

IOWA YOUTH INSTITUTE TEACHER RESOURCE GUIDE SECOND EDITION



IOWA
HUNGER
SUMMIT



THE IOWA
HUNGER DIRECTORY



THE WORLD
FOOD PRIZE

Dear Educator,

We are continually amazed by the diverse and innovative approaches that you and educators across Iowa are taking as you support your students to make lifelong contributions to the fight against hunger. We created this teacher resource guide for three important reasons:

- 1) To provide you with hands-on learning opportunities that also meet curriculum standards
- 2) Share tips and advice from educators who have implemented these projects
- 3) Connect you with non-profit leaders who are working to address hunger needs in your community

This guide has also been shared with Iowa business, nonprofit, and civic organizations through our Iowa Hunger Directory at www.iowahungerdirectory.org. As you continue to educate and inspire Iowa's next generation of hunger fighters, we hope that you will keep the World Food Prize in mind as a resource to you.

For more information on World Food Prize Youth Education Programs:

Kelsey Tyrrell
Director of Global Education Programs
ktyrrell@worldfoodprize.org

For more information on the Iowa Hunger Directory/Iowa Hunger Summit:

Madeline Goebel
Director, Iowa Hunger Summit & Community Outreach
mgoebel@worldfoodprize.org



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Coordinating a School-Based Youth Institute

By creating a school-based youth institute, teachers can incorporate project-based learning skills that encourage students to think critically, problem solve, and collaborate with their classmates, while also meeting the content standards of the classroom. The format of a school-based event can vary, from small classroom discussions to community-wide events that allow students to present to an authentic audience of local experts in science, business, policy, and non-profit agencies. Teachers can pair a school-based youth institute with another community event such as a school-wide meal packaging event or food donation drive.

Through the research and process of identifying a country and topic, teachers also have the opportunity to engage with students on a higher personal level by discovering their interests and concerns over the course of the semester. Additionally, recruiting community experts to participate in your school's youth institute can help students identify career interests and build critical skills in public speaking.

Learning outcomes can apply to standards in:

- Social Studies
- Science
- Speech/Debate
- Business

Tips from a teacher:

"Our Global Studies class offers the World Food Prize paper as an extension during the Africa Unit. Students have the option of writing about an African country, allowing them to do an in-depth analysis rather than a general overview. We host a mock youth institute at school so students can present to their peers prior to attending the statewide youth institute. "

- **Kathy Cooper, Northview Middle School, kathryn.cooper@ankenyschools.org**

Length of time:

One time event

Semester project



Year-round project

Starting a School Garden or Outdoor Classroom

By engaging students in an outdoor setting they can build better connections to and have a better understanding of the natural world. A school garden can be constructed in any shape or size depending on the location. Once an area has been chosen students can plant and monitor the growth of the plants over time.

A school garden can be a constructive location to help students learn:

- Responsibility
- Work ethic
- Plant management
- Cooperation
- Patience

Learning outcomes can apply to standards in:

- Science-Biology
- Agriculture - Horticulture
- Family & Consumer Sciences

Tips from a teacher:

“We used a grant and another large donation to put in our outdoor classroom, but make sure that you don't take on more than you can handle. I would also encourage commitment and buy-in from community members and ensure student involvement. I require students to work in the outdoor classroom during the summer to earn their trip to National FFA Convention.”

- **Molli Griffin, Kingsley-Pierson Community Schools, mgriffin@k-pcsd.org**

Length of time:

One time event

Semester project

Year-round project



Food Bank of Siouxland**www.SiouxlandFoodBank.org**

Counties Served: Cherokee, Crawford, Ida, Lyon, Monona, Plymouth, Sioux, Woodbury

To participate:

Contact Program and Administrative Coordinator Debbie Hubbard | 712-255-9741 | debbie@siouxlandfoodbank.org

For more information:

Visit www.siouxlandfoodbank.org and click on “BackPack Program: Food for Kids” under “Programs and Partners” tab, and then go to “Volunteer Guidelines” to access the form needed to complete prior to volunteering.

