

Hearts in Action: Fueling Our Community Patch Program



Introduction:

This patch program, organized by Miss Brown County Fair (Mckenzie Hassebroek) as part of her community service initiative Hearts in Action: Fueling Our Community, focuses on raising awareness about food insecurity in our community and empowering others to take action to make a difference. Through the Hearts in Action: Fueling Our Community program, Girl Scouts will learn about how hunger impacts their neighborhood and explores ways to create a positive change. Girl Scouts of all levels will expand their knowledge of food insecurity. Find impactful ways to contribute, and inspire others to help build a stronger, more compassionate community.

Steps to Make a Difference:

- Step 1: Learn more about the resources available for people who may experience food insecurity.
- Step 2: Learn about hunger and food insecurity in your community.
- Step 3: Learn about food nutrition.
- Step 4: Choose a project based on what you have learned.
- Step 5: Make a plan and take action.
- Step 6: Celebrate and share success!



Step 1: Learn more about the resources available for people who may experience food insecurity

Choose one:

Learn about federal SNAP programs and what items cannot be purchased with these funds.

links:

- <https://dss.sd.gov/economicassistance/snap.aspx>
- <https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>
- <https://www.feedingamerica.org/our-work/hunger-relief-programs/snap>

Learn about the federal WIC program and how it helps pregnant mothers and young children.

- <https://doh.sd.gov/programs/wic/>

Research and learn about other food programs in your state.

Step 2: Learn about hunger and food insecurity in your community

Take a tour or visit your local food pantry:

- Scan QR code or use the link <https://www.feedingamerica.org/find-your-local-foodbank> to learn about food pantries in your state.

o How many pantries are in your state?

o How many pantries are in your community?



- Contact the food pantry in advance to schedule a visit.
- Observe how the pantry operates, the types of food provided, food programs they provide and the people they serve.
- Talk to staff or volunteers to learn more about the community's needs and challenges.

· If there is no food pantry in your community, look into local churches or community organizations that may support families with food or meals.



Step 3: Learn about food nutrition

Choose Two:

Nutrition Labels

- Check out the nutrition labels on foods you eat to see what a serving is. Create a chart or display to compare the calories, fat, sugar, and protein in a serving of at least 5 foods.

Build a Balanced Plate

- Use magazines or drawings to create a visual of a balanced meal that includes fruits, vegetables, grains, proteins, and dairy.

Nutrient Detective

- Pick a favorite food and research what nutrients it provides and how those nutrients help your body stay healthy. Share your findings with your troop or family.

Create a Healthy Snack

- Research and plan a recipe then make a simple, nutritious snack for your troop or family. Share why it's good for your health.

Fruit and Veggie Tasting Party

- Taste different fruits and vegetables with your troop or family. Discuss their nutritional benefits and how they help your body.

Create a Nutrition Poster Campaign

- Design posters or flyers promoting healthy eating habits, such as "Eat the Rainbow" or "Drink Water," to display around school or community centers.

Step 4: Choose a project based on what you have learned

Food insecurity is a year-round concern that impacts many people in our communities every day. It can affect anyone, regardless of age, background, or income, making it a challenge that requires ongoing awareness and action. By working together, we can help ensure that everyone has access to the nutritious food they need to thrive and succeed.

That's why the Hearts in Action: Fueling Our Community program is designed to be a year-round effort, helping girls stay involved and make a difference at any time of the year. By learning about food insecurity and taking action, girls can help provide support and spread awareness all year long. Every small step can create a big impact!



Ways Girls Can Take Action:

Organize a food drive

- Collect non-perishable food items to donate to local food banks, helping to ensure that families in need have access to nutritious food.

Volunteer at a community food pantry

- Spend time helping distribute food to families and individuals facing hunger, directly supporting those in your area.

Create care packages

- Assemble and deliver care packages with essentials like snacks, toiletries, and warm clothing to homeless shelters or families in need.

Start a community garden

- Plant and tend a garden to grow fresh vegetables and herbs that can be donated to food banks or shared with neighbors.

Host a fundraising event

- Organize a walkathon, bake sale, or fun run to raise funds for local charities or organizations supporting hunger relief.

Educate others about food insecurity

- Host a presentation or create flyers to raise awareness about hunger issues and ways to help in your community.

Create birthday kits

- For children in need assemble kits that include birthday candles, decorations, small gifts, and a card. Donate these kits to local shelters, hospitals, or community centers so children celebrating birthdays who might not have family support can still enjoy a special day.

Write Thank You Notes or Drawings

- Make cheerful cards or drawings to give to volunteers at food banks or shelters to show appreciation for their work.



Step 5: Make a plan and take action

Every project needs a plan!

Writing down your plan helps make sure everything goes smoothly. When planning a project, it's helpful to think about a few important questions:

What are we going to do?

- Decide what your project will accomplish.

Who can help us?

- Think about friends, family, or community members who can support you.

What supplies or materials do we need?

- List everything you'll need to make your project happen.

How much money do we need?

- Figure out if you need to raise or collect money to buy supplies.

Do we have enough people?

- Make sure there are enough helpers to do the work well.

What are our goals?

- Set clear goals for your project and check if they are realistic.

Who will do what, and when?

- Create a chart to organize tasks and deadlines. Here's a sample:

Task	Who is in charge?	Who is going to help?	Date to be completed

Having a good plan helps everyone stay on track and makes your project successful!

Step 6: Celebrate and Share Success!

Congratulations! You've accomplished so much now it's time to celebrate! Share your project photos and stories with your family, friends, and community to show everyone how powerful you are. Your incredible work can inspire others to join the movement.