

# Fight Hunger Roadmap – Instruction Card

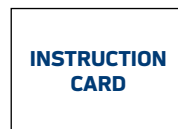
**Overview:** Students will be divided into two teams and race to create an access path using cards. Students will discuss how different elements can make it easier or more difficult for people to access food.

## Directions:

- Divide students into two teams.
- Shuffle each deck of cards separately.
- Randomly place the cards face up within the **blue spaces** on the game board grid, leaving the **center red space** empty.
- Using the cards, create an access road between the **food** and the **people**.
- There are 5 types of cards that represent different resources: **Location, Nature, Community, Transportation, and Finances**. Try to use at least one of each type of card in the access path.
- Cards may slide up, down, left, and right. Cards may not slide diagonally, and must be placed in an open adjacent space. Cards may not be picked up and moved to a space across the board.
- The team that completes the access path first, wins.

## What's Included:

- This Instruction Card
- 2 Decks of 12 Game Cards
- 2 Game Board Grids

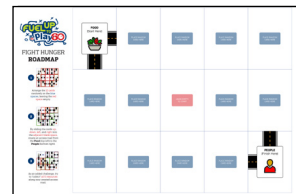


x1



x12

x12



x2

Each Deck of Game Cards includes:



x1



x1



x1



x1



x1



x1



x2



x1



x2



x1



**FIGHT HUNGER ROADMAP**  
INSTRUCTION CARD

## MyPlate Puzzle Battle – Instruction Card

**Overview:** Students will be divided into two teams and race to put together one of two MyPlate puzzles. The puzzles will contain facts about how to fuel the body using healthy foods.

### Directions:

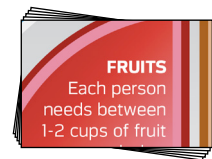
- Divide students into two teams.
- Each team will get one set of 24 puzzle pieces.
- When the facilitator says begin, teams will race to complete their puzzle.
- The team that completes their puzzle in the shortest amount of time, wins.
- Discuss with students the facts they learned about what all bodies need to be healthy.

### What's Included:

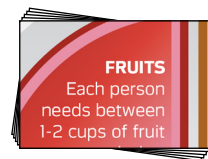
- This Instruction Card
- Two 24-Piece Puzzles (48 Total Pieces)



x1



x24



x24



**MYPLATE PUZZLE BATTLE**  
INSTRUCTION CARD

## Udder Bingo – Instruction Card

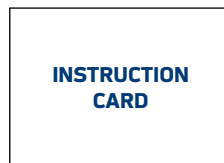
**Overview:** Students will utilize the Fight Hunger Poster, included in this Play-in-a-Box kit, to play bingo! Facts concerning how people are affected by hunger will be found on the bingo cards and can be referenced from the poster.

### Directions:

- Position the poster found in this kit so that it is easily visible for all students.
- Shuffle the cards.
- Each team should receive a **blue Udder Bingo board** and bingo chips.
- The facilitator will choose a card from the deck and read the question aloud.
- The students will put a chip on the square that has the correct answer. When a student gets five in a row, they are to yell **"UDDER!"**
- The facilitator and student will review the questions and answers aloud to make sure they have Udder. The facilitator should keep track of the cards pulled from the deck using the **red facilitator board** so that the answers can easily be reviewed.
- The student that correctly get Udder first, wins.
- Note: For teams that need extra support, please refer to the Fight Hunger poster.**

### What's Included:

- This Instruction Card
- 24 Udder Bingo Cards
- Bingo Chips
- 15 Udder Bingo Boards
- 1 Facilitator Board



x1



x24



Many!



x15



x1



**UDDER BINGO**  
INSTRUCTION CARD

## Food For Thought – Instruction Card

**Overview:** Using a gamified approach, this interactive exercise provides students with real-world, global, and personal scenarios that explore food security, planning, and access. Students will experience a variety of factors that can cause food insecurity for just about anyone. This dynamic exercise allows students to understand the effects of food insecurity while finding ways they can help.

### Directions – Part 1:

- Each student needs their own Meal Planner worksheet, but will share the Food Menus.
- Using the Food Menu and **side one** of their Meal Planner worksheets, students will create their own ideal meal plan for the weekend (Friday evening – Sunday evening).
- The recommended meal plan is 3 balanced meals and 1 – 3 snacks per day
- Students will add up the amount of points they need for their ideal meal plan.

