

# LET'S LEARN STEP UP AND SPEAK OUT!

## Module 4 – Stand Up for the Unhoused and Food Insecurity

### What's the issue?



To be unhoused is to be without consistent shelter. Food insecurity is to be without reliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity and housing issues are a tragedy with public health and economic consequences to everyone.

### What do we already know?

Explore these questions to find out what the students already know and to share impressions. Take time to explore these questions over several meetings. Add more questions of your own.

- When you are in your car or walking around, do you see people asking for help? What do you think when you see them? What do you and your parents do?
- Do you know anyone who does not have shelter? Do you know anyone who does not have enough good food to eat?
- Is age, gender, education, health or skin color a factor contributing to lack of housing?
- Why wouldn't a person have enough money for food? (Paying for diapers/medication vs groceries) (
- Does some food taste better than others? (Fresh vs processed)

### Facts and Words to Know about Food Insecurity and the Unhoused

The number of people without shelter has increased every year since 2016 with a steep increase in 2021 due to the COVID19 crisis.

Children account for 18% of people without a permanent shelter.

**Feeding America** projects that 1 in 8 people, including 1 in 6 children may experience food insecurity in 2021.

Words to learn:

- Unhoused vs Homeless
- Vagrancy
- Affordable
- Nutritious
- Fresh

### Learn about Food Insecurity and Lack of Housing

- Watch movie *The Motel Kids of Orange County* or video such as *Through the Eyes of a Homeless Child* (<https://www.youtube.com/watch?v=KO3ec5qRub4>)
- More videos about local unhoused can be found at [www.invisiblepeople.tv](http://www.invisiblepeople.tv)
- Simulate the challenges of the unhoused using ideas at <http://www.socialjusticesolutions.org/2016/04/22/app-experience-homelessness/> ie: grocery shopping without a car; wearing thrift shop clothes chosen for you
- Tour a working farm, a school agriculture program or a farmer's market to learn about food sources.

## First Foot Acts of Charity

### Ideas for Charity

Volunteer for a Laundry Love event to assist with washing clothing and bedding for low/no income families. [www.laundrylove.org](http://www.laundrylove.org)

Check your local Habitat for Humanity volunteering opportunities for ages 5 and up. [www.habitat.org](http://www.habitat.org)

Make fleece “no-sew” scarves and donate to local organization serving the unhoused.

Ask your church to donate items to help create hygiene kits for the unhoused.

Participate in a breakfast bagging activity for a shelter or food bank.

## Second Foot Acts of Justice

### Ideas for Justice

Lack of affordable housing is a leading cause of homelessness. Research the trends of affordable housing in your area. Based on what you have learned, express your opinion about the situation to your local

Unemployment is the second leading cause of homelessness. What ideas do you have to more jobs and higher wages for workers?

Support programs which improve access to fresh, affordable, healthy food in your schools and in your community.

## What are the 2 Feet of Love in Action?

When someone needs our help, we use both of our feet to be love in action. The **charity** step is to help with immediate needs (attention, food, medication), the **justice** step is to find the root of the problem and work to make change.

### Resources

Seeds of Hope

Ideas for Action:

[www.teensforfoodjustice.org](http://www.teensforfoodjustice.org)

Habitat for Humanity

[www.habitat.org](http://www.habitat.org)

Hydroponic Mason Jar Garden

<https://www.instructables.com/Glass-Jar-Kratky-Hydroponics/>



## What's next?

### You can Dig Deeper or Lighten it Up!



#### Faith Connections

Think of a Bible story or verse which goes with this issue.

Discuss the meaning of the GFS motto "Bear Ye One Another's Burdens"

What is different about a Christian's approach to social justice?

Lack of housing and good food is a very complicated topic. How can children help with such a big problem? You can treat unhoused and hungry like real people. You can look them in the eye and say hello. What else can you safely do?

#### Lighten It UP!

Make a "checkers on the go" kit.  
<https://modpodgerocksblog.com/diy-checkers-game/>

Plant a portable garden in a bucket.  
<https://www.hobbyfarms.com/build-five-gallon-bucket-garden/>

A new way to bring plants inside: Make a Kokedama planter to hang in the window.

Before awarding the badge, have a wrap-up discussion to bring all your work together!

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