



Impacts of Hunger

How does hunger affect us?

Description

- ◆ This activity explores and fosters participants' understanding of the health and behavioral consequences of hunger.

Recommended Participation

- ◆ It is recommended a minimum of four (4) participants participate in order for the activity to be interactive and effective.

Objectives

Our objectives are to ensure participants:

- ◆ Are able to describe the relationship between hunger and nutrition.
- ◆ Are able to identify three health or behavioral consequences of hunger.
- ◆ Are able to describe possible physical and cognitive challenges for those living with hunger and poverty.
- ◆ Better understand the basic terminology and issues related to food insecurity, hunger and poverty nationally and in Arizona.

Time

40 minutes

Materials

- ◆ **1 Appendix 1:** *Hunger 101 Glossary of Terms for each participant*
- ◆ **1 Appendix 2:** *Impacts of Hunger for each participant*
- ◆ **1 Appendix 3:** *Impacts of Hunger for each participant*
- ◆ **1 Appendix 4:** *Impacts of Hunger for each participant*
- ◆ Flip chart and markers, dry erase board, or chalk board

Advance Work

- ◆ Print **Appendix 1:** *Hunger 101 Glossary of Terms for each participant*
- ◆ Print **1 Appendix 2:** *Impacts of Hunger for each participant*
- ◆ Print **1 Appendix 3:** *Impacts of Hunger for each participant*
- ◆ Print **1 Appendix 4:** *Impacts of Hunger for each participant*
- ◆ Ensure that there is a white board or flip chart available to compile and post key points from the participant discussion.
- ◆ At the facilitator's discretion, guest speakers and/or other relevant resource participants may be invited to participate with of this session's activities to enhance the understanding or presentation of content.



Facilitation Instructions

1. Distribute Appendix 1: Hunger 101 Glossary of Terms
2. Divide participants into pairs.
3. Brainstorm with participants about the health and behavioral consequences of hunger.
4. Make two columns on the chalkboard or flip chart, and label one column "Health" and the other "Behavior."
 - Facilitator may need to start the activity by listing a few consequences for each category so participants understand what the activity entails.
 - Try to elicit group participation and interject ideas when participants seem stuck.

The following list contains some of the health and behavioral consequences of hunger.

HEALTH	BEHAVIOR
<ul style="list-style-type: none"> ◆ Malnutrition: A medical condition resulting from inadequate or excessive consumption of a particular nutrient. Malnutrition can impair physical and mental health, and can contribute to one's vulnerability to infectious diseases. ◆ Under-nutrition: Not eating enough food can lead to Stunting, which limits normal height and weight gain for one's age. ◆ Children who are hungry experience: <ul style="list-style-type: none"> • Headaches • Fatigue • Frequent illness that impairs physical activity • Iron-deficiency anemia, which influences attention span and memory ◆ Adults who are hungry experience: <ul style="list-style-type: none"> • Weakened bones and muscles • Increased risk of illness • Lack of energy • Depression • Aggravation of existing health problems ◆ Pregnant women who are hungry are at risk of having low birth-weight babies: Low birth-weight babies suffer from more frequent bouts of illness, and impaired growth and development 	<ul style="list-style-type: none"> ◆ Hunger can have an emotional impact: <ul style="list-style-type: none"> • It may diminish self-confidence • It may diminish self-esteem • It may cause shame and embarrassment ◆ Children who are hungry may: <ul style="list-style-type: none"> • Be less attentive • Be less independent • Be less curious • Have difficulty concentrating • Have lower reading, verbal, and motor skills • Be less able to perform complex tasks ◆ Adults who are hungry may: <ul style="list-style-type: none"> • Be more nervous • Be more irritable • Have difficulty concentrating



5. Ask participants to discuss:
 - ◆ How they might feel if they missed their breakfast? Do they ever get a headache, or stomach ache?
 - ◆ How might that make their day better or worse to listen and learn in school?
 - ◆ How might a friend feel if they missed lunch and then had to wait to eat a late dinner?
 - ◆ How might that change how well a friend might do on their homework that evening?
 - ◆ Do you know anyone who might get tired and maybe a little cranky if they miss a meal or two?
6. Distribute Appendix 2: Impacts of Hunger for participants future reference
7. Ask participants to define **nutrition**.
8. List their key words and phrases used to build a definition of Nutrition on the board.
9. Review the official definition of Nutrition below while mentioning the similarities and differences from this definition with the ideas from the participants.