HACAP Food Reservoir**www.hacap.org**

Counties Served: Benton, Cedar, Iowa, Johnson, Jones, Linn, Washington

To participate:

Contact Hailey Carr | 319-739-0593 | operationbackpack@hacap.org or hcarr@hacap.org

Food Bank for the Heartland**www.FoodBankHeartland.org**

Counties Served: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, Shelby

To participate:

Contact Assistant Director of Network Education and Compliance, Sarah Comer
402-905-4817 | SComer@FoodBankHeartland.org

For More Information:

Visit www.foodbankheartland.org and click on “Backpack Program” under the “Get Food” tab.

River Bend Foodbank**www.riverbendfoodbank.org**

Counties Served: Clinton, Dubuque, Jackson, Muscatine, Scott

To participate:

Contact Programs Director Diane Erickson | 563-345-3490 ext 203 | derickson@riverbendfoodbank.org

For more information:

Please visit www.riverbendfoodbank.org, click on “What We Do”, then go to “Backpack Program” under the “Programs” tab.

Counties Served: Dubuque, Jackson

To Participate:

Please contact Executive Director Kathy Hutton | 563-557-7474 | kathy@ststephensfoodbank.org

Food Bank of Iowa

To participate:

Please contact your county's Regional Partnership Coordinator listed below:

Region One

Counties served: Osceola, Dickinson, Emmet, Kossuth, O'Brien, Clay, Palo Alto, Buena Vista, Pocahontas, Humboldt, Sac, Calhoun, Webster

Contact: Sonja Leshner | 515-867-2887 | slesher@foodbankiowa.org

Region Two

Counties served: Winnebago, Worth, Hancock, Cerro Gordo, Wright, Franklin, Hamilton, Hardin, Boone, Story

Contact: Tami Nielsen | 515-867-2889 | t Nielsen@foodbankiowa.org

Region Three

Counties served: Carroll, Greene, Audubon, Guthrie, Dallas, Adair, Madison, Adams, Union, Clarke, Lucas, Taylor, Ringgold, Decatur

Contact: Abbi Neighbour | 515-867-2891 | anieghbour@foodbankiowa.org

Region Four

Counties served: (Marshall, Polk, Jasper, Warren, Marion)

Contact: Lexi Prigge | 515-867-2884 | lprigge@foodbankiowa.org

Region Five

Counties Served: Mahasha, Keokuk, Monroe, Wapello, Jefferson, Henry, Wayne, Appanoose, Davis, Van Buren, Lee, Des Moines, Louisa

Contact: Allison Koresh | 641-682-3403 | akoresh@foodbankiowa.org

For more information:

All volunteers can sign up at www.foodbankiowa.org/volunteer where they can specify their skills and availability.

Managing a School Food Pantry

A student's nutritional health is vital for them to be able to grow, develop, and learn appropriately, especially in their teenage years. When a student has an empty stomach it distracts them from being able to fully focus on their education and can lead to behavioral issues. Providing a school pantry program for students who struggle with hunger gives them access to a safe and secure environment for them to receive the nutrition they need.

A school pantry program provides students a place for them to feed themselves, as well as bring food home to their families. The familiarity the kids have with their school allows these students to gain the nutrition they need at a completely free price. School faculty can identify food insecure families, and give them access to a convenient supply of food to ensure that both parents and their children grow healthily.

According to Feeding America, "having convenient, consistent access to healthy foods helps ensure that children never have to worry about their next meal, which in turn makes for happier, healthier kids."

Tips from a teacher:

"We have our food science classes working on recipes to go home with some of the pantry items so families have an idea of how to put items together for a meal. Our woodshops students built wonderful shelves and made sure everything was level so we could hold all of the items."

- **Cara Graziano, Community in Schools Coordinator, Lincoln High School**

Organizational Contacts:

Northeast Iowa Food Bank www.northeastiowafoodbank.org

Counties Served: Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Fayette, Floyd, Grundy, Howard, Mitchell, Poweshiek, Tama, Winneshiek

To participate:

Contact Director of Network Relations, Susan Kraus | 319-235-0507 | skraus@feedingamerica.org

Counties Served: Cherokee, Crawford, Ida, Lyon, Monona, Plymouth, Sioux, Woodbury

Description:

The Food Bank of Siouxland’s mobile school pantry program allows a safe, supportive way to help students and their families through crisis. The Food Bank of Siouxland provides the product and structure for the mobile school pantry program, stocking it with nutritious foods similar to traditional pantry distribution.

