

**Feed Your Mind Series:  
Crack the Hunger Code  
Activity**



Table of Contents		Page
◆ <b>Feed Your Mind Series: Introduction</b>		<b>2</b>
◆ <b>Activity: Crack the Hunger Code</b>		<b>3</b>
◆ <b>Appendices</b>		<b>7</b>
◆ <b>Evaluation</b>		<b>9</b>

## Appendices

- ◆ **Appendix 1:** Feed Your Mind Series Preparation Checklist
- ◆ **Appendix 2:** Poverty & Hunger Statistics
- ◆ **Appendix 3:** Hunger 101, Feed Your Mind Series Evaluation

## Feed Your Mind Series Program

### Description

**Hunger 101** is a tool designed to increase public awareness of hunger and poverty in Arizona and nationwide. It is intended to start a conversation on these issues and spur participants to take action to address food insecurity, poverty, and hunger.

**Feed Your Mind Series** participants will complete varied activities to increase their awareness of the issues surrounding hunger and poverty in the United States, as well as their empathy toward people living with poverty and hunger.

The activities contained in the **Hunger 101** program address the complex issues that contribute to, result in, and aggravate hunger and poverty.

The **Feed Your Mind Series** is intended to encourage participants to think critically of short-term and long-term solutions to hunger and poverty, as well as take individual and group action to fight hunger and poverty.

### Goals

- ◆ To create awareness of hunger and poverty on national, state and local levels
- ◆ To address the causes and consequences of hunger and poverty
- ◆ To identify short-term and long-term solutions to hunger and poverty
- ◆ To empower participants to plan and participate in solutions to eliminate hunger and poverty



# Feed Your Mind Series Program Activity: Crack the Hunger Code

## Description

- ◆ This program activity presents participants with an introduction to hunger and poverty in America.

## Recommended Participation

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

## Objective

Our objective is to ensure participants:

- ◆ Are more aware of the concepts of poverty, food insecurity, and hunger
- ◆ Become more aware of the magnitude of food insecurity, hunger and poverty nationally and in Arizona

## Materials Needed

- ◆ 1 Hunger Crack the Hunger Code Sheet for every participant
- ◆ 1 Poverty Facts Sheet for each participant
- ◆ Pens, pencils or colored markers for each participant

## Time

20 minutes

## Advance Work

- ◆ Print Crack the Hunger Code sheets
- ◆ Print Poverty Facts Sheets

## Facilitation Instructions

1. Distribute word sheets to each participant or group of three participants.
2. Instruct participants to try to find secret message in the Crack the Code Sheet.
3. Note they have 10 minutes to confirm as much of the message as possible and to notify the facilitator as soon as they have completed all of it.
4. Stop participants after 2 minutes and ask each group respectively to state the words or message they have identified thus far. They will earn 1000 points for each word found within 2 minutes.
5. Then announce and post individual or team scores up to the 2 minute point.
6. Have the participants then continue for another 8 minutes with cracking the code.
7. Stop participants after 10 minutes and ask each group respectively to state the words or message they have identified. They will earn 500 points for each additional word found within 10 minutes.



8. Then announce and post the individual or team scores.
9. Move to general and specific questions/discussions.
10. Provide final summary statement.
11. Ask for feedback from the teams as a transition to general discussion issues.

### **General Comments or Activity Tips**

1. As a variation of the activity, school programs might distribute the Crack The Hunger Code sheets the day or morning before the group activity with participants (individual or teams) determining their answers before the group activity and then quickly reviewing the words found as a basis for group discussion.







## Appendix 1: Feed Your Mind Series Preparation Checklist

- ◆ This is a program planning and tracking tool to assist facilitators to plan, prepare and implement the Hunger 101 Feed Your Mind Series.
  - ◆ This list indicates items recommended with most effectively deliver the activity. For details, refer to the **Materials Needed** section of this guide.
- 
- Review activity to ensure understanding of the process sequence, and content.
  - Review the program, paying close attention to the time requirements – facilitators may need to modify the activities included in the program to suit the needs of their students and classroom.
  - Review **Appendices** to ensure understanding of the session's activities, process sequence and content.
  - Review all related resource materials to ensure understanding of the session's activities, process sequence and content.
  - Review all **Materials Needed** lists for all activities.
  - Prepare (if needed for this session) adequate supplies of Program Evaluation
  - Prepare copies of all **Appendices** and resource information to ensure there is a sufficient supply for all participants, presenters, and/or guests.
  - Review and become familiar with the photographs, correlated descriptions and other resource materials.
  - Confirm room space and tables to accommodate the members of the group.
  - Prepare Class roster, and finalize it.
  - Send Pre-Session Assignment (if needed for this session) reminder to participants and guest presenters.
  - Prepare, print, and collate all participants' materials. Make copies of all worksheets and materials for each student, including the assigned readings.
  - Ensure that there is a white board or flip chart available to compile and post participant key points.
  - Ensure there is an adequate supply of pens, pencils, calculators, and paper for all participants.
  - Determine participant team work areas.