Nutrition is the study of how food affects the health and survival of the human body. Human beings require food to grow, reproduce, and maintain good health. Without food, our bodies could not stay warm, build or repair tissue, or maintain a heartbeat. Eating the right foods can help us avoid certain diseases or recover faster when illness occurs. These and other important functions are fueled by chemical substances in our food called nutrients. Nutrients are classified as carbohydrates, proteins, fats, vitamins, minerals, and water.

10. Provide a summary statement.

General Comments or Activity Tips

1. At the facilitator's discretion, Optional Activity: Crossword Glossary that follows may be completed at this time or at any other opportunity that best supports the program's impact to better understand the basic terminology and issues related to food insecurity, hunger and poverty nationally and in Arizona.



Crossword Glossary Activity

Objectives

Our objectives are to ensure participants:

- ◆ Attain a fuller understanding of key terms and phrases related to fighting world hunger and poverty.
- ◆ Have an opportunity for the participants to discuss and explore issues related to world hunger.

Materials Needed

- ◆ 1 **Appendix 1:** *Hunger 101 Glossary of Terms* for each participant.
- ◆ 1 **Appendix 3:** *Hunger Crossword Sheet* for every three participants
- ◆ 1 **Appendix 4:** *Hunger Clues Sheet* for every three participants
- ◆ 1 *Hunger Crossword Score Sheet*
- ◆ Pens, pencils, or colored markers for each participant

Time

20 minutes

Advance Work

- ◆ Print 1 **Appendix 1:** *Hunger 101 Glossary of Terms* for each participant.
- ◆ Print **Appendix 3:** *Hunger Crossword Sheet* for every three participants
- ◆ Print **Appendix 4:** *Hunger Clues Sheet* for every three participants

Facilitation Instructions

1. Divide participants into groups of three.
2. Distribute crossword puzzle sheets to each group
3. Instruct participants to try to complete the crossword puzzles using the words and descriptions provided on the Crossword Clues Sheet.
4. Note they have 10 Minutes to find as many as possible and to notify the facilitator as soon as they have found all of them.
5. Stop participants after 10 minutes and ask each group respectively to note one word they found and where it is located on the sheet.
6. Move to general and specific questions\discussions.
7. Provide final summary statement.
8. Ask for feedback from the teams as a transition to general discussion issues.



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Discussion Issues \ Facilitation Questions (ask questions such as)

- ◆ What population group do you think is the largest percentage of people visiting Community (Soup) Kitchens in Arizona? Single men? Women? Children? Senior citizens? Other groups?

General Comments or Activity Tips

1. An alternative process for this activity would be to make it a contest by which each team earns 1000 points for each word solved within the 5 minute time period and collect sheets in 5 minutes to determine words found. Then announce and post team scores, and review all the word locations with the group at large.



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Appendix 1: St. Mary's Food Bank Alliance Hunger 101 Glossary of Terms

Advocacy - Efforts on the part of people, movements, or organizations to speak out on behalf of others who have need(s) in order to bring about greater awareness and change.

America's Second Harvest (A2H) – Network of approximately 200 food banks across the United States. Corporate headquarters are located in Chicago, IL. Web site is www.seconddharvest.org.

Arizona Department of Economic Security – This state agency is responsible for promoting the safety, well-being and self-sufficiency of all Arizonans. This includes implementing and administering cash assistance and all other welfare-related programs. Web site is www.de.state.az.us.

