

# GSWNY Feeds New York Challenge

Help fight hunger in our community while earning the GSWNY Feeds NY Challenge Patch. Be part of this council-wide effort to combat hunger through knowledge, awareness and support of our local food banks. Have fun completing these activities and sharing the results. #GSWNYFeedsNewYork

## Food Banks

**1 point** – Find out what a “Food Bank” is. What do they do? Are there any in your community? Where are they located?

**5 points** – Find out the difference between “perishable” and “non-perishable” foods. What kinds of food donations does your local food bank accept?

**10 points** – Call or visit a local food bank. Talk to the staff and volunteers. Ask what you can do to help them. What food donations are they in need of?

## Good for You Food

**1 point** – Find out what foods are good for you and which are not.

**5 points** – Make a list of your favorite foods. Check out their recipes, ingredient lists, and nutrition panels. Which are good for you and which are not? Now, make two new lists that show which foods are good to eat often and those that should be saved just for special occasions.

**10 points** – Grow some healthy foods indoors. Some ideas are planting veggie ends on a sunny windowsill or try sprouting seeds like lentils to grow little sprouts to add to your salads. You can find simple directions for both on-line.

## Family Foods

**1 point** – Make a list of the foods that your family enjoys together.

**5 points** – Does your family eat special foods for different holidays? Ask your family about their history. Prepare a traditional family dish together.

**10 points** – Swap a family recipe with a friend. Make your friend’s recipe. Did you like trying something new?

## NUMBER OF POINTS REQUIRED PER LEVEL

<b>DAISY - 10</b>
<b>BROWNIE - 15</b>
<b>JUNIOR - 20</b>
<b>CADETTE - 25</b>
<b>SENIOR - 30</b>
<b>AMBASSADOR - 35</b>

**REMINDER:** Please follow the current GSWNY COVID-19 guidelines found on our [website](#).

## Hunger

**1 point** – Watch this video about hunger and what we can do about it.

**5 points** – Research hunger facts such as the number of people in our world, country, state, and local community who are at risk of hunger.

**10 points** – What is a Food Desert? On a map of your community, mark where the food stores are located. Do all of your neighbors have easy access to healthy foods?

## Take Action for the Hungry

**1 point** – Draw a poster, or create one on your computer, that shares something you’ve learned about hunger and how we can fight it. You can ask your family to help you post it on social media to spread the message!

**5 points** – Think of ways that healthy food can become more accessible in your community. Send those ideas to your local government by writing a letter or sending an email.

**10 points** – Collect non-perishable foods from your family, or with other troop members, to donate to your local food bank pantry.



When you earn enough points you have earned your patch!

To order patch, visit [bit.ly/gswnyFeedsNY2020](http://bit.ly/gswnyFeedsNY2020). The patches cost \$3 and will be mailed in mid to late Feb. 2021. The last date to order is Jan. 31, 2021. For additional questions contact Customer Care at [CustomerCare@gswny.org](mailto:CustomerCare@gswny.org) or 1-888-837-6410.