



FEED THE NEED CHALLENGE BOOKLET

NAME:



Mission -

To earn your Feed the Need badge by taking action against food poverty! To complete the challenge, you'll need to:

- ✓ Choose at least one activity from each Educate section
- ✓ Complete one activity from Participate
- ✓ Complete one activity from Collaborate

That's five activities in total to make a difference in your community!



01

What is Feed the Need?

02

Educate

Food Poverty & Security
Foodbanks
Money Management

03

Participate

04

Collaborate

05

Resources



@feedtheneedstyc



@vinstokesmyp

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WHAT IS FEED THE NEED?

At "Feed the Need," our aim is to revolutionize how young people view food security. Join us in empowering the next generation **to not just survive, but thrive!**

Created by Vin Stokes in association with St Helens Youth Council in 2023, the Feed the Need campaign aims to educate, empower and encourage young people to develop money management skills, expand their knowledge on food security and food poverty and understand food banks.

Facilitating Food Donations: "Feed the Need" aims to streamline the process of food donation, ensuring surplus meals reach those who need them most.

Raising Awareness: Explore resources on understanding food insecurity and how donating surplus food can make a significant impact on alleviating hunger.

Spread the "Feed the Need" Message: Amplify our cause across social platforms, igniting conversations and raising awareness about food security challenges faced by young people.

Champion Volunteerism: Be a part of our force for change! Volunteer with us and actively contribute to driving our initiatives forward.

Support Our Mission: Your contribution matters! Donate to help expand our impact and empower more young minds toward food security.



Eat Smart!

Find out why eating different types of food helps keep us strong and healthy!

Chat about how the food we eat affects our bodies and why some people might struggle to get healthy meals. What can we do to help?   

FOOD SECURITY & POVERTY

EDUCATE

PLEASE COMPLETE AT LEAST 1
OF THESE ACTIVITIES

Food Waste Detective!

Keep an eye on how much food gets thrown away at school or home!

Talk about why wasting food is a big problem and come up with fun ways to save food and help others!   

Play & Learn: Food Heroes!

Try out fun online games where you help solve food challenges around the world! (Like the World Food Programme's "Food Force").

After playing, chat about what you learned—was it easy or tricky to make sure everyone had enough food? What would you do to help in real life?  

Activities Completed!

Signed

Make Posters for a Good Cause!

Work with friends to create posters or pictures that show what food security and hunger mean.

Then, hang them up at school or your meeting place to help everyone learn about how to make sure everyone has enough food!  

Food Bank Booklet

Create your own booklet to teach people about food banks!

Share what food banks do, how they help people, and why they're important in your community. It's a fun way to help others learn and get involved! 🌟📖

FOOD BANKS

E D U C A T E

PLEASE COMPLETE AT LEAST 1
OF THESE ACTIVITIES

Invite a Food Bank Hero!

Ask someone from a local food bank to come and talk to your group.

After their talk, you can ask questions  to learn more about how food banks help people and the challenges they face in your community . It's a great way to understand how we can all help out! 🤝😊

Food Bank Adventure Game!

Create a fun game where you get to be in charge of a food bank!  

You'll face challenges like deciding what food to collect, how to share it with people who need it, and making important choices to help everyone! 🤔🍴

It's a great way to learn what goes on behind the scenes at a food bank while having fun! 🌟

Activities Completed!

Signed

Explore Local Food Helpers!

Plan a fun trip to a local farm, food bank, or community garden! 🌱🍎

Meet the people who help grow food or share it with others, like farmers and volunteers!

You'll learn how these places work to make sure everyone has enough food to eat and help fight hunger. 🤝🍎 It's a great way to see how your community is making a difference!

Meal Planning Challenge! 🍽️💡

Imagine you need to plan a week's worth of meals for a family, but you only have a set amount of money to spend! 🏠💰

Try to make healthy and yummy meals that fit the budget. After, think about how it feels to make choices with limited money and how families in food poverty might face these challenges every day. 🤔🥬

This activity helps you understand how important it is to use food wisely!

