

# Project Hunger

By Jane Angha

## Purpose

Participants will learn about world hunger, its causes and effects, and what can be done to eliminate the problem in their own communities today.



## Session at a Glance

7:00 PM	Welcome, Icebreaker
7:15 PM	Introduction to Project Hunger
7:20 PM	First Project – What is Hunger?
7:35 PM	Second Project – What Causes Hunger?
7:50 PM	Third Project—Solving the Hunger Problem
8:05 PM	Fourth Project—Soup to Go
8:15 PM	Closing Prayer
8:50 PM	Good Night!

## Materials Needed

- Postcard invitation/supply list
- Newsprint, one or two sheets for each small group of 5 or 6
- Markers, two or three for each small group of 5 or 6
- Masking tape
- Self-stick labels for icebreaker (See #2 in Prepare in Advance)
- Prizes for the icebreaker winners (you'll need prizes for four people)
- **Handout 1, Hunger and Food Security Statistics**
- Ziplock baggies: (the number of baggies depends on the number of soup mixes you prepare—you will need one of each size for each soup mix prepared)
  - Snack-size, for spice ingredients
  - Sandwich-size, for rice
  - Quart-size, for black beans
- Plastic gloves
- Bowls (one for each spice ingredient for the soup mix)
- Tags /labels for soup (see **Resource 4, Soup Recipe**)

## Prepare in Advance

1. Visit this website to learn more about causes of hunger and the world food problem: [http://www.uen.org/utahlink/lp\\_res/nutri207.htm](http://www.uen.org/utahlink/lp_res/nutri207.htm).
2. Send out invitations to youth, indicating on the postcard what he/she needs to bring for the project. See **Resource 1, Sample Postcard Invitation**.

3. Using **Resource 2, The Matching Game**, prepare self-stick labels, one for each participant.
4. Prepare a sheet of newsprint with the title: What is Hunger? Under the title, list the following instructions for the small groups.
  1. Read the hunger handout aloud.
  2. As a small group, write a definition of hunger
  3. Beneath your definition, list five effects of hunger.
  4. Choose someone from your group to share your findings.
5. Set up a table near the entrance where young people can sign in get a nametag. Place a number or symbol or small sticker on each nametag that will divide participants into small groups of 5 or 6.
6. Prepare a prayer space for the closing prayer. Cover a table with a cloth. On the table place a Bible, candle, soup pot, spoon, and bowl.
7. Set up a soup-making area. On one or two long tables, place bowls, ingredient labels for bowls (see **Resource 3, Soup Ingredients and Assembly**), measuring tools, plastic gloves, baggies, recipe cards/labels.

## **Session Outline**

### **Welcome and Icebreaker (15 minutes)**

As they arrive, make sure each person gets a nametag and knows what small group they are in for the evening. Welcome participants, and introduce yourself and other leaders.

Introduce The Matching Game. As you give instructions for the game, have one or two leaders place a self-stick label on the back of each participant.

The object of our activity is for each of you to find your match. You will mingle around the room, talking with each other to find out if that person is your match. You can look at the label on the back of others, but they cannot tell you what is on your back! As you talk with each other, you can ask yes or no questions only to discover the word or name on your back. Once you know who you are, you need to roam the room looking for your match. When you find your match, come to the front. You'll have ten minutes to play. The first two pairs to find each other will win a prize.

### **Introduction to Project Hunger (5 minutes)**

Introduce the session by saying:

In order to begin our project, we need to talk first about hunger. Most of us have never been the kind of hungry we are talking about tonight. We might have said we were starving...that we could eat a horse we were so hungry or even that we might die if we don't get something to eat. For most of us, those

are just figures of speech...something we say to express that we are hungry and need some food. The great thing is...you probably could find something to eat, or buy it, or go home to a full refrigerator or cupboard and eat until you were full.

Tonight is all about the kind of hunger that has no way of going away...no way of getting full. It is a kind of hunger that most of the world experiences daily. The numbers are rising in our own communities too...there are lots of people who worry about having enough to eat...who worry if there will be a way to get food.

So, we are here together for a little project...we are looking for the world's next greatest solution to a problem that is killing millions...hunger. The night will be sort of like a reality TV show... Project Runway... the next Top Chef... you know the ones. Throughout the night small groups will be given some things to do, learn, create, or design. There will be a chance to share your ideas and projects with everyone and together we will do something that will help the hungry in our own community. So let's get into our small groups and wait for our first Project Assignment!

**Note to Leader:** Once youth are in their small groups, give each group two sheets of newsprint and markers.

### **First Project—What is Hunger? (15 minutes)**

Distribute **Handout 1, Hunger and Food Security Statistics**, to each participant. Refer to the “What is Hunger?” newsprint sheet on the wall. Explain the terms hunger and food security by saying that hunger means that a person is not getting enough calories to live. Food insecurity is not knowing when or where your next meal will come from. Explain what their small group's task is.