To Participate:

Contact Network Relations and Transportation Coordinator Jacob Wanderscheid | 712-255-9741 | jacob@siouxlandfoodbank.org

For more information:

Visit www.siouxlandfoodbank.org, and click on “**Mobile School Pantry: Food for Families**” under the “**Partners & Programs**” tab.

Counties Served: Clinton, Dubuque, Jackson, Muscatine, Scott

River Bend Foodbank’s school pantry program coordinates with their local schools, providing students a safe place within a local school to obtain the food items they need. The school’s administration identifies families who are food insecure or needy with the hope of offsetting food insecurity for children at a critical time period in their growth.

To participate:

Contact Programs Director Diane Erickson | 563-345-3490 ext 203 | derickson@riverbendfoodbank.org

For more information:

Visit www.riverbendfoodbank.org, click on “**Programs**” under the “**What We Do**” tab, then go to “**School Pantry Program**”

Foodbank for the Heartland

www.foodbankheartland.org

Counties Served: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, Shelby

To participate:

Contact President and CEO Susan Ogborn | 402-331-1213 | sogborn@foodbankheartland.org

HACAP Food Reservoir

www.hacap.org

Counties Served: Benton, Cedar, Iowa, Johnson, Jones, Linn, Washington

To participate:

Contact Angie Albright or Hailey Carr | 319-393-7811 | aalbright@hacap.org or hcarr@hacap.org

St. Stephen's Food Bank

www.ststephensfoodbank.org

Counties Served: Dubuque, Jackson

To participate:

Contact Executive Director Kathy Hutton | 563-557-7474 | kathy@ststephensfoodbank.org

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Food Bank of Iowa’s School Pantry Program provides a convenient supply of food in a location that is comfortable for students and their families. It is operated by school staff who can help anticipate a student’s nutritional needs. All food provided is completely free. To become a school pantry partner, reach out to the regional partnership coordinator for your county.

To participate:

Contact your county’s Regional Partnership Coordinator

Region One:

Counties Served: Osceola, Dickinson, Emmet, Kossuth, O’Brien, Clay, Palo Alto, Buena Vista, Pocahontas, Humboldt, Sac, Calhoun, Webster

Contact: Sonja Leshner | 515-867-2887 | slesher@foodbankiowa.org

Region Two:

Counties Served: Winnebago, Worth, Hancock, Cerro Gordo, Wright, Franklin, Hamilton, Hardin, Boone, Story

Contact: Tami Nielsen | 515-867-2889 | tneilsen@foodbankiowa.org

Region Three:

Counties Served: Carroll, Greene, Audubon, Guthrie, Dallas, Adair, Madison, Adams, Union, Clarke, Lucas, Taylor, Ringold, Decatur

Contact: Abbi Neighbour | 515-867-2891 | anieghbour@foodbankiowa.org

Region Four:

Counties Served: Marshall, Polk, Jasper, Warren, Marion

Contact: Lexi Prigge | 515-867-2884 | lprigge@foodbankiowa.org

Region Five:

Counties Served: Mahasha, Keokuk, Monroe, Wapello, Jefferson, Henry, Wayne, Appanoose, Davis, Van Buren, Lee, Des Moines, Louisa

Contact: Allison Koresh | 641-682-3403 | akoresh@foodbankiowa.org

For more information:

Visit www.foodbankiowa.org, click on “Menu”, and go to “School Pantry Program” under the “Partners and Programs” tab

Hosting an Oxfam Hunger Banquet

The Oxfam Hunger Banquet is designed to create awareness of the imbalance of food access on a global scale. They are volunteer-led interactive events that bring statistics about poverty to life. Guests randomly select tickets matching real people who are high, middle, or low-income earners, demonstrating that where you end up is all in the luck of the draw. These events help increase our power to respond to global crises, highlight issues of injustice, and change the laws that keep people trapped in poverty.