Balanced Diet – Eating the appropriate amount and variety of food.

Budget – A basic family budget comprises income and expenses for family needs to feed, shelter, and clothe itself, get to work and school, and subsist. Family budgets usually include: housing costs, transportation costs, family health care costs, and living expenses, meeting financial obligations, education expenses, family recreation and sometimes savings.

Charity - The act of giving something (such as financial support, a tangible item, or emotional support) to individuals or families in need.

Charity, Aid, Recovery and Empowerment Act (CARE) – Federal law which allows family farmers, ranchers, and restaurant owners to deduct from their tax returns the costs of food they donate to hunger-relief charities.

Child and Adult Care Food Program (CACFP) – Federal program administered by the USDA, which provides a monetary reimbursement to approved nonprofit or licensed daycare or after-school programs that provide meals and snacks to needy children.

Community Dining Room – A community-based nonprofit organization that serves meals to people living in poverty at no cost. Examples are St. Vincent de Paul, Salvation Army, and Andre House. (*See Soup Kitchen*)

Charitable Organization – Organizations such as food banks, community dining rooms that provide food to low-income individuals or families, as well arts programs, counseling centers, job-assistance programs, museums, community-focused foundations, etc. that serve our communities. The organization must be designated as a 501 organization by the Internal Revenue Service.

Child Nutrition Programs – Federal programs that help schools and other organizations prepare breakfast, lunch and after school snacks to children.

Chronic Hunger – Hunger that continues over a long period of time.

Cognitive Deficiency - Inadequacy in mental processing or brain function often associated with insufficient nutrition among children.

Cognitive Development - The stages of mental or brain development in infancy and childhood.

Daily Calorie Requirement – The average number of calories needed to sustain normal levels of physical activity and health taken into account age, gender, body weight, and climate. On average the requirement is approximately 2,350 calories per day.

Department of Health and Human Services – Federal agency responsible for protecting the health of all Americans and providing essential human services, especially to those with the greatest need. Specifically, HHS oversees the implementation and administration of Medicare, Medicaid, and TANF (*see Temporary Assistance for Needy Families*). Web site is www.os.dhhs.gov.

Domestic Hunger – Hunger within the United States.

Donate – To contribute or give (money, food, clothing, toys, services, time, etc.) to a charitable cause.



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Donations – Items (money, food, clothing, toys, services, time, etc.) a non-profit organization receives from people who want to give to a charitable cause.

Eligibility Requirements - Rules set to determine whether particular applicants/households are eligible to receive the benefits of government or private sector programs. A common measure is often meeting some level of the Poverty Threshold.

Emergency Food Assistance – Providing food to low-income individuals and families facing a crisis on a temporary emergency basis until more consistent assistance is obtained.

Empower - To give greater ability (through skills or knowledge) to those who do not have sufficient power to advocate for their own needs.

Exercise – Physical activity to make your body fit and healthy.

Famine - A drastic and wide-reaching shortage of food usually resulting in increased disease and death.

Federal Nutrition Programs - Programs established through laws passed by Congress to safeguard the nutrition of different population groups, such as families, children, and seniors. Such programs include Food Stamps, WIC and CACFP.

Federal Poverty Standard - Income levels set by the federal government, based on household size and income, which determine whether an individual or family lives in poverty; adjusted annually for inflation. For example, a family of three earning less than \$16,090 in 2005 was considered to be in poverty.

Five Food Groups – The groups in the Food Guide Pyramid; grains, fruits, vegetables, dairy, meats, fats, oils, and sweets.

Food Bank – A private, nonprofit food distribution center. Food banks provide a central location for the receipt of donated food, and, through various methods, distribute the food to social service agencies in a designated service area that, in turn, provide food to their clients.

Food Drive – A method through which members of the community can become involved with a food bank. Organized by a variety of organizations, including schools, corporations, churches, and civic organizations, participants collect nonperishable food items for donation to a food bank.