After ten minutes, gather the participants together and say:

Let's hear about your discussion. What did you find out from the information? What IS hunger? Let one or two groups offer their definitions.

What happens when people are hungry? Let one or two groups offer their ideas, then move on to the next piece.

### **Second Project—What Causes Hunger? (15 minutes)**

These are really great findings! But now...an assignment that is a little harder. What do you think are some of the things that contribute to or cause hunger? Talk about it in your small group and list your ideas on the second sheet of newsprint.

After ten minutes, gather the group and let each one share what they have come up with.

### **Third Project—Solving the Hunger Problem (15 minutes)**

This final project is for the groups to come up with ways to solve the hunger problem. They can think globally or locally or both. They will follow the instructions on the handout and come up with a plan to solve the hunger epidemic.

This is incredible! We ought to send some of you to the UN, to Congress, or to the World Health Organization! You now are more informed than three-fourths of our world—and that's the challenge. Now, you have a chance to invent, create, change, and challenge the world! Let's get into our groups and work!

After ten minutes gather the group and let each one share what they have come up with.

I think we have something here. These ideas are incredible! You have been creative, practical, and have really put to use things you have learned tonight. I don't know about you, but I really want to do something that will make a difference! That brings us to our last project. You brought something with you tonight...an ingredient. Everyone brought something and together we are going to make something that will feed many people in our own community. Our ingredients combined will make a vegetarian black bean chili...enough to feed four people. These will go to \_\_\_\_\_. Let's listen to the instructions for making our soup.

### **Fourth Project—Soup to Go (10 minutes)**

Using **Resource 3, Soup Ingredients and Assembly**, explain the process of putting together a soup mix baggie. Gather the participants at the soup-assembly table and get them started on preparing soup mixes.

### **Closing Prayer (10 minutes)**

Gather in the prayer space, light the candle and begin.

#### ***Gather***

Prayer Leader: (begin with the Sign of the Cross)

Lord, we thank you for the time we have spent together. We know now that there are many in the world who are hungry tonight. We remember them as we pray.

Reader One:

Change our hearts, God...that we may be challenged by the gospel to make a difference...to find ways to feed the hungry, spread the wealth of nations to those in need, and to always see those around us who are wanting. We ask this in your Son's name. Amen.

#### ***Listen***

Reader Two proclaims Isaiah 58:10-11.

## *Respond*

Reader Three:

For governments and leaders to begin to put people before wealth and prosperity ... we pray:

**Response:** Lord, hear our prayer.

To see all people as our brothers and sisters and to not rest until all are fed ... we pray:

**Response:** Lord, hear our prayer.

For those who will receive the work of our hands...the soup made with knowledge now, compassion and hope ... may that be blessed with nourishment and hope ... we pray:

**Response:** Lord, hear our prayer.

For those who are hungry ... children, elderly, and homeless... we pray:

**Response:** Lord, hear our prayer.

Reader Four:

O God, thank you for our gathering this evening. Give us hearts filled with courage and creativity, hope and a sense of justice and urgency. Be with us as we become more aware of the needs around us and recognize the face of hungry. We ask this through Jesus, our loving brother and savior. Amen.

## **Good Night! (5 minutes)**

Thank all those who helped with tonight's session and make any announcements necessary.

Resources consulted for this session include:

Catholic Relief Service kids newsroom Hunger facts/Take it with you, [www.crs.org](http://www.crs.org)

Children's Defense Fund, [www.childrensdefense.org](http://www.childrensdefense.org)

*Websites mentioned in this session were successfully accessed on May 26, 2006.*

This session was written by [Jane Angha](#), Director of Faith Formation, St. Bernard Parish, Appleton, Wisconsin.

**Note:** This session is from the Fall 2006 season of **Youth Ministry Access**, the online subscription service for Catholic youth ministry leaders in middle school and high school youth ministry. **Youth Ministry Access** is a resource of the Center for Ministry Development. For more information, contact [YMA@CMDnet.org](mailto:YMA@CMDnet.org) or visit [www.YouthMinistryAccess.org](http://www.YouthMinistryAccess.org).

**Resource 1**

## **Sample Postcard Invitation**

You are invited to be part of PROJECT HUNGER. This evening for middle school youth ministry will help us learn about hunger around the world and its causes. We'll be part of a special project to fight hunger in our own community too. Don't miss this incredible night to fight hunger! Come join us!

**Date:**

**Time:**

**Place:**

**Bring:**

For more information call or email at:

## Resource 2

### The Matching Game

Directions: Think of as many matched pairs as you can—local things, movie stars, school things, etc. Write each item on a self-stick label. You will need one item for each person.

