

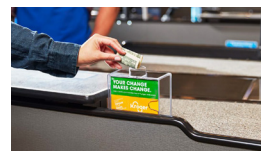


## Get Food Smart: Earn your Zero Hunger | Zero Waste Patch

Did you know that 38% of food produced in the U.S. is thrown away? That means 229 million tons of surplus available food goes unsold or uneaten every year, in addition to food left unharvested on farms. At the same time, nearly 42 million Americans — one in eight — struggle with hunger.

Be an advocate for sustainability and ending hunger with the Girl Scouts of Western Ohio Zero Hunger | Zero Waste patch program — complete four activities from the three steps listed below to earn your Zero Hunger | Zero Waste patch.

### Earning your patch is as easy as 1, 2, 3!



Zero Hunger

Zero Waste

Make a Difference!

### Vocabulary

Before you get started on the activities, there are a few key terms and definitions to know.

- **Supplemental Nutrition Assistance Program (SNAP):** The largest federal nutrition assistance program. SNAP benefits eligible low-income individuals and families a card that can be used, like a debit card, to purchase eligible food in authorized retail food stores. Commonly referred to as food stamps.
- **Food security:** When people have physical and economic access to as much nutritious food as they need to live a healthy, active life.
- **Food insecurity:** When a person or family lacks reliable access to enough affordable, nutritious food. Food insecurity is one way we can measure and assess the risk of hunger.
- **Hunger:** a personal, physical sensation of discomfort caused by wanting or needing food.
- **Equitable:** Something that is equitable is fair and reasonable in a way that gives equal treatment to everyone.

## Step 1: Zero Hunger

Not getting enough food keeps kids from reaching their full potential. One in five children across America does not have enough to eat.

Many factors, such as low wages, make it challenging to have enough money to buy food despite caregivers working hard to provide for their families.

We all deserve to have enough to eat without worrying about if we can afford it.

### Daisy, Brownie, Junior — Pick one of the following:

1. **Read about hunger:** Read *'Maddi's Fridge'* by Lois Brandt or another book that raises awareness about poverty and hunger with your troop, family, or a friend. Discuss Maddi's challenge, ask questions, and share your thoughts and feelings.
2. **Shop on a budget:** With your troop or a caregiver, create a budget to shop for groceries. Take your budgeted play money and head to your local Kroger or "shop" online. Go shopping for food while maintaining your budget—without going over. Discuss your choices and how it felt making difficult decisions.

### Cadette, Senior, Ambassador — Pick one of the following:

1. **Community Poll:** Take a poll of friends and family within your community about food insecurity. Consider your questions and how you will collect your answers. Compare the results to local and national statistics. Decide how to best share/educate your community about your findings.
2. **Feed a family for a day:** Research what low-income means in your community. Individuals or families with low incomes may rely on SNAP to buy groceries. Head to your local Kroger or "shop" online and see how to feed a family of 3 for a day with SNAP. Discuss the decisions you had to make and how you felt.
  - **Considerations When Shopping**
    - Fresh food spoils faster than processed.
    - Healthy food can be more expensive.
    - Healthy food is less filling than high-calorie foods.
    - Studies show that shoppers prefer healthy food for their families. So why do they purchase unhealthy foods for their families?
    - What foods are on sale?

### The Cycle of Hunger

#### Infants & Toddlers

Poor nutrition delays growth and stunts mental development while increasing risk of disease.

#### Children & Youth

Chronic health problems keep children out of school, while the ones attending face difficulties focusing and learning.

#### Family

Lack of education and limited income as adults leads to limited access to adequate food, medicine, and other necessities for healthy families.

### The Cycle of Hunger

Lack of adequate nutritious food affects every stage of life, trapping families and children in a vicious cycle of hunger that passes from generation to generation.

Limited access to food and poor health during pregnancies lead to an undernourished childhood.

When hunger is eradicated, stunting is eliminated, and children have continued educational support, each can reach their potential!

## Step 2: Zero Waste



One-third of all food in the United States goes uneaten. Food and other organic items in landfills take a long time to break down and produce a lot of methane, one of the most potent greenhouse gases. **There are easy, powerful actions you can do to make the world a better place. Pick two of the following:**

1. **The 4 Rs:** Discover the 4 Rs: Refuse, Reduce, Reuse, then Recycle. Refuse foods that send unnecessary materials to the landfill. Have you ever gotten prepackaged apple or orange slices? Please write a letter to your local school, community center, or government advocating against their sale.