## Appendix 2: Poverty and Hunger Statistics



# Poverty & Hunger Statistics

[www.FirstFood  
Bank.org](http://www.FirstFoodBank.org)

St. Mary's Food Bank  
2831 N. 31<sup>st</sup> Avenue  
Phoenix, AZ 85009  
Phone: (602) 352-3640  
Fax: (602) 352-3659

Westside Food Bank  
13050 W. Elm St.  
Surprise, AZ 85374  
Phone: (602) 242-3663  
Fax: (623) 583-9245

Phoenix Food Bank &  
FoodPLUS Center  
4211 N. 43<sup>rd</sup> Ave.  
Phoenix, AZ 85031  
Phone: (602) 272-6326  
Fax: (602) 272-9734

Agua Fria Food Bank  
405 E. Harrison Dr.  
Avondale, AZ 85323  
Phone: (623) 932-9135  
Fax: (623) 925-2365

Glendale Food Bank  
5605 N. 55<sup>th</sup> Ave.  
Glendale, AZ 85301  
Phone: (623) 934-5331  
Fax: (623) 934-0072

### POVERTY, FOOD INSECURITY AND HUNGER DEFINED

- The Department of Health and Human Services defines **poverty** by setting a threshold of income based upon the size of a family. As of 2005, these are the federal poverty guidelines:
  - 1 person: \$9,570
  - Family of 2: \$12,830
  - Family of 3: \$16,090
  - Family of 4: \$19,350
  - Family of 5: \$22,610
  - Family of 6: \$25,870
  - Family of 7: \$29,130
  - Family of 8: \$32,390
  - (for each additional person, add \$3,260)
- The USDA defines **food insecurity** as, "Limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways."
- **Hunger** is defined by the USDA as, "The uneasy or painful sensation caused by a lack of food. The recurrent or involuntary lack of access to food."

### NATIONAL STATISTICS

- As of 2004, the U.S. Census Bureau estimates 37.0 million people live at or below the federal poverty line – an increase from 2003 of 1.1 million people.
- The current poverty rate in U.S. is 12.7 percent, or nearly 1 in 8 people.
- The number of children in poverty in 2004 was 13 million.
- The USDA deemed 38.0 million people food insecure in 2004.
- 10.6 million people were considered food insecure with hunger in 2004.

### ARIZONA STATISTICS

- Based on the 2004 Census Bureau American Community Survey **800,027 people in Arizona** live at or below the federal poverty line.
- Arizona's poverty rate is higher than the national average – **14.2 percent**, or 1 in every 7 people.
- 312,966 of Arizona's children – about 1 in 5 – live in poverty.
- 7.5 percent of those 65 and older live in poverty.
- More than 700,000 individuals in Arizona are considered food insecure.

### ARIZONA'S GOVERNMENT ASSISTANCE LANDSCAPE

- As of December 2004, the State of Arizona provided cash assistance through **Temporary Assistance for Needy Families** for 111,046 individuals, on average.
- As of May 2005, an average of 547,671 individuals received **Food Stamps** each month. The average monthly benefit is \$90.94 per person.
- More than 574,000 low-income and poor children in Arizona participate in the **National School Lunch Program**, which provides free and reduced-price lunches.
- More than 190,000 children participate in the **School Breakfast Program**, which provides free and reduced-price breakfasts to low-income and poor children.
- As of June 2005, 177,199 women and young children received benefits from **WIC** (Special Supplemental Nutrition Program for Women, Infants and Children).
- More than 34,000 Arizona children receive nutritious food at daycare and after-school programs through the **Child and Adult Care Food Program**.



## Appendix 3: Hunger 101, Feed Your Mind Series Activity Evaluation

St. Mary's/Westside Food Bank Alliance would like to know how you feel about your experience with the Hunger 101, Feed Your Mind Series. By filling out this short questionnaire, you are helping ensure the Food Bank is providing a quality program to the community and meeting your educational needs. Thank you for participating.

1. Beside each of the statements presented below, please check the box of your answer, indicating whether you Strongly Agree (SA), Agree (A), are Neutral (N), Disagree (D) or Strongly Disagree (SD) with the statement.

	<b>SA</b>	<b>A</b>	<b>N</b>	<b>D</b>	<b>SD</b>
a. The participant interactive activities were useful and engaging.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The teacher of the program was prompt and courteous.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The information was not presented in a clear and concise manner .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Overall, I enjoyed the multi-session program.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The Hunger 101 program did not advance my knowledge on the issues of hunger and poverty .....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. I now feel more informed about hunger and poverty in my community.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Please rate the following aspects of the role-playing game by checking the box of your answer.

	<b>Excellent</b>	<b>Good</b>	<b>Average</b>	<b>Fair</b>	<b>Poor</b>
a. The overall organization of the program.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. The teacher's knowledge of the material.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. The teacher's presentation of the material.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. The materials utilized with the game, i.e., the worksheets, handouts, etc.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. The effectiveness of the interactive elements increased my awareness of hunger and poverty.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. What is your gender? (*Circle only one letter.*)

- a. Male
- b. Female

4. What is your current grade? (*Circle only one letter.*)

- a. 6<sup>th</sup> Grade
- b. 7<sup>th</sup> Grade
- c. 8<sup>th</sup> Grade
- d. 9<sup>th</sup> Grade
- e. Other \_\_\_\_\_?

5. Please use the space below to include any additional suggestions or comments on the Hunger 101 curriculum. Remember - St. Mary's/Westside Food Bank Alliance welcomes all comments and suggestions in order to improve its programs!



## Acknowledgements and Sources:

We would like to acknowledge the following sources, organizations, groups and individuals for their assistance, insight and information to support our Hunger 101 program:

- ◆ Arizona Department of Economic Security
- ◆ Arizona Department of Education
- ◆ U.S. Department of Agriculture
- ◆ U.S. Department of Health and Human Services
- ◆ U.S. Department of Housing and Urban Development