Food Guide Pyramid – A guide to tell people which foods and how many servings of each they should eat every day in order to stay healthy and strong. Created by the USDA (*see United State Department of Agriculture*), the pyramid is a visual display of the eight food groups common to the average American's diet. The pyramid recommends a range of the number of servings to choose from each group, based on the nutritional needs of males and females, and different age groups.

Food Insecurity – Limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

Food Pantry – Community-based nonprofit food assistance program that provides a limited amount of food to individuals or families facing food emergencies and/or ongoing food needs.

Food Security - Access to enough food to maintain a healthy lifestyle, including: a) the availability of a nutritious and safe food supply and b) the ability to get food in socially acceptable ways (without resorting to criminal activity, scavenging or other emergency tactics).

Food Security Safety Net - Federal nutrition policies and programs designed, altogether, to insure people have access to a normal, available, and adequate food supply.

Food Stamp Program – A federal program designed to improve the nutrition of low-income individuals by providing supplemental benefits to assist them with their food budget. Food Stamp programs provide coupons or EBT cards that function like debit cards for low-income people to cover a portion of a household food budget.

Farmer's Market – Place where people can sell or buy fresh fruits and vegetables.

Gleaning – Harvesting surplus food and vegetables from commercial farms and backyard orchards.

Gross Income - Total income to an individual or household before deductions for items such as taxes or health care coverage.



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Hunger – The uneasy or painful sensation caused by a lack of food. The recurrent or involuntary lack of access to food that over time may result in malnutrition in which people do not get enough food to provide the nutrients necessary for a fully productive healthy life..

Harvest – To gather ripe fruits and vegetables.

Healthy – To have a fit mind and body.

Homeless – People who do not have a permanent place to live.

Living Wage - A wage sufficient to meet the basic needs of a worker, his or her family and his or her dependents to live adequately.

Low Birth Weight – Newborns who weigh 2,500 grams (5 pounds, 8 ounces) or less are considered of low birth weight. These newborns are especially vulnerable to illness and death during the first months of life.

Malnutrition – A harmful condition caused by not having enough food or eating too much of the wrong food. A medical condition resulting from inadequate or excessive consumption of a particular nutrient. Malnutrition can impair physical and mental health, as well as contribute to one's vulnerability to infectious diseases.

Meals on Wheels – Community-based nonprofit organizations provide home delivery of meals to homebound seniors and/or disabled individuals through this program.

Medicaid - A federally aided, State-operated and administered program that provides medical benefits for certain indigent or low-income persons in need of health and medical care. The program, authorized by Title XIX of the Social Security Act, is basically for the poor. It does not cover all of the poor, however, but only persons who meet specified eligibility criteria.

Medicare - A national, federally-administered senior health insurance program authorized in 1965 to cover the cost of hospitalization, medical care, and some related health services for seniors over age 65 and certain other eligible individuals

Member Agency (Partner Agency) – Food distributed by St. Mary's Food Bank Alliance is done so through a network of social service organizations that provides food to their clients. These organizations apply for membership to the Food Bank, are evaluated with a number of criteria, and, if approved, hold membership to the Food Bank.

Minimum Wage - The lowest hourly wage that federal law permits most employers to pay workers. Currently the rate is \$6.75/hour, although some states have raised their minimum wage higher than the federal required level.

National School Lunch Program – Provides free and reduced-price lunches for needy children in participating schools. Children participating in the program receive one-third or more of the Recommended Daily Allowance of key nutrients.

Nonprofit Organization – Legally constituted, non-governmental entities that are incorporated under state law as charitable or not-for-profit corporations. These organizations serve a public need, and hold tax-exempt status. All food banks and their partner agencies are IRS-approved 501(c) 3 private nonprofit organizations.

