

# Feed My Starving Children

Patch Program for  
Girl Scouts in grades 3-12

**Feed My Starving Children** is a non-profit, non-denominational organization whose purpose is to end world hunger.

“In the mountains riming the Artibonite Valley in Haiti, a doctor examines a nine-year-old child brought in from a distant village. The signs of malnutrition are obvious, and the doctor includes yet another child on a growing list of starving children.

Thousands of miles away, amidst the abundance of life in Minnesota, another nine-year-old journeys to Feed My Starving Children’s facility to hand package life-giving meals - some for that child in Haiti, others for children in distant corners of the world.

Both children are being fed – the child hungry in body who receives this powerful nourishment; the child hungry in spirit who seeks to reach out, make a difference, and heal this great hurt of hunger.” (Written by Roger Hegeman, Executive Director of FMSC.)

As a volunteer to **Feed My Starving Children** your troop would assist in filling bags with the dry ingredients, weigh each bag, seal it, and box it.

**To earn the patch, the girls must complete 8 activities including 1-5.**

There are 3 **Feed My Starving Children** packing locations; Brooklyn Park, Eagan, and Chanhassen. To reserve your space visit [www.fmsc.org](http://www.fmsc.org) and click on “Volunteer to Pack Meals.”

## Troop/Group Activities

1. Visit **Feed My Starving Children's** website at [www.fmsc.org](http://www.fmsc.org).
  - Discuss the Mission Statement and what it means.
  - If every 3.6 seconds someone dies from hunger, how many people die every day? How many children under age 5?
2. Read and discuss the history of **FMSC**, when it was founded and why?
3. Where is some of the food sent? In addition to that list, it is also sent to Iraq, Afghanistan, Georgia, Armenia, Azerbaijan, Turkmenistan, and Tajikistan. Research 2 of these countries and discuss why they might desperately need food.
4. How many meals were shipped in the preceding calendar year? To how many countries? Look at a globe or atlas to see where these countries are located. Discover why a region that is getting the food would need it.
5. Volunteer to pack meals at one of the **Feed My Starving Children** packing facilities. Visit [www.fmsc.org](http://www.fmsc.org) for more information.
6. What other relief agencies provide help to the hungry? See if you can find 3 others.
7. Why do some countries (like the U.S.) have plenty of food and many others have less than what they need. What would you do to help those countries in need?
8. Discuss hunger versus starvation. You might, if your stomach is growling, say, "I'm starving." Are you actually starving? What is the difference between hunger pangs and starvation?
9. What health issues are associated with starvation?
10. How does a lack of food affect you physically, mentally? Are you weak, tired, etc.?

11. Try to eat frugally for a day. For younger girls, try skipping desserts, snacks for a day. For older girls, cut back on serving size, perhaps skipping a meal. Evaluate the experience. How did you feel, how did you perform?

12. Discuss “What is food?” and “What does it mean to us?” How do we use food socially? Do we always eat only to satisfy hunger?

You don't need to do the activities to volunteer at **Feed My Starving Children**, but it might make the experience more meaningful for you. Please feel free to volunteer more than one time. Your Girl Scouts will have a wonderful experience.