



MAKE A
DIFFERENCE DAY

NATIONAL DAY OF DOING GOOD



Girl Scouts of Northern California
Make A Difference Day Food Drive
Information Packet

October 24, 2009

What is Make A Difference Day?

Make A Difference Day is the most encompassing national day of helping others -- a celebration of neighbors helping neighbors. Everyone can participate. Created by USA WEEKEND Magazine, Make A Difference Day is an annual event that takes place on the fourth Saturday of every October. The next event is Saturday, October 24, 2009.

Girl Scouts of Northern California is making a difference in the lives of those in need of food. Girl's will collect food in our communities during the month of October and will deliver food to local banks on make a difference day. In select participating areas, Girl Scouts will gather on make a difference Day to celebrate their efforts, tally the pounds of food collected, and deliver the food to the local food banks. These locations plus information about food drop-off sites will be in this packets, so please read this packet carefully.

In these hard times, let's show the community how Girl Scouts make a difference through Service!

How does Make a Difference Day work?

- Between October 1, 2009 and October 24, 2009 Girl Scouts will be collecting food from neighbors, friends, and local businesses. (see pg 3 for a list of food needed)
- During your October troop meetings, discuss how hunger effects all of us (see pg 4 – 6 for sample activities for your troop)
- On October 24, 2009 Deliver food to participating food banks between the hours of 10:00am – 12:00pm (see pg 3 - 4 for participating food banks)
- Record the amount of pounds you collected on the "Participant Form" (located on page 8). We are going to log your pounds and submit to USA Weekend.

Please mail these forms to: Make A Difference Day
4825 Old Redwood Hwy
Santa Rosa, CA 95403

- Make A Difference Day Patches will be available for purchase from any of the local GSNC stores.

Which Foods can be donated?

Donations of *non-perishable* food items are always welcome.

Most needed items are:

- Meals in a can (stew, chili, soup)
- Tuna/canned meat
- Peanut butter
- Canned foods with pop-top lids
- Low sugar cereals
- 100% fruit juices in single serving boxes
- Canned fruit packed in its own juice
- Low salt canned vegetables.



Please do not donate items packaged in glass or bulk quantities of rice, flour, or sugar.

Participating Food Banks?

Food Bank	Food Bank Contact Information
Second Harvest Food Bank in Santa Clara County 750 Curtner Avenue San Jose CA 95125	Michelle Wall mwall@shfoodbank.com 408-266-8866 ext. 254
Second Harvest Food Bank in San Mateo County 1051 Bing Street, San Carlos, CA 94070	Michelle Wall mwall@shfoodbank.com 408-266-8866 ext. 254
Redwood Empire Food Bank 3320 Industrial Drive Santa Rosa CA	Lee Bickley lbickley@refb.org
Alameda County Community Food Bank 7900 Edgewater Drive Oakland, CA 94621	Barbara Darrow-Blake Phone: 510-635-3663 ext. 304 bdarrowblake@acafb.org
San Francisco Food Bank 900 Pennsylvania Avenue (at 23rd Street) San Francisco, CA 94107	Amelia Rodelo arodelo@sffb.org
Jesus Center 1297 Park Avenue Chico, CA	530-345-2640

Good News Rescue Mission 3075 Veda Street Redding, CA	Ken White 530-242-5920
Food for People 307 West 14 th Street Eureka, CA	Jason Whitley 707-445-3166
Food Bank of Contra Costa and Solano County 4010 Nelson Avenue Concord, CA 94520	Renee Baptiste rbaptiste@foodbankccs.org
Solano Food Bank 1891 Woolner Avenue Fairfield, CA 94534	707-421-9777

* You may also donate to your local food bank, just fill out the Participation form and mail it in.

Girl Scout Activities

Daisy and Brownie

1. Talk about the difference between food that is good for you and food that is not good for you. Draw pictures of your favorite foods. Why? (Nutrition)
2. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, how it can be a way to express love and family history. (Nutrition/Hunger)
3. Visit a grocery store and notice where different foods are placed. Where is the food that has a lot of sugar in it? Why do you think stores arrange food in particular ways? Are there certain packages that you like better than others? (Nutrition)
4. Look at the mypyramid.gov booklet Make your own food pyramid with pictures of your favorite foods in each category. (Nutrition)

5. Explore what children eat in different cultures around the world. Make some of these meals with the troop. Compare the nutritional value of these meals. Talk about the different flavors and why different cultures cook with different foods. Talk about where food comes from. (Nutrition)

6. Make some butter. You will need 1 pint of heavy cream and a 1-quart plastic jar with a lid. Put the cream in the jar and close the lid tightly! Each person shakes the jar 25 times then passes it to the next person. Keep shaking and passing the jar until butter starts to form. (Look for flakes, then small pieces, and then chunks of butter in the cream.) After big lumps form, open the jar and carefully pour off the watery “buttermilk.” With clean hands, roll the butter into a ball, and then taste it on bread or crackers. **Talk about how much time it takes to make food without using any mixes or quick food preparation techniques.** (Nutrition)

