



## VBS HUNGER ACTIVITIES

Looking for some ways to get the kids involved in the 200,000 Reasons Initiative during Vacation Bible School this summer? Here are some ideas.

### ➤ **Teach About Hunger**

1. **Create a Safe Place.** Be aware that there may very well be a student in your class/group who is dealing with hunger. Start off by inviting anyone who would like to talk to get with you later, and then direct any of those children who come to you to the VBS leader.
2. **Start with where the students are.** Discuss the issue of hunger:
  - 1 in 4 children in Arkansas do not have enough to eat.
  - Many children rely on school lunch as their main meal.
  - Many children do not get enough food during the summer when school is out and they do not get the school lunch.
  - Some of your friends may suffer from hunger, but not want you to know it. You should not ask your friends if they are among those that don't have enough to eat. You should be sensitive about asking other kids for some of their food. It may be all they have.

Invite the students to discuss or draw a picture of what they think hunger looks like.

3. **Help your students be prepared.** Read some or all of the following scriptures. Talk about how God feels about those that are hungry and what God wants us to do. Ask them questions like, "what should you do or say if you find out somebody is hungry?" Help the students understand what actions or words are okay and what are not.
  - Psalm 107:8-9 - "Let them thank the LORD for his steadfast love, for his wonderful works to humankind. For he satisfies the thirsty, and the hungry he fills with good things."
  - Psalm 146:5-7 - "Happy are those whose help is the God of Jacob, whose hope is in the LORD their God, who made heaven and earth, the sea, and all that is in them; who keeps faith forever; who executes justice for the oppressed; who gives food to the hungry."
  - Isaiah 58:10 - "... if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday"
  - Matthew 15:32 - "Then Jesus called his disciples to him and said, 'I have compassion for the crowd, because they have been with me now for three days and have nothing to eat; and I do not want to send them away hungry, for they might faint on the way.' "
  - Matthew 25:35 - "... for I was hungry and you gave me food, I was thirsty and you gave me something to drink"

### **Just for fun!**

- **200KReasons Word Master** - see how many other words can be created using the letters in 4 key words

### ➤ Collect Food for Hungry Children

Many children need extra food to get them through the evenings, weekends, and the summer holiday. Prepared and ready-to-eat foods are delivered to those in need through Backpack Programs and Summer Meal Programs. Help these programs stock their shelves by providing food items. (See the sample letter for parents below and the list of foods needed.)

#### **Just for fun!**

- **200KReasons Fun Food Find** - find the 15 words hidden in the puzzle
- **200KReasons Scrambled Foods** - unscramble 15 jumbled words to reveal food favorites

### ➤ Help Families Learn New Skills

We all know the parable that says if you give someone a fish they eat for a day, but if you teach someone to fish they eat for a lifetime. Teaching nutritional skills to those that experience hunger is one of the ways we can teach them "how to fish". The **Cooking Matters** curriculum is the most popular method of achieving this. To conduct the class, the teacher must have the proper kitchen tools, and, in order for the participants to use their new skills, they too must have the right tools. Collecting the items and then playing some games is a fun way to equip the teachers and participants, as well as to help children understand the "teach them to fish" concept.

1. **Request the Items:** Send the list of needed items home with your VBS students requesting that they bring an item or items with them by the last day of VBS. (See the sample letter for parents below and the list of items needed.)
2. **Have Some Fun:** Play some games. Have some fun prizes for the winners.
  - **Chef's Apron** - Test your student's memories. While the students are gathering, have someone walk around wearing an apron with several kitchen items attached such as a ladle, dish towel, trivet, sponge, spatula and measuring spoon. Later on, ask the students or groups to write down as many of the items as they can remember. This game will be sure to get everyone thinking hard. The person or group who remembers the most is the winner.
  - **Cooking Class** - Hire a chef (or invite someone you know who is a good cook) and teach the kids how to make a dish that requires no cooking or only a microwave, is full of nutrition, easy, quick, and costs very little to make. Everyone is a winner! Send the recipe home with the kids.
  - **Word Find:** Give a word find game to each student or group and set a time limit for them to find as many words as possible. The person or group with the most correct answers wins.
    - **200KReasons Cooking Matters Utensil Find** - find the 15 cooking utensils hidden in the puzzle