Food Bank Meal Challenge! 🍏🍴

Imagine you have a limited budget, and you need to make healthy meals using only the foods you might find in a food bank. 🛒🥫 Plan a few meals for the week that are nutritious and tasty!

Afterward, think about how tricky it can be to make sure everyone gets enough to eat when money is tight. 💡🥬 This will help you understand how important it is to budget and make the best use of the food we have! 😊🥗

Activities Completed!

Signed

MONEY MANAGEMENT EDUCATE

PLEASE COMPLETE AT LEAST 1 OF THESE ACTIVITIES

Money Mystery Escape Room! 🔍💰

Create your own fun escape room! 🏠💡 Set up puzzles and challenges that teach you about managing money.

For each puzzle you solve, you'll unlock a cool tip about saving or spending wisely! 💰🧩

Can you escape the room and learn some great money skills at the same time? 🌟

Money Master Board Game! 🎲💰

Design your very own board game all about money! 💰🎮

Create fun challenges, games, and even some silly surprises to teach players how to manage their money. 🎲 Add some humour and creativity to make learning about finances super fun! 😊

Can you become the ultimate Money Master? 💡👑

PARTICIPATE



FOOD BANK SCAVENGER HUNT!



It's time to get creative! 🧠

Design a scavenger hunt around your school or community to collect food for a local food bank. 🛒

You'll create clues that teach others about the importance of food banks and how they help people. ⭐

Get ready to make a fun and meaningful activity while learning all about helping those in need! 🤗❤️

FOOD DRIVE CHALLENGE!



Let's have some fun with a friendly competition! 🏆

Challenge your friends or different classes to collect as many food donations as possible for a local food bank. Set a goal and see who can gather the most food to help those in need! 🎯

The group that collects the most donations will get a special reward! 🏆💡 It's a great way to make a big impact in our community and help others! 🙌❤️

SPREAD THE WORD ABOUT FOOD BANKS!



Get creative and share what you've learned about food banks! 🧠

Use posters, social media, or even presentations to teach others how food banks help people in need. Encourage everyone to support their local food bank and make a big difference in the community! 💪❤️

Let's get the word out and help those who need it most! 📣⭐

VOLUNTEER DAY AT THE FOOD BANK!



Let's plan a fun volunteer day at a local food bank! ⭐

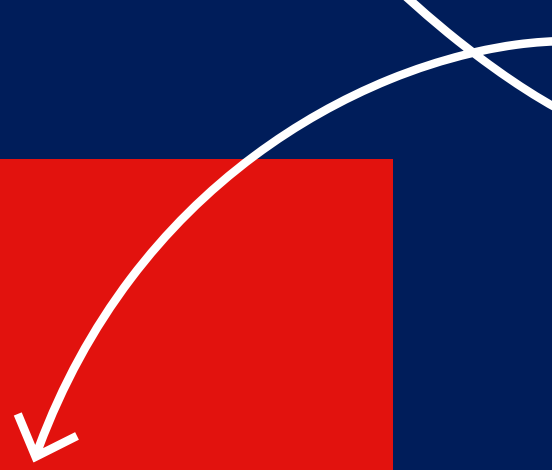
You will get to help by sorting and packing food to support people in need. 🛒💪

Afterward, we'll talk about how our work made a difference and how important it is to help others in our community! 🧑🏫💡

It's a great way to give back and see how small acts of kindness can create big changes! ❤️

Signed

COLLABORATE



Join the Feed the Need Donation Team! 🥫 ✨

Want to help make a difference? ✨

Sign up your school to be a donation partner with Feed the Need! 📋💪

Just email us at feedtheneed15@gmail.com and get started today! Together, we can help those who need it most! 💖

Help Raise Money for Feed the Need! 💰💖 ✨

Want to make a difference?

