



Name: _____

Grade: _____

Food Pantries

What are Food Pantries

Food pantries are locations where people can go to get food. Generous people donate food to food pantries, or they donate it to an organization which then puts the food on trucks to drive it to the food pantries.

Activity #1:



Draw a picture in the box above showing the steps a can must go through to get from the shelves in a grocery store, then into someone's hands, next donated to an organization, and put on a truck to be sent to a food pantry, and finally handed out to someone in need.



Activity #2: List at least eight food items that would be good for donation to a food pantry. They accept canned goods, boxed goods, or any dry goods.

Food Drives

What is a food drive?

A food drive is held to collect donations of dry goods to donate to an organization that will distribute that food to people in need in your community.

Interested in hosting a food drive?

It's easy! Get a box, decorate it and put a sign on that makes it obvious what the donations are going towards. Finally, find a business, school, church, organization, etc. that is willing to ask their students/employees for donations.

What is the impact of a food drive?

Every item of food collected ends up in the hands of someone struggling. It gives real people something to eat and makes a difference in their life. Community service is the ultimate way to give back to the community.



Activity #3:

Y V X O J S N D E P D R S L W
G O R Q E B B V A A E N E A G
B O J X H F I S E T J M L E U
L Q O V O R T R T X A M D M F
N B B B D A B U O A T S O T R
S S S D S N B C A N S J O A E
G M O A R T T S O B N J N O D
J O U O U Q X D U P X Z C J P
F C C N S R A B A L O N A R G
E Z A G S E M X L N F L X F X
F E S N G V I U N E A Y X I N
P U X V L Z Z Y J E W P N N P
Y I A T R O B N R Y I P W K T
D A V V V J V E F V G R I V N
O W V V C J C I K Y B S H W C

Find the words!

BOX
BOXES
CANS
CEREAL
CORN BREAD
FOOD DRIVE
GRANOLA BARS
NOODLES
OATMEAL
OATS
PASTA SAUCE
PEANUT BUTTER

At-Home Gardens

Research, design and build a small garden with fresh food for someone near you in need who might not have access to fresh food.

Document every step with photos for a poster exhibit of the garden.

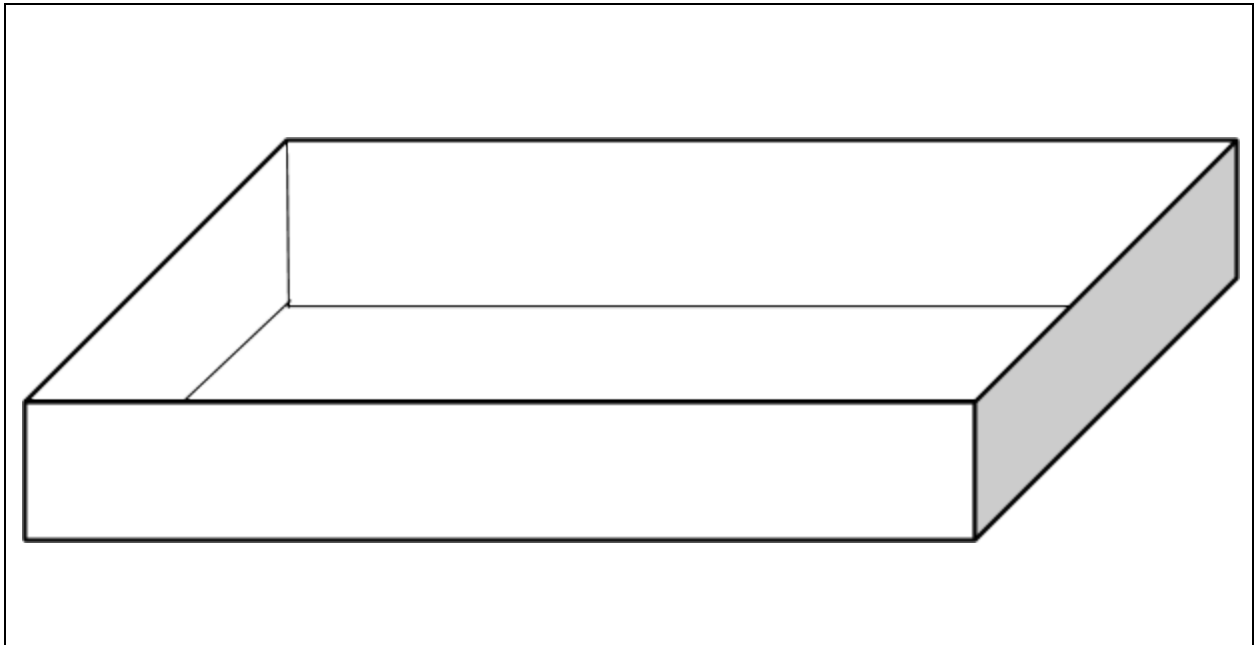
Suggestions for your garden:

- House a variety of vegetables
- Easily transportable
- Raised bed if the person being donated to is elderly or physically restricted
- Include information about care, maintenance, harvest, and replanting for subsequent years

What are Food Deserts

Food deserts are sprawling regions that cover a significant area of the United States. These deserts are characterized by the inaccessibility to grocery stores or other fresh food sources. While these cover areas in every state, they are most notably devastating to rural areas.