Nutrition – The study of how food affects the health and survival of the human body. Human beings require food to grow, reproduce, and maintain good health. Without food, our bodies could not stay warm, build or repair tissue, or maintain a heartbeat. Eating the right foods can help us avoid certain diseases or recover faster when illness occurs. These and other important functions are fueled by chemical substances in our food called nutrients. Nutrients are classified as carbohydrates, proteins, fats, vitamins, minerals, and water.

Nutritional Deprivation - The condition of not getting sufficient food (minerals and vitamins) to meet scientific standards for healthy growth and development.

Nonperishable – Fully intact original cans, jars, or food-grade dry repacked foods with legible labels that will not spoil or lose their nutritional value unless stored for extended timeframes. Packaging does not indicate previous opening, punctures, bulging, or broken seals; however, even these foods may become inedible over long periods of storage time.

Number of Servings – The size and amount of each food group you should eat every day.



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Poverty Line – The official measure of poverty in the United States. Developed by Mollie Orshansky in the 1960s, and adopted by the federal government in 1967, the poverty line establishes an absolute dollar amount, based upon family size and indexed for inflation, by which the government ascertains the number of Americans who subsist below socially acceptable standards of living. The official poverty line is based upon Orshansky's study that concluded an average family spend one-third of its income on food. The official poverty line is set at triple the cost of the "Thrifty Food Plan" – a subsistence diet established by the USDA.

Perishable – Food items that will spoil quickly.

Public Policy - Laws or regulations set by federal, state and local governments that regulate various aspects of life such as taxes, employment, and health care.

Recommended Dietary Allowances (RDA) – Established by the Food and Nutrition Board of the National Academy of Sciences, RDAs reflect the amount of specific nutrients in the diet that should decrease the risk of chronic disease for most individuals.

School Breakfast Program – Provides free or reduced-cost nutritious morning meals to participating, low-income children in participating schools.

Shelter – A community-based, nonprofit, or state/city organization that provides temporary housing for the homeless. Usually congregate meals are served. Local examples are UMOM, Central Arizona Shelter Services, and Phoenix Rescue Mission.

Single-Parent Families - Families with children under age 18 headed by a parent who is without a spouse raising children on his or her own.

Social Justice - A broad concept that encompasses the idea that all people should have a fair opportunity to partake of the tangible benefits of our democracy, at least to the extent that fundamental or basic human needs are met. An idea first associated with John Rawls in his book, *A Theory of Justice*.

Social Safety Net – The network of government and private charitable programs that exist to assist low-income, disabled, elderly, and other vulnerable populations.

Summer Food Service Program for Children – This program provides children of low-income households with nutritious meals during the summer months when school is not in session and students have limited or no access to the school lunch programs.

Salvage – Edible and usable non-perishable products donated by food chains. Items are sorted, repackaged, and distributed to Food Bank agencies.

Soup Kitchen – A community-based nonprofit organization that serves meals to people living in poverty at no cost. Examples are St. Vincent de Paul and Salvation Army. (*See Community Dining Room*)

Stunting - A condition when young children fail to reach their normal height for their age range, due to long-term nutritional deprivation.

Supplemental Food Programs – Any organization that provides bags of food to individuals in need.

TEFAP and CSFP – The Emergency Food Assistance Program and the Commodity Supplemental Food Program provide commodities donated by the USDA to food banks, food pantries, soup kitchens, and emergency shelters for distribution to low-income people.

Temporary Assistance for Needy Families (TANF) – In 1997, Congress voted to replace Aid to Families with Dependent Children (AFDC) with TANF, which is the current system of "welfare" in place in the United States. This program provides direct cash assistance, and support for childcare, job training, shelter, transportation, education, family planning, domestic violence, homelessness, substance abuse, marriage skills, teen pregnancy, and medical needs. Recipients must meet income qualifications, have dependent children, and begin employment or job training in order to qualify for benefits. In Arizona, the program is called Employing and Moving People Off Welfare and Encouraging Responsibility, or EMPOWER, and is administered by the Department of Economic Security.