You can help raise money for the Feed the Need campaign! Every bit counts in helping others. Let's work together to make sure everyone has enough to eat! 🍽️



Become a Feed the Need Helper! ✨🤝

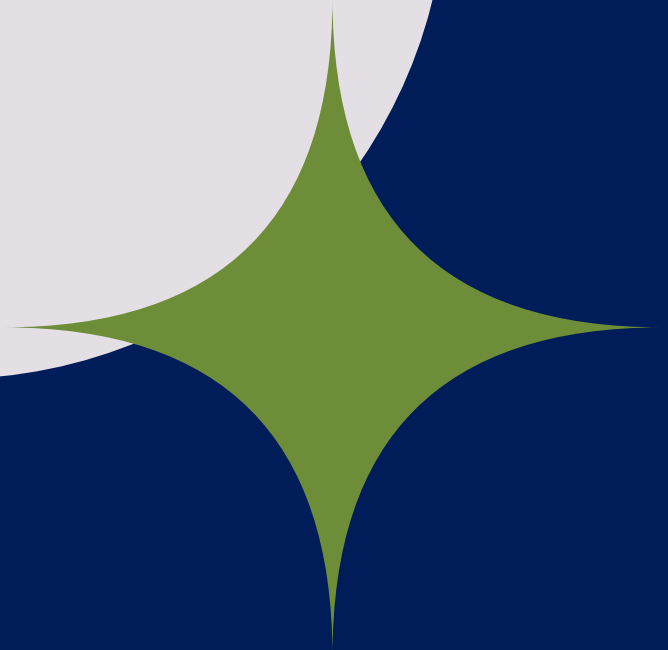
Want to help make a change?

You can become a "Feed the Need" advocate by reaching out to us today!

Together, we can spread kindness and help those in need. Let's make a difference! 💖🍏



RESOURCES



Name: _____

Date: _____



Eat Smart!