**Deliver the Items Collected: Contact 200KReasons to arrange for pick up or find out where to deliver/send your collected items by contacting Dc. Colleen Caldwell at 501-529-0604 or 200KReasons@arumc.org.**

## Sample Letter for Parents

Dear Parents of VBS Students,

Did you know that Arkansas ranks among the top states in childhood hunger, and that 1 in 4 children in Arkansas does not get enough to eat? During VBS this year, we are going to teach the children about this problem and discuss ways we can help. We would also like to take up a collection of ***(insert one)*** food items that are desperately needed to help children eat on weekends and holidays **or** cooking utensils to be used in nutrition education classes for hungry families. If possible, please send one or more items from the list below with your children before the last day of VBS. We thank you for entrusting your children to us for our VBS program this year.

***(insert one of the following lists)***

### Cooking Matters Utensil List

<b>Bakeware:</b> Baking Pan - 9" square Baking Pan - 9"x13" Baking Sheet Muffin Pan - 12 cup	<b>Paper &amp; Disposable Goods:</b> Aluminum Foil Paper Towels Plastic Wrap Zip-lock Plastic Bags
<b>Cookware:</b> Aluminum Stock Pot with lid Fry Pan - 10" Fry Pan - 12" Sauce Pans with lids	<b>Storage Containers:</b> Plastic Containers: 12 oz. Plastic Containers: 36 oz.
<b>Cutting Boards:</b> Cutting Board Cutting Mat, Flexible	<b>Utensils: Spatulas</b> Scraper Spatula, Rubber: Large Scraper Spatula, Rubber: Small Spatula/Turner
<b>Knives:</b> Chef/Utility Knife Paring Knife	<b>Utensils: Spoons</b> Spoon, Slotted Spoon, Solid Spoon, Wooden
<b>Measuring Utensils:</b> Measuring Cup: 4 Cup Measuring Cup: 2 Cup Measuring Cup Set: 1/4, 1/2, 1 Cup Measuring Spoon Set	<b>Utensils: Other</b> Box Grater Can Opener Ladle Serving Fork Thermometer, Baking Timer, 60 Minute Tongs Vegetable Peeler Whisk
<b>Mixing Bowls &amp; Colanders:</b> Colander/Strainers Mixing Bowl: 3 QT - Microwave Safe Mixing Bowl: 4 QT - Microwave Safe Mixing Bowl: 8 QT - Microwave Safe	

### Food for Kids

Beanee Weenees	Refried Beans	Boxed instant oatmeal
Spam	Pork & Beans	Individual boxes/bowls of cereal
Cup of Soup	Ranch Style Beans	Individual bowls of oatmeal
Cup of Noodles	Baked Beans	Granola bars
Spaghetti O's	Chili Beans	Cereal bars
Beefaroni	Green Beans	Fruit and grain bars
Canned/plastic cup Pasta Meals	Corn	Pop Tarts
Canned Chili	Mixed Vegetables	Peanut Butter & Crackers
Peanut Butter / Jelly	Sweet Peas	Cheese & Crackers
Vienna Sausage	Canned Fruit - 4 oz.	Pudding Cups
Tuna Lunch Kit	Plastic cups of fruit	Jello Cups
Macaroni & Cheese	Applesauce cups	Cracker & cheese packages

Sincerely,

**NAME OF INSTITUTION** VBS Program

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For more information, email [200KReasons@arumc.org](mailto:200KReasons@arumc.org)

or visit our website [www.200KReasons.arumc.org](http://www.200KReasons.arumc.org).



united against childhood hunger



# Word Master

**How many other words can you create from the words below?**

[illegible]