Here are some suggestions:

Peanut Butter	and	Jelly
Hamburger	and	Fries
Cereal	and	Milk
Salt	and	Pepper
French Fries	and	Ketchup
Veggies	and	Dip
Cheese	and	Crackers
Peter Pan	and	Tinkerbell
Batman	and	Robin
Beauty	and	the Beast
Lady	and	the Tramp
Snow White	and	Seven Dwarves
Romeo	and	Juliet
Brush	and	Comb

### Resource 3

## Soup Ingredients and Assembly

### Vegetarian Black Bean Chili

#### Ingredients

Gather your ingredients. Invite the participants to bring in the ingredients (be sure you know in advance what is coming!). This recipe is easily multiplied for 10, 20, or 100 bags of soup mix.

2½ cups dried black beans  
3 tablespoons dried minced onions  
3 tablespoons dried minced garlic  
1 teaspoon dried oregano  
2 teaspoons salt  
½ teaspoon cayenne pepper  
1½ cups uncooked white rice

#### Assembly

Set up your soup-making table in an assembly-line fashion. Consider using both sides of the table, so two lines of youth will be assembling soup baggies. You will need:

Small bowls for each of the spice ingredients (easier to measure out the correct amount)

Large bowl for rice and black beans

Measuring cups (for the rice and black beans)

Measuring spoons (one for each spice ingredient)

Plastic food-service gloves, one set for each participant

Assembly line order:

1. Scoop the beans and place in quart-size baggie.
2. Measure and place the seasonings (spices) in a snack baggie on top of the beans.
3. Scoop the rice and place in a sandwich baggie. Place the rice on top of the seasoning packet.
4. Seal the quart-size baggie.
5. Affix the recipe card or label to the baggie.

**Resource 4**

## **Soup Recipe**

Directions: Prepare a recipe card or a self-stick label placed in or on the outside of soup bag:

### **Vegetarian Black Bean Chili**

You will need: 1 bag vegetarian black bean soup mix, 1 tablespoon oil, and 1 teaspoon salt.

Remove the spice and rice baggies from the black bean baggie. Put the beans in a large soup pot with the seasonings. Add one tablespoon oil and cover beans with 2 inches of water. Bring to a boil and simmer until beans are well done, about 2 hours. The beans should be very soft. Add some water to keep beans from sticking, if necessary. When beans are soft, there should be some liquid left in the pot. To cook rice, put three cups water and 1 spoon salt in another pot and when the water boils, add the rice. Lower the heat and cover the pot. Steam the rice for 20 minutes. Serve ½ cup rice in a bowl and put the beans on top!

## Handout 1

### Hunger and Food Security Statistics

1. The World Health Organization estimates that one-third of the world is well-fed, one-third is underfed, and one-third is starving.
2. One in 12 people worldwide is malnourished, including 160 million children under the age of five.
3. India has nearly half the world's hungry people. Africa and the rest of Asia together have approximately 40%, and the remaining hungry are found in Latin America and other parts of the world.
4. Nearly one in four people—1.3 billion—a majority of humanity, live on less than \$1 per day, while the world's billionaires have assets exceeding the combined annual incomes of countries with 45% of the world's people.
5. Every year, 15 million children die of hunger.
6. One in eight children under the age of 12 goes to bed hungry every night.
7. Every 3.6 seconds, someone dies of hunger.
8. Half of all children under five years of age in South Asia and one-third in Africa are malnourished.
9. Malnutrition can severely affect a child's intellectual development. Children who have stunted growth due to malnutrition score significantly lower on math and language achievement tests than do healthy children.
10. Each day in the developing world, 30,500 children die from preventable diseases such as diarrhea, respiratory infections, or malaria. Malnutrition is associated with over half those deaths.
11. Hunger is caused by lots of things ... not just lack of food:  
Natural disasters like drought, heavy rain, crop failure, warfare and civil problems, inadequate food reserves, food supply and demand imbalances, migration or people (refugees), underdevelopment of the country, excessive population, parents lacking education of basic nutrition for children, governments, pollution, loss of farmland to competing uses, excessive use of natural resources, inadequate research in science and technology, lack of development planning, insufficient or excessive food aid, insufficient emphasis on self-sufficiency, politics of food aid and nutrition education, etc.

Problems with food security and hunger often are complicated. People go without food, risk their health, are unable to do well at work or school, end up without foundational education, and find work at low paying jobs or no work. Welfare and food assistance are not enough to meet the needs of families, and this creates the need for community assistance such as soup kitchens, food pantries, and food banks to meet the needs of people. This food is not always fresh, often consists of high fat and carbohydrate foods which in turn create other health problems over time.

Hunger Facts: [www.foodfirst.org/progs/anhr/hungerfactsheet.php](http://www.foodfirst.org/progs/anhr/hungerfactsheet.php)