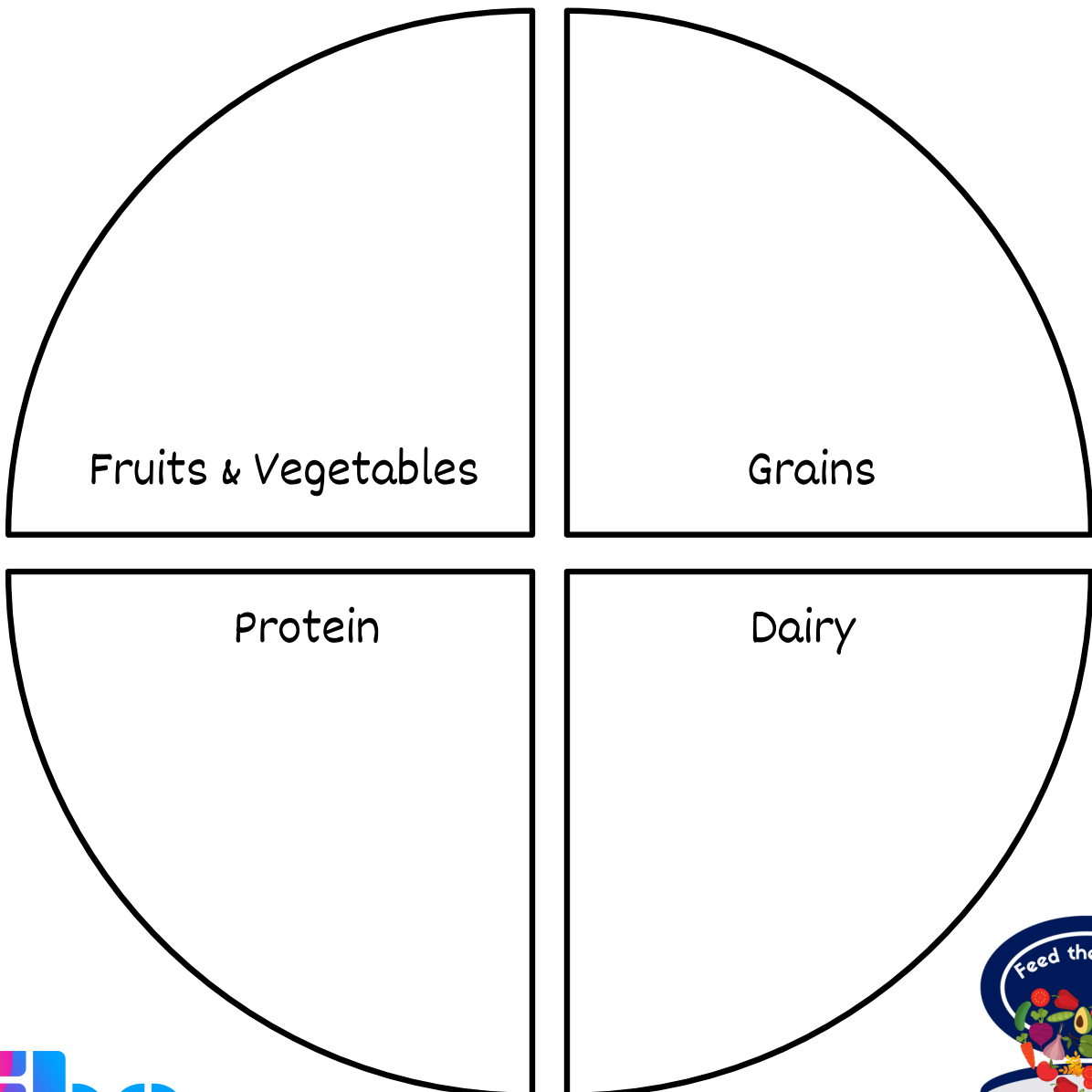


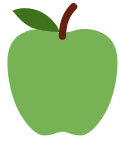
Find out why eating a mix of different foods is important for staying healthy!

Design your own balanced plate using your favourite meal! 🍴✨

Think about what makes a meal healthy—add some protein, carbs, and fruits or veggies to make it complete!

Draw, colour, or even make a real plate of food and share what you create! 🥬🍗

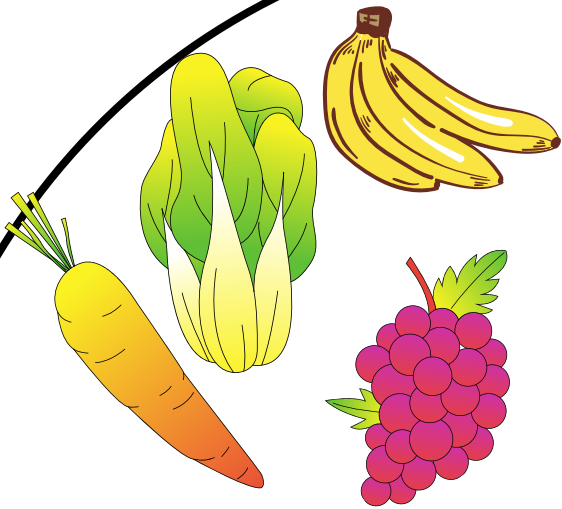




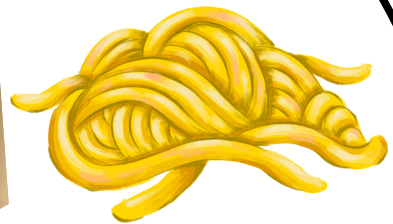
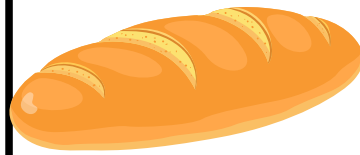
Eat Smart!



Sample Plate

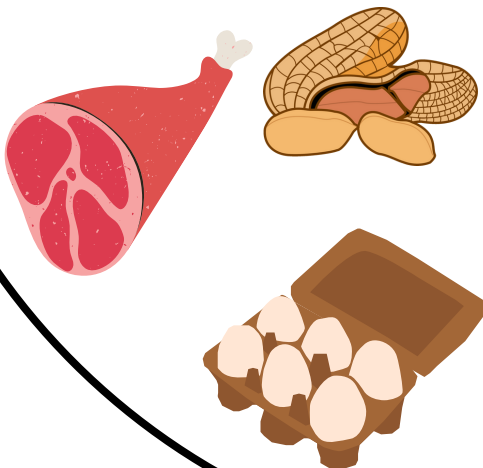


Fruits & Vegetables

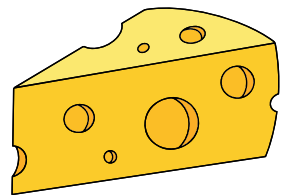
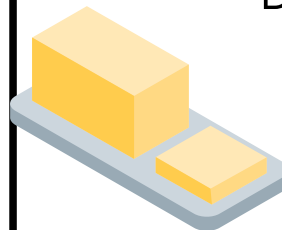