### Directions – Part 2:

- Students will play the card game. **Each student will start with 100 points.**
- Shuffle the **blue situation cards** and place them in a pile. Do the same with the **red global cards**, and place that pile next to the **blue situation cards**.
- Students will take turns drawing **blue situation cards** from the pile.
- Students will read their card aloud and keep their card. Depending on the card, students will either gain or lose points based off of a given situation.
- Some **blue situation cards** instruct the student to draw a **red global card**. These cards impact everyone that is playing, not just the person who drew it!

### Directions – Part 3:

- After all cards have been drawn, students will use the equation on **side two** of the Meal Planner worksheet to revise their meal plan based on their new point total.
- Students will compare their revised plans to the Ranges of Food Security chart, located at the bottom of the Fight Hunger poster, to see where they fall.

**Reflection:** Students will discuss the different elements that impact food security, and the different levels of food insecurity. Students will start discussing ways they can help people in their school or neighborhood fight hunger.

### What's Included:

- This Instruction Card
- 5 Food Menus
- 38 Game Cards
- 15 Meal Planner Worksheets



x1



x38



x5



x15



**FOOD FOR THOUGHT**  
INSTRUCTION CARD



## Create an Awareness Poster – Instruction Card

**Overview:** Students will use what they learned through the completed activities to create a poster raising awareness about food insecurity in their community.

### Directions:

Use what you have learned to create a poster that raises awareness about food insecurity in your community.

- Creatively present ideas on affordable food locations around your neighborhood such as farmers markets, food pantries, feeding sites, and restaurants that donate food.
- When you are done, hang the poster in your school so that your friends are aware of all the places in your community where you can get food.
- You can use the poster found in the kit to get started.

### What you'll need:

- Enclosed blank poster
- Writing utensils or markers
- Any supplies you have at home or in school that will make the poster eye-catching

### What's Included:

- This Instruction Card
- 1 Blank Poster



x1



x1



**CREATE AN AWARENESS POSTER**  
INSTRUCTION CARD

## Why Milk: Pints to Gallons Challenge – Instruction Card

**Overview:** Students will use the included “Bessie Boxes” to promote a fundraiser in their school, with the intention of donating the funds to their local food bank. Materials should be created in order to promote the fundraiser!

### Directions:

Help your local food bank get more milk by starting a fundraiser! Food pantries are always in need of milk, but it is rarely donated. As you learned, providing access to nutritious foods like dairy can help stem the effects of food insecurity on a community.

- Start by collecting coins in the provided containers.
- Deliver the coins to your local food pantry.
- You can use other containers to collect even more coins.
- Get creative by promoting your fundraiser with a poster or with help from your school nutrition staff.

### What you'll need:

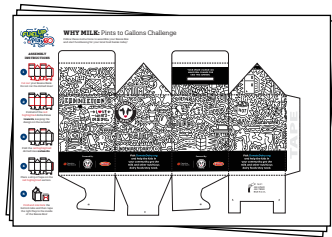
- Bessie Boxes
- Material to promote the coin drive
- Optional: Other containers to collect coins (as needed)

### What's Included:

- This Instruction Card
- 3 “Bessie Boxes”



x1



x3



# WHY MILK: PINTS TO GALLONS CHALLENGE

## INSTRUCTION CARD

## Cooking With Intent – Instruction Card

**Overview:** Students will start a cooking club in their school that focuses on teaching peers how to cook by purposefully using local, healthy ingredients to create economical & nutritious meals.

### Directions:

Creating a club is a great way to bring your school community together and create a legacy of change. Here are some suggestions to get you started:

- Work with your school nutrition staff.
- Choose a time and place to meet with other students.
- Bring in all the ingredients you need to make the recipes or ask for donations.
- During the club, discuss where the ingredients come from, and reflect on how and why these recipes and ingredients are good for your body and the community.

### What you'll need:

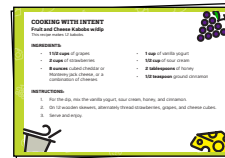
- Enclosed sample recipe cards
- Cooking tools and utensils
- Resealable bags for students to take home food/meals

### What's Included:

- This Instruction Card
- 2 Sample Recipe Cards



x1



x2



# **COOKING WITH INTENT**

## INSTRUCTION CARD