## Answers! To Word Master

<b>hunger</b>	<b>meals</b>	<b>SNAP</b>
<u>gun</u>	<u>lam</u>	<u>asp</u>
<u>hue</u>	<u>alms</u>	<u>nap</u>
<u>hug</u>	<u>male</u>	<u>pan</u>
<u>rug</u>	<u>sale</u>	<u>sap</u>
<u>run</u>	<u>seal</u>	<u>spa</u>
<u>huge</u>	<u>seam</u>	<u>naps</u>
<u>hung</u>	<u>slam</u>	<u>pans</u>
	<u>males</u>	<u>span</u>
<hr/>		
<b>children</b>		
<u>den</u>	<u>chin</u>	<u>child</u>
<u>din</u>	<u>deli</u>	<u>hired</u>
<u>end</u>	<u>dice</u>	<u>niche</u>
<u>hen</u>	<u>dine</u>	<u>riced</u>
<u>her</u>	<u>hire</u>	<u>riled</u>
<u>hid</u>	<u>iced</u>	
<u>ice</u>	<u>idle</u>	<u>lichen</u>
<u>ire</u>	<u>ired</u>	
<u>led</u>	<u>lend</u>	
<u>lid</u>	<u>nerd</u>	
<u>red</u>	<u>nice</u>	
<u>rid</u>	<u>rend</u>	
	<u>rice</u>	
	<u>rich</u>	
	<u>ride</u>	
	<u>rile</u>	



## Fun Food Find

Can you find all of the nutritious foods hidden in the puzzle below?

a d h e a b m o y m f f j s  
h s b t h j v s i i j p j c  
k s a l a d g v s l w o l z  
u p n r m n v h g k b r u j  
u v a e b p f c h i c k e n  
s g n t u b s q u a s h l w  
l r a w r u k r i c e h p t  
r a s l g u i a f j l m p q  
i n y n e k g b h p u f a r  
b o e k r f k o m w t i a f  
j l v m o r a n g e x b c r  
u a d h l c g r a p e s k e