**For More Fun:** How many other Rs can you add to the slogan? Research what experts in your community are using!

2. **Eating in season:** Research what foods are in season. When you eat in-season food, the food does not need to travel through an extensive supply chain network. In turn, regular greenhouse gas emissions are reduced. In-season foods taste great, too! Find a recipe using three in-season fruits or vegetables and share it with your family or troop.
3. **Imperfectly perfect foods:** Find imperfect, good-to-eat foods. Find a misshapen fruit or vegetable, dented can, or close-to-expiration item that is safe to consume. Make a healthy snack using that food ingredient. Make recipe cards that include food waste facts for friends or family. Check out Kroger's imperfect, but perfectly delicious food stands for ingredients.

**For More Fun:** Brainstorm more ways to cook with minimal waste!

4. **Price is Right:** Grocery Edition: Play Price is Right - Grocery Edition with your troop, family, or friends.

- **Materials Needed:**

- Images or actual packages of various grocery items, non-perishables, and fresh produce
- Small whiteboards or paper for each participant
- Whiteboard or large paper to display prices
- Markers or pens
- Price tags or labels

- **To understand the importance of not wasting food and being mindful of its value:**

1. Display images or actual packages of different grocery items.
2. Include a variety of products, both perishable and non-perishable.
3. Assign each item a price tag and have the players guess the prices of the grocery items.
  - They can write their guesses on small whiteboards or pieces of paper.
  - Reveal the actual prices of the grocery items.
  - Encourage discussion about the factors that influence the cost of different items.
  - Discuss any surprises or insights the players might have about the cost of food.

**For More Fun:** Introduce a second round of the game, focusing on items that contribute to zero waste (e.g., bulk items, reusable container).



## Step 3: Make a Difference

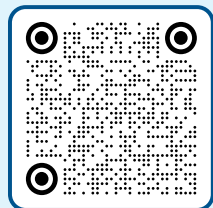
Reflect on what you have learned about food prices, food insecurity, and zero waste. Pick one of the following:

1. **Volunteer or Bring Awareness:** Volunteer at a local food pantry, meal program, or food bank. See if your family or troop can collect food or plan an event to raise awareness about hunger in the United States.
2. **Help Your Community:** Volunteer at a local community garden. Plant vegetables to donate to a local food pantry or share with neighbors directly helps people facing food insecurity.
3. **Contribute to the National Efforts:** Participate in Girl Scouts of the USA's National service project: Fighting Hunger.



### Every day, Kroger is doing its part with these key actions:

- **Sell:** Through great prices and promotions, we motivate customers to buy as much fresh, nutritious food as possible while it has plenty of shelf life remaining. In a perfect world, everything that comes in the back door of our stores would go home with our customers, but that isn't realistic.
- **Markdown:** As items in our Fresh departments — bakery, deli, dairy, produce and meat & seafood — approach their use-by dates, we activate our popular markdown program to make them even more affordable for our customers and drive sales.
- **Donate:** Remaining unsold items may still be eligible for donation to local agencies and food banks through Kroger's Zero Hunger | Zero Waste Food Rescue program. Every day, our associates set aside surplus food for local organizations to pick up and redistribute in our communities.
- **Recycle:** Any unsold organics that are not eligible for donation go into our food waste recycling program. Depending on the local geography, that could be animal feed, composting or anaerobic digestion programs.



[gswowest.org/  
krogersurvey](https://gswowest.org/krogersurvey)

### Share Your Feedback and Get Your Patch!

Once you've completed the three steps to earning your Zero Hunger | Zero Waste patch, share your experiences by completing the survey at [gswowest.org/krogersurvey](https://gswowest.org/krogersurvey).

You'll receive an email with information about how to claim your patch at your nearest GSWO shop!

While earning your patch, did you make a great memory or do something extraordinary with your troop? Share it using the hashtag: **#GetGrocerySmart**

Discover more patch programs:  
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**girl scouts**   
of western ohio

888.350.5090 | [gswowest.org](https://gswowest.org)  
[customercare@gswowest.org](mailto:customercare@gswowest.org)