By using the Oxfam Hunger Banquet Tool-Kit as a guide students and teachers can easily organize and help raise money toward a common goal. Students can come together with their community to make an impact locally and globally.

Length of time:

One time event 

Semester project

Year-round project

To participate:

Visit www.oxfamamerica.org/take-action/events and click on “**Get Started**” to download the tool-kit and use as your planning guide

Tips from a student:

We were able to have the administration approve a school-wide assembly so everyone in the school could participate. We also contacted the local newspapers to take photos and kept them updated about what was happening. Our biggest challenge this year was getting the assembly down to an hour. Therefore, we had to cut and modify many aspects all while trying to keep the message present. We invited Josh Jasper, who is a founder of a local food bank/resource center to speak about stories he has experienced. He shared the story of a local family (no names were mentioned), but that got the crowd to realize people in our community struggle with food insecurity. The food was chosen on what was easiest to distribute and acquire for the event.

- Drew Daly, student at Western Dubuque High School

Planning a Meal Packaging Event

A meal packaging event can be organized with your school, local community, church, 4-H or FFA group and allow students to build leadership skills by planning the event with local non-profit organizations. This event can also be used as a teaching tool to help students recognize the differences between temporary relief aid and sustainable long term practices to combat hunger.

Meal packaging events can vary in size and accomplish a large goal in a short amount of time. At the 2017 Global Youth Institute, 200 students packaged 26,000 meals in under 3 hours! Trained professionals from local non-profit organizations can help guide you through the the planning process. Listed below are all the available programs based on location/county.

Outreach Inc. www.outreachprogram.org

To participate:

Contact National Account Manager Doris | doris@outreachprogram.org

For more information:

Head to www.outreachprogram.org and click on “**How it Works**”

Meals from the Heartland www.mealsfromtheheartland.org

To participate:

Contact Hunger Fight Manager Mike Frandsen | mike.frandsen@mealsfromtheheartland.org

For more information:

Visit www.mealsfromtheheartland.org

*Grants available to apply for upon request to cover a portion of supply costs

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Tips from a student:

“Thankfully, I had a particular teacher that took on this challenge with me and inspired me to take action in my community. She has helped me develop a service-oriented culture within my school district by organizing Lone Tree FFA Hunger Service Day, an opportunity for students to take part in hands-on service learning and revolutionize their perspectives on food insecurity, poverty, and malnutrition. I’ve outlined a few tips for educators on empowering students to take action in service and volunteerism:

- *Cultivate autonomy within students by allowing them to take responsibility for their actions and choices. Encouraging students to be independent will enable them to become confident, take ownership of their project, and feel like their contributions are valuable.*
- *Accomplishing remarkable things in organizations is a lot of hard work. In order to foster determination and hope, educators must recognize the contributions of their students. Success comes from making students feel like heroes-- making them feel powerful and capable.*
- *Help students find a cause they feel passionate about and want to become immersed in. Introduce students to stories of nonprofits in action and how they've impacted numerous lives.*
- *Keeping students motivated requires first understanding the reasons why they are choosing to volunteer. Generally, it is about improving something, but it is often accompanied by a drive to acquire new skills or enhance employability.”*

- **Jaxson Mullinix, Lone Tree FFA President**



Managing a Food Drive

Food banks are non-profit organizations that help distribute food items to those who can't afford enough food to avoid food insecurity. Food banks collect millions of pounds of food to then give to various food pantries set up throughout their local communities.

There are seven food banks in Iowa that cover all 99 counties:

Food Bank of Iowa, Northeast Iowa Food Bank, Siouxland Food Bank, HACAP Food Reservoir, River Bend Food Bank, and St. Stephen's Food Bank.

A great way to help support these local food banks is by organizing a food drive at your school. Food drives help food banks assist families and individuals in need by providing them with the nutrients they need to avoid hunger. Food drives are simple form of fundraisers that help your local food banks stockpile desired food items in order to distribute to various pantries.

