

Host a Hunger Lunch:

Chow Down While Raising Awareness About Global Hunger.

GOAL: To host an event designed to inform your friends and classmates about world hunger.

According to the United Nations World Food Programme, one in six people in the world don't get enough food to be healthy. Even more startlingly, every six seconds a child dies from hunger and related causes. You are probably lucky enough to have had enough to eat today, but we bet you'd like to know how to help others. Here's an idea that will give you a chance to raise awareness about world hunger while you and your classmates celebrate the fact that you have enough to eat. Host a "Hunger Lunch" at your school. Remember to let OWL know all about it! Send stories and pics to owl@owlkids.com.

1. Like a "Litter-free Lunch" raises awareness about reducing waste, a "Hunger Lunch" can help you to raise awareness about world hunger and to get participants to think about what they can do to help solve the problem of world hunger. It's lunch time with a purpose!
2. Work with your teacher to plan your Hunger Lunch well ahead of time: Who do you want to invite? Where will you hold it? What kinds of food will you serve? How will you decorate the space? Plan some entertainment (a skit or quiz game), and prepare or practice it ahead of time. If you decide to charge admission, to which organization will you donate the proceeds of your event?
3. Design eye-catching posters for your Hunger Lunch. Make sure to include information about world hunger and what people can do to make a difference. Include a shocking fact about world hunger to get guests thinking! For instance, did you know that over one billion people don't have enough to eat? (See www.wfp.org/hunger/stats for more facts.)
4. Get your teacher to help you plan a menu for your Hunger Lunch. The idea is to celebrate the fact that you have enough to eat, even though lots of other people in the world go hungry, so choose some delicious eats for your class! You may want to have a potluck where everyone brings a dish for guests to share. Divide your class into four groups, and assign each group a food group: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. Have each classmate get help from parents and guardians to prepare an item from that food group to bring to school on the day of your Hunger Lunch. Remember to avoid foods that kids are allergic to!
5. At some point during your feast, perform the skit or play the game that you have prepared. Use your creativity to spread the word about world hunger. Most importantly, get your guests to make a plan to take action about world hunger!



Getting Ready for Your Hunger Lunch

Design and Create Informative Posters to Decorate the Space

Effective posters need to look good from a distance and give the viewer information. Use these tips to get your point across:

- Decide on a slogan or a short main message, and use large letters to make it easy to read.
- Use lots of colour and striking, clear images to catch the viewer's eye.
- Make sure that the slogan and images give the viewer information about world hunger and what people can do to help solve the problem.
- In smaller writing than the slogan or main message, include information, questions, and/or interesting facts about world hunger and what can be done about it. You can research world hunger by getting books from the library or looking at some websites like the United Nations World Food Programme's "Hunger Stats" site: www.wfp.org/hunger/stats or Oxfam Canada's "hungry4change" campaign at www.oxfam.ca/what-you-can-do/fundraise-for-oxfam/hungry-for-change.

Make sure that your class creates a variety of posters. Put them up in places that are easy to see from a distance and also easy to look at up-close in order to read the details and information.

Plan and Prepare the Food to Eat

Use Canada's Food Guide as a resource to help you decide what food to prepare and bring to the lunch: www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php. If your class is up to an extra challenge, choose a theme. Here are a few ideas:

- "Foods from Around the World" – have classmates bring a dish from their family's culture or another cultural dish that they like to make and eat.
- "Think Globally, Eat Locally" – see www.100milediet.org/ for information and information about the environmental footprint our eating habits create.
- "Fair Trade and Organic" – see www.cocoacamino.com/en/prod_recipes.php or www.oxfam.org.uk/coolplanet/kidsweb/recipes/index.htm for dessert-oriented recipe ideas.

Once your teacher helps your class decide who is bringing what, get some help from parents, guardians, or other family members or friends who are handy in the kitchen.

Create a Skit or Quiz Game to Raise Awareness About World Hunger

Use your creativity to plan and rehearse a dramatic skit to raise awareness about world hunger, perhaps acting out how hunger can be caused by anything from war to a natural disaster. Or decide on a format for a quiz game that classmates and guests can participate in, and use the things you and your classmates have learned about world hunger to write a bunch of questions and answers on index cards for the host or hosts of the quiz game.

The idea for this activity was inspired by Oxfam Canada's hungry4change Hunger Banquet. To plan and host an Oxfam Hunger Banquet, get information here: www.oxfam.ca/what-you-can-do/fundraise-for-oxfam/hungry-for-change/hungry4change-hunger-banquet.