7. Make a meal of what children experiencing famine might eat in a day. Talk about the difference in this and what we eat. Talk about how it would feel to eat only one ½ cup of rice in a whole day, how would your body feel? Would you feel tired? Cranky? How much do we need to eat to stay healthy? (Nutrition/Hunger)

8. Visit a food bank, food pantry, and shelter or community kitchen in your area.

9. Make a planter out of an egg carton or other recycled container. Plant bean seeds in your container. As soon as they have sprouted, dig up half of them and see what has happened. Plant the other half in large containers or in the ground and watch them grow. (Gardening)



Junior, Cadette, Senior and Ambassador

1. How difficult is it to plan menus for a family on a food stamp allotment (Between about \$1.00 and 3.75/ person/ day)? Create on paper a day's worth of nutritious meals that you would love to eat then visit your grocery store and price the ingredients and see if you can make those foods on a food stamp budget. What kinds of foods could you afford and how much of them? (Hunger/Nutrition)

2. Try to live on an average Supplemental Nutrition Assistance Program – SNAP (formerly The Food Stamp Program) budget for a week between \$17.00 and \$20.00. Discuss how poverty affects choice/keep a journal of your reflections. To learn more about Food Stamp or other nutrition programs (Hunger/Nutrition)

3. Keep a diary of all the food and drink you consume over a day (or an entire week.) EVERYTHING. Calculate the calories, the protein, the fat, the necessary food items and the snacks. How much more did you eat than was required by RDA? How much food did you waste? (Nutrition)

4. Visit <http://www.pbs.org/opb/meaningoffood/> - and have your own discussions about what food means to each of us- and how food can bring people together, how it can be a way to express love and family history. (Nutrition, Hunger)

5. Research what a subsistence (the minimum as of food and shelter necessary to support life) diet is. Live on a subsistence diet for a day or 2 and write about the experience. How did it feel to not have enough food? Share your experiences with others. (Hunger/Nutrition)

6. Interview your school's dietician. Ask her/him how she/he decides what foods to serve to the students. Ask what the school does with left over food. How can they better prevent waste of good food? (Nutrition)

7. Interview someone from another country. Ask that person about their favorite foods from their own country and ask how our food tastes to them. Plan a meal where the troop gets to make and taste foods from other countries. Research the different nutritional values of the meals and why different countries use different spices and ingredients. (Nutrition)

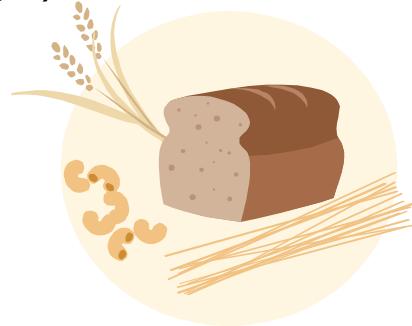
8. Make some butter. You will need 1 pint of heavy cream and a 1-quart plastic jar with a lid. Put the cream in the jar and close the lid tightly! Each person shakes the jar 25 times then passes it to the next person. Keep shaking and passing the jar until butter starts to form. (Look for flakes, then small pieces, and then chunks of butter in the cream.) After big lumps form, open the jar and carefully pour off the

watery “buttermilk.” With clean hands, roll the butter into a ball, and then taste it on bread or crackers. Talk about how much time it takes to make food without using any mixes or quick food-preparation techniques. (Nutrition)

9. Research poverty and hunger on the Internet and answer some of these questions: What are poverty guidelines? Can you work full time and still be poor? What are 2 of the largest groups of people seeking help with food in the United States? What is the current minimum wage? What is a livable wage? (Hunger)

10. Fast for one day before your troop meeting. At the meeting talk about how your day felt and what it must be like for so many who do not get enough to eat. Write a poem or play about it. Break the fast by sharing a meal all together. (Hunger)

11. More than 20% of the food that we make and grow is wasted in the United States. More than **265 million pounds of food wasted every single day**. Research and discuss how we waste food in this country. Find out how many restaurants in your community donate their excess food to organizations that feed hungry people. How do food banks reduce the amount of food wasted? Ask the troop to journal how food is wasted in their own families over a given week. Come up with 2 action steps that reduce the waste of food in your home and/or in your community. (Hunger)





Make A Difference Day Participant Record

October 24, 2009

Troop # _____ Area: Greater Bay North Coast North Central

Leader's Name _____

Leader's e-mail: _____

Number of Girls who participated: _____

Numbers of total hours spent working on Make A Difference Day: _____

Total Pounds of food Collected: _____

Please mail, E-mail, or Fax to the Santa Rosa Office – The Girl Scouts of Northern California will submit totals to USA Weekend.

Mail: Make A Difference Day
4825 Old Redwood Hwy
Santa Rosa, CA 95403

Fax: 707-544-5477
e-mail: [bgentry@girlscoutsnorcal.org](mailto:bgency@girlscoutsnorcal.org)