Activity #1:



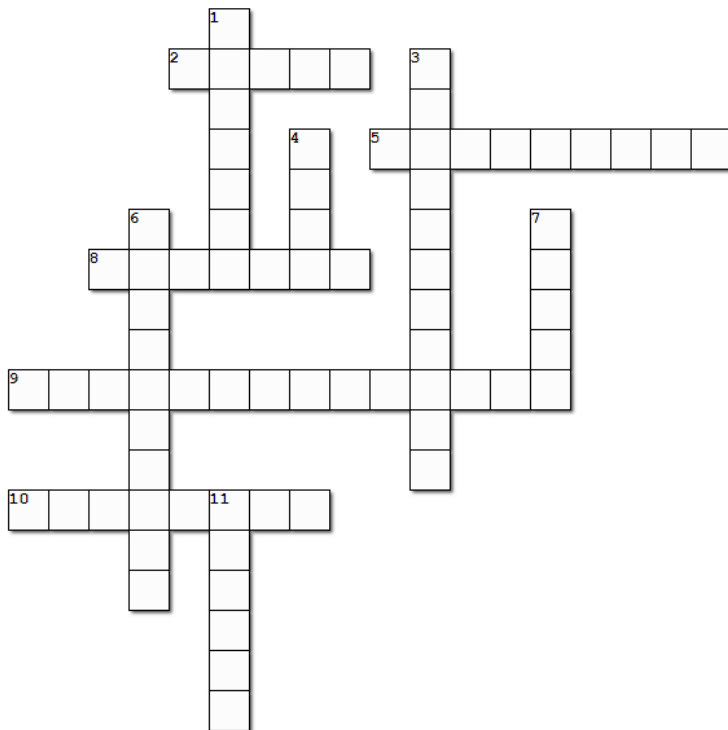
Draw inside the garden bed with different vegetables that you would like to plant. Be sure to label them and include dirt.



Activity #2: List five steps that are involved in planning, building, planting, and harvesting a small vegetable garden at home. Then write a few sentences about why you think home gardens are so common in America.

Little Gardens

Complete the crossword puzzle below



WORD BANK

Across

- 2. Liquid that plants need to grow
- 5. A town or area that supports each other
- 8. Meaning that plants can grow in that soil
- 9. Sunlight into energy
- 10. Natural energy for plants

Down

- 1. Collection of vegetables
- 3. Area without fresh foods
- 4. Roots are found here
- 6. Grow in a garden
- 7. Provide nutrients to a plant
- 11. Location that grows a vegetable

Composting 101

Compost is organic, decomposed material that is added to soil to enrich its nutrient properties and help plants grow. Compost is made up of organic material waste such as vegetables, fruits, leaf and tree trimmings as well as easily decomposable materials like newspaper and cardboard. These materials are decomposed by bacteria, fungi and microbes by use of carbon and nitrogen. The by-product of the decomposition from these organisms and the material they are fed is a dark, crumbly earth like material we know as compost.

Composting requires three “ingredients”- browns, greens and water. Browns include items like dead leaves, twigs and branches. Greens include vegetable, fruit scraps and grass clippings. Water is an essential element to compost as it adds moisture to help break down the solid waste materials. Familiarize yourself with the do not add list, these items will make your delicate balance of carbon, nitrogen and oxygen no longer in balance and create an unstable environment for your compost.

Choosing a container for your compost is also an important step. There are a few options depending on how and where your compost will be set up. Take time to explore these options, from indoor to outdoor compost bins, to closed versus open outdoor bins and even vermiculture. The items needed for composting are minimal to start with, simply a bin or container large enough to hold your composting, a pitchfork, a source of water close to your bin or container, and a supply of “browns” to mix with your greens to keep your compost balance correct.

Your compost will be an ever changing mixture. Research the science behind what is happening inside your bin. Find out what steps you need to take to make the best use of your bin and the compost inside.

Resources -

<https://ilsr.org/home-composting-basics/>

<https://www.epa.gov/recycle/composting-home>

ACTIVITY : In the space below, draw your design for a composting station. Be sure to include where you will locate it in the drawing.