Grains

Protein



Dairy



Name: _____

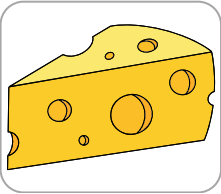
Class: _____



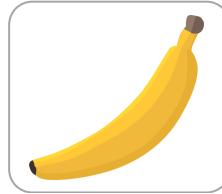
Food Waste Detective!



Keep an eye on how much food gets thrown away at school or home!
Over a week create a tally chart of what you discover!



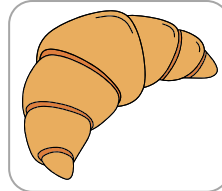
Dairy



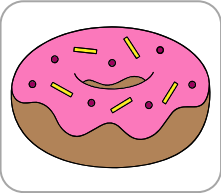
Fruit



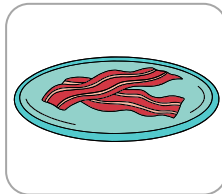
Vegetables



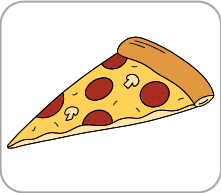
Bread



Sweet Treats



Meat



Cooked Food



Snacks

Why is wasting food is a big problem?

Can you come up with fun ways to save food and help others?



MEAL PLANNING CHALLENGE!

You need to plan a week's worth of meals for a family, but you only have £_____ to spend!  

Try to make healthy and yummy meals that fit the budget.

SUNDAY	
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

MONDAY	
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

TUESDAY	
	£
	£
	£
	£
	£
	£
	£
	£
Total	£



WEDNESDAY	
	£
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

THURSDAY	
	£
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

FRIDAY	
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

SATURDAY	
	£
	£
	£
	£
	£
	£
	£
	£
Total	£

NOTES

RESOURCES

Find a food bank | Trussell

<https://www.trussell.org.uk/emergency-food/find-a-foodbank>

Essential support and foodbanks/pantries in Liverpool | The Live Well Directory for Liverpool City Region

<https://www.thelivewelldirectory.com/Services/8034>

Food banks | St Helens Council

<https://www.sthelens.gov.uk/article/6987/Food>

St Helens Foodbank

<https://sthelens.foodbank.org.uk/>

Barclays Money Management

<https://www.barclays.co.uk/money-management/guides/kids-pocket-money/>

NatWest Money Management

<https://www.natwest.com/life-moments/teaching-kids-about-money.html>

KS1 / KS2 PSHE: Financial education (BBC)

<https://www.bbc.co.uk/teach/class-clips-video/articles/ztxpcxs>

GUIDANCE FOR GIRLGUIDES AND SCOUTS

Unit Meeting Activities to do alongside this pack



A big thank you!

Rainbows



Charity Choices

Brownies

Badges to do alongside this pack



Rainbows
Fruit and Veg



Rainbows
Helper



Beavers
Money Skills



Beavers
Health and Fitness



Brownies
Charities



Brownies
Speaking Out



Cubs
Chef

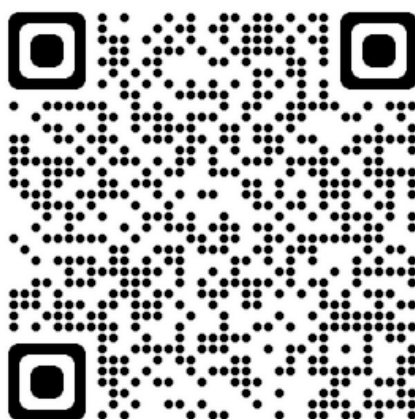


Cubs
Money Skills

THANK YOU
TO OUR
FUNDERS



ZERO WASTE
COMMUNITY FUND



FIND OUT
MORE ON
OUR WEBSITE

