Local donors (grocers, growers, packers, & manufacturers)
- Feeding America
- Other food banks
- State & federal government sources
- Food drives (company, civic, school, religious & individual food donations)

How much food does the Food Bank provide?

In fiscal year 2018-2019, the Food Bank distributed more than 82 million pounds of food (68 million meals) to a network of 900 partner agencies (food pantries, shelters, soup kitchens, group homes). That's a record!

Does the Food Bank provide canned food only?

Over half of the food the Food Bank provides is perishable product: fresh produce, protein rich meats & dairy items. Last year the Food Bank distributed more than 29 million pounds of fresh produce alone.

What about all the food that ends up in landfills?

The Food Bank has an expansive Retail Donation Program. Thanks to partnerships with Food Lion, Harris Teeter, Walmart, and many more, we were able to rescue & distribute almost 20 million pounds of nutritious meats, produce, deli foods, & baked goods last year.

What else does the Food Bank do besides nourish people?

In addition to sourcing & distributing food, the Food Bank's Community Health & Engagement department works to address hunger at its root causes, build sustainable solutions, and empower the communities we live in.

- With two nutritionists on staff, the Food Bank shares recipes, healthy tips, and other resources for our partner agencies and the people we serve. We utilize our on-site teaching kitchen to offer cooking demonstrations and multiple gardens to increase the supply of fresh produce we're able to distribute.
- The Food Bank's team of Benefits Outreach Coordinators operate our Three Squares program, which supports individual applications for Food and Nutrition Services (FNS- also known as SNAP or Food Stamps). Families with funds to purchase food eat more produce and need emergency food from a pantry less.

The Food Bank invests in our future through programs aimed at children & families:

- Kids Cafe brings community partners together to supply nutritious meals at after school programs and support education, nutrition, and enrichment for kids. In 2018-2019, Kids Cafe Programs supplied over 123,920 meals.
- Weekend Power Pack meets the nutritional needs of children during weekends & long school breaks. Each Friday, kids are given a meal pack filled with non-perishable food. In 2018-2019, 1,141,615 weekend meals were provided through this program.
- Kids Summer Meals provides up to two meals a day to children during the summer when school is out and kids have no access to free and reduced price meals. In the summer of 2019, we provided 47,368 meals to over 1,650 children through this program.

STEP 1
Food & funds are donated to the Food Bank.



\$1 = 5 MEALS

STEP 2
The Food Bank readies the food for distribution to partner agencies.



STEP 3
Partner agencies pick up the food or the Food Bank delivers it to them.



STEP 4
Partner agencies provide food to those in need.



food
bank
OF CENTRAL & EASTERN
NORTH CAROLINA