apple

granola

orange

banana

grapes

pork

chicken

hamburger

rice

fish

juice

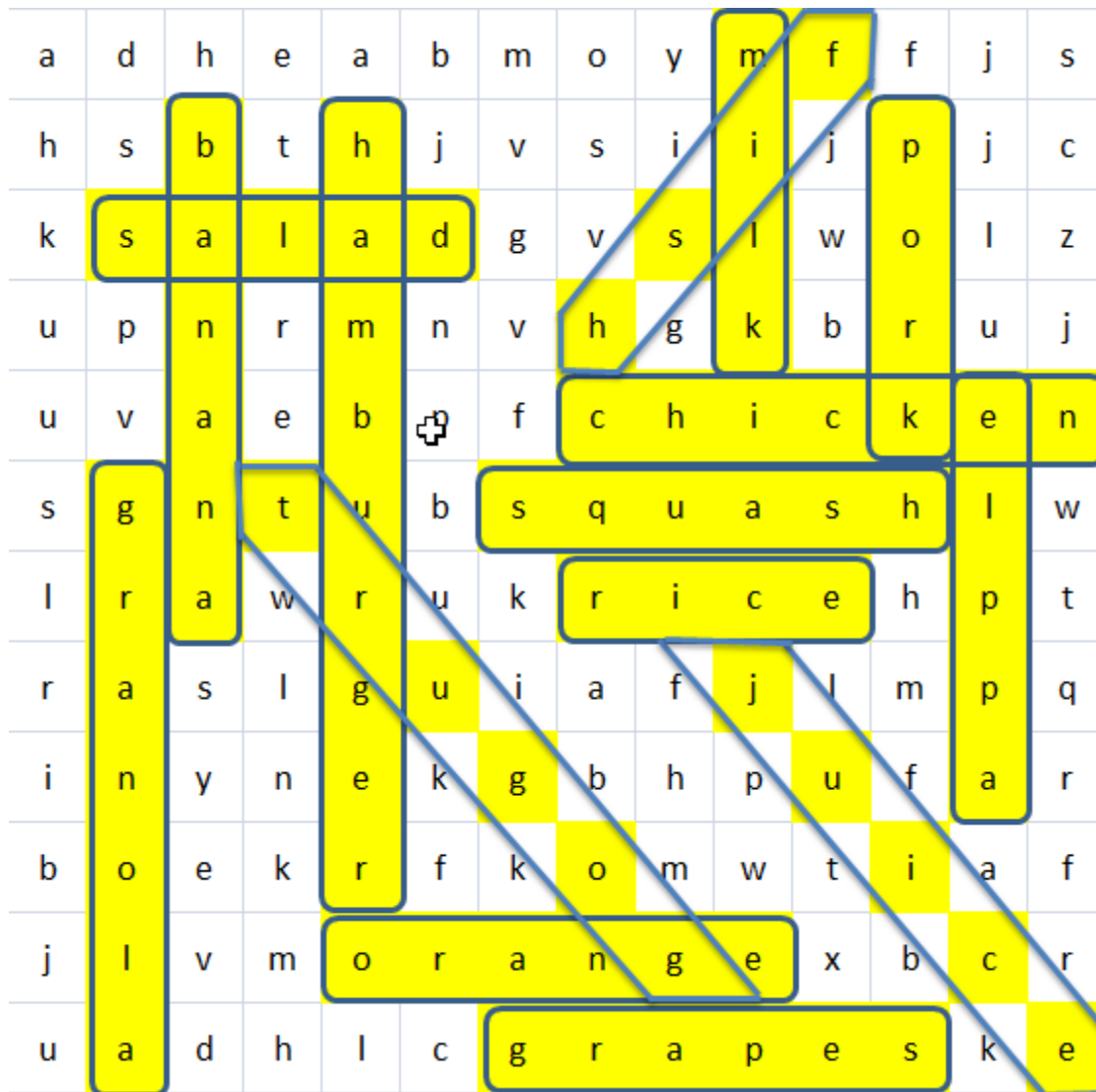
salad

gogurt

milk

squash

## Answers! To Fun Food Find







## Scrambled Foods

Unscramble these words to find the food.

- |     |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1.  | g | e | s | g |   | — | — | — | — |   |   |   |   |   |
| 2.  | l | p | e | a | p |   | — | — | — | — | — |   |   |   |
| 3.  | l | t | a | a | m | e | l | b |   | — | — | — | — |   |
| 4.  | h | e | e | e | c | s |   | — | — | — | — | — | — |   |
| 5.  | k | i | l | m |   |   | — | — | — | — |   |   |   |   |
| 6.  | g | r | o | a | n | e |   | — | — | — | — | — | — |   |
| 7.  | d | a | l | a | s |   | — | — | — | — | — |   |   |   |
| 8.  | o | c | o | k | i | e |   | — | — | — | — | — | — |   |
| 9.  | k | i | c | h | e | n | c |   | — | — | — | — | — | — |
| 10. | g | r | o | u | t | y |   | — | — | — | — | — | — |   |
| 11. | o | n | c | a | b |   | — | — | — | — | — |   |   |   |
| 12. | c | u | e | p | a | c | k |   | — | — | — | — | — | — |
| 13. | p | a | t | o | o | t |   | — | — | — | — | — | — | — |
| 14. | h | u | q | a | s | s |   | — | — | — | — | — | — | — |
| 15. | s | t | a | a | p |   | — | — | — | — | — |   |   |   |

### **Answers! To Scrambled Foods**

- |    |          |     |         |     |         |
|----|----------|-----|---------|-----|---------|
| 1. | eggs     | 6.  | orange  | 11. | bacon   |
| 2. | apple    | 7.  | salad   | 12. | cupcake |
| 3. | meatball | 8.  | cookie  | 13. | potato  |
| 4. | cheese   | 9.  | chicken | 14. | squash  |
| 5. | milk     | 10. | yogurt  | 15. | pasta   |



## Cooking Matters Utensil Find

Can you find all of the kitchen items in the puzzle below?

c u p e e l e r y m f f j s  
h t b t h j v s i o j p a n  
k w h i s k g v r l t o l z  
u p n e m n v k g k o r u j  
u v a e r p c o l a n d e r  
s g n t u m s q u a g h l w  
l r a w r f o i l c s h p t  
l a d l e u i m f j l m l q  
i t y n e k g b e s p o o n  
b e e k n i f e m t t i r f  
j r v m t i m e r e e b t r  
u a s p a t u l a p e r k e

colander

knife

spoon

cup

ladle

thermometer

foil

pan

timer

fork

peeler

tongs

grater

spatula

whisk

## Answers! To Cooking Matters Utensil Find