By hosting a food drive, schools can bring their communities together to serve a greater purpose. Organizing a food drive is also a great way to build great connections with your community and can be used as an educational tool for your students to better understand their whole community, and in the process help those in need. Whether a big or small food drive, the smallest contribution goes a long way.

Tips:

- Contact your local food bank for advice
- Pick a time period/range for your food drive
- Pick a fun theme
- Pick a safe place/bins to put food in
- Set a realistic goal to motivate students and teachers
- Promote your food drive and get the word out!
- Organize with your food bank how the food donated will be picked up
- Give out rewards for students who participate
- Have fun!

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Local Contacts:

Northeast Iowa Food Bank www.northeastiowafoodbank.org

Counties served: Allamakee, Black Hawk, Bremer, Buchanan, Butler, Chickasaw, Clayton, Delaware, Fayette, Floyd, Grundy, Howard, Mitchell, Poweshiek, Tama, Winneshiek

To participate:

Visit www.northeastiowafoodbank.org, click on “Host a Food Drive” under the “Get Involved” tab. Complete the form listed on the “Host a Food Drive” tab.

River Bend Foodbank www.riverbendfoodbank.org

Counties served: Clinton, Dubuque, Jackson, Muscatine, Scott

To participate:

Visit www.riverbendfoodbank.org, click on “Menu”, go to “Organize Funds/Food Drive” under the “Get Involved” tab. Complete the form listed on the “Organize Funds/Food Drive” tab.

For more information:

For questions about food drives, contact Resource Developer Leslie Corlett | lcorlett@riverbendfoodbank.org

Foodbank for the Heartland www.foodbankheartland.org

Counties served: Cass, Fremont, Harrison, Mills, Montgomery, Page, Pottawattamie, Shelby

To participate:

Visit www.foodbankheartland.org, click on “Menu”, “Donate Food”, and “Create a Food Drive”. Foodbank of the Heartland will provide collection boxes and food drop-off sites. To volunteer, complete the form listed on the “Create a Food Drive” tab.

For more information:

Contact Maggie Schill | 402-905-4825

Food Bank of Siouxland www.siouxlandfoodbank.org

Counties served: Cherokee, Crawford, Ida, Lyon, Monona, Plymouth, Sioux, Woodbury

To participate:

Visit www.siouxlandfoodbank.org, go to “Host Your Own Food Drive or Fundraiser” under the “Give” tab.

Contact Debbie Hubbard | 712-255-9741 | debbie@siouxlandfoodbank.org

Counties served: Benton, Cedar, Iowa, Johnson, Jones, Linn, Washington

To participate:

Visit **www.hacap.org**, go to “**Food Drives**” or “**Contact us**” under the “**How to Help**” tab. HACAP can provide boxes and arrange pickup to collect donated food items.

St. Stephen’s Food Bank

www.ststephensfoodbank.org

For more information:

Contact Executive Director Kathy Hutton | 563-557-7474 | kathy@ststephensfoodbank.org

Food bank of Iowa

www.foodbankiowa.org

Counties served:

Region one:

Osceola, Dickinson, Emmet, Kossuth, O’Brien, Clay, Palo Alto, Buena Vista, Pocahontas, Humboldt, Sac, Calhoun, Webster

Region two:

Winnebago, Worth, Hancock, Cerro Gordo, Wright, Franklin, Hamilton, Hardin, Boone, Story

Region three:

Carroll, Greene, Audubon, Guthrie, Dallas, Adair, Madison, Adams, Union, Clarke, Lucas, Taylor, Ringgold, Decatur

Region four:

Marshall, Polk, Jasper, Warren, Marion

Region five:

Mahasha, Keokuk, Monroe, Wapello, Jefferson, Henry, Wayne, Appanoose, Davis, Van Buren, Lee, Des Moines, Louisa

To participate:

Visit **www.foodbankiowa.org**, click on “**Menu**”, go to “**Food Drive**” under the “**Make a Difference**” tab. Complete the form listed on the “**Make a Difference**” tab to help Food Bank of Iowa stay informed about your food drive.

For more information:

Download Food Bank of Iowa’s Food Drive Tool Kit under the “**Make a Difference**” tab for tips and a customizable flyer that will help your food drive succeed.