Total Household Income - Income from all sources available to members of a household.



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United States Department of Agriculture (USDA) – Federal agency that oversees the administration of anti-hunger programs, such as Food Stamps and child nutrition programs. The USDA is also a research leader in human nutrition. Web site is www.usda.gov.

Volunteer – To offer help at a charitable non-profit organization or on its behalf without being paid.

(WIC) Special Supplemental Nutrition Program for Women, Infants, and Children– A federal program that provides nutrition education and food vouchers to pregnant women and lactating mothers, as well as young children under the age of five. The Special Supplemental Nutrition Program for Women, Infants and Children program aims to improve the health of low-income pregnant, breast-feeding and postpartum women, and infants and children who are at-risk of poor nutrition. WIC benefits include supplemental nutritious foods, nutrition education, and access to healthcare.

Working Poor – Individuals and families who are working, but do not make enough wages from work to raise them above the federal poverty line.



Appendix 2: Impacts of Hunger

HEALTH	BEHAVIOR
<ul style="list-style-type: none"> ◆ Malnutrition: A medical condition resulting from inadequate or excessive consumption of a particular nutrient. Malnutrition can impair physical and mental health, and can contribute to one's vulnerability to infectious diseases. ◆ Under-nutrition: Not eating enough food can lead to Stunting, which limits normal height and weight gain for one's age. ◆ Children who are hungry experience: <ul style="list-style-type: none"> • Headaches • Fatigue • Frequent illness that impairs physical activity • Iron-deficiency anemia, which influences attention span and memory ◆ Adults who are hungry experience: <ul style="list-style-type: none"> • Weakened bones and muscles • Increased risk of illness • Lack of energy • Depression • Aggravation of existing health problems ◆ Pregnant women who are hungry are at risk of having low birth-weight babies: Low birth-weight babies suffer from more frequent bouts of illness, and impaired growth and development 	<ul style="list-style-type: none"> ◆ Hunger can have an emotional impact: <ul style="list-style-type: none"> • It may diminish self-confidence • It may diminish self-esteem • It may cause shame and embarrassment ◆ Children who are hungry may: <ul style="list-style-type: none"> • Be less attentive • Be less independent • Be less curious • Have difficulty concentrating • Have lower reading, verbal, and motor skills • Be less able to perform complex tasks ◆ Adults who are hungry may: <ul style="list-style-type: none"> • Be more nervous • Be more irritable • Have difficulty concentrating



Appendix 4: Crossword 1 Puzzle Clues

ACROSS

- 5** - Efforts on the part of people, movements or organizations to speak out on behalf of others.
- 6** - _____ Hunger: within the United States.
- 7** - Program that provides hot meals to homeless and low-income residents of a community.
- 10** - Harvesting surplus food and vegetables from commercial farms and backyard orchards.
- 11** - Participants and families that are working but do not make enough from their wages to raise them above the federal poverty line.
- 12** - Private, nonprofit food distribution center that provide a central location for the receipt of donated food, and, through various methods, distribute the food to social service agencies.
- 13** - Eating the appropriate amount and variety of food.

DOWN

- 1** - A harmful condition caused by not having enough food or eating too much of the wrong food.
- 2** - Drastic and wide-reaching shortage of food usually resulting in increased disease and deaths.
- 3** - Edible and usable products donated by food chains. Items are sorted, repackaged, and distributed to Food Bank agencies.
- 4** - Hunger that continues over a long period of time.
- 8** - Uneasy or painful sensation caused by a lack of food. The recurrent or involuntary lack of access to food.
- 9** - Food items that will not spoil.
- 12** - Collecting nonperishable food items for donation to a food bank.



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Hunger Crossword Score Sheet

	Score
Team 1	
Team 2	
Team 3	
Team 4	
Team 5	
Team 6	
Team 7	
Team 8	
Team 9	
Team 10	