











Decorating Spoons is Fun!

It's time to get started! All you need is a spoon, some simple materials, and your creativity. Here are some decorating tips, but your ideas are still the best.

Wooden spoons can be people, angels, animals, candles — just about anything you'd like. Think of your favorite thing about the holidays. Reindeer, dreidels — you name it — it's a spoon.

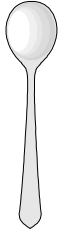
Do you want a challenge? Create a work of art by combining two or more spoons! Two spoons can be a spoon-playing guitar or even antlers on a third spoon. Use your imagination!

What You Need to Begin Decorating Your Spoons:

-  Spoons of course! Wooden kitchen spoons are easiest to work with. These can be found at most supermarkets and kitchen supply stores. (Plastic spoons have a tendency to break, while metal spoons are not very practical.)
-  Glue, paste, or rubber cement to keep your creations intact.
-  Marker, pen, paint, or crayon for a face (buttons make wonderful eyes).
-  Fabric scraps can easily become clothing or decoration for your spoon.
-  Glitter or sparkles for that final touch.
-  Add a ribbon or piece of yarn to your spoon so that it can be hung from a Christmas tree or a front door. With ribbon or yarn, your spoon can also be attached to a holiday gift.
-  Many spoon decorators enjoy making tags to hang on each spoon. This decorative tag can thank the buyer for feeding hungry people.
-  Imagination and creativity!

When sending in your collected donations, be sure to include pictures of your completed spoons to Project Bread to be part of the Holiday Spoon Project Contest!

Visit www.projectbread.org/spoons between December 20 and January 5th to vote for your favorite Holiday Spoons photo!



Why Do We Decorate Spoons?



When you see a spoon, you probably think of eating. It is also important to think of those who are not eating and how we can help to make a difference.

*We decorate spoons to help **educate** others about hunger.
We decorate spoons **to show we care** about hungry people in Massachusetts.
We decorate spoons to show that **we want to help** feed our hungry neighbors.
We want to end hunger in Massachusetts, and
we know that our spoons can make a difference.*

Ways to Make a Difference with Your Spoons:

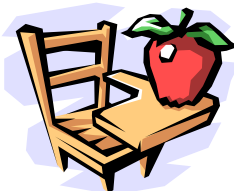
- Ask your **family and friends** to help feed the hungry this winter by making a \$10 donation to Project Bread. You can explain that their ten dollars will provide dinner for a family at a soup kitchen. As a thank you to donors, give them a spoon to display in their homes as a reminder of their support or place a spoon on a holiday package!
- **Craft fairs, church and temple bazaars, and holiday pageants** are perfect opportunities to display your spoons and raise hunger awareness.
- Businesses can contribute to your efforts by giving a donation in exchange for spoons and displaying them in their window, or by making a general donation to your “spoon drive.” **Ask your local grocer, sporting goods store, etc.** if they would like to support the Spoons Project.
- Your spoons will go twice as far! **Jordan’s Furniture will match every dollar you raise with the Spoons Project**, doubling your efforts to help others.*

Collected donations, contest photos, and any questions may be sent to:

Project Bread
Attn: Joe McNiff
145 Border Street
East Boston, MA 02128
Email: Joe_McNiff@projectbread.org

*Jordan's Furniture will match donations to Project Bread's Holiday Spoon Project up to \$10,000.00

A Week's Worth of Lessons on Hunger



In an effort to develop awareness among children about the issue of hunger in our communities, we have developed the following suggested week's curriculum to complement your participation in the Holiday Spoons Project.

Monday: Language Arts. Select an appropriate title from the list provided and read the book to or with the class. You can use the suggested questions below as part of your discussion of the book.

Discussion:

- What happens in this book?
- What can we learn from this story?
- How can we apply what we have learned from this story to our own community?

Tuesday: Mathematics. Giving students a limited budget, discuss how much can they can spend on food in a week. Include the topic of healthy vs. non-healthy choices. Discuss how the financial restrictions of a limited budget make it difficult to buy healthy food. You may refer to the reverse side of this sheet for an example of a monthly budget for a single parent in Boston, as well as a comparison of low cost vs. healthy shopping lists.

Wednesday: Science - Nutrition & Hunger. Discuss why it's important for children and adults to eat nutritious foods: growing and staying healthy and strong, being able to do your best at work or school. *If you are in a school that offers school breakfast and/or lunch, make sure your class knows that it's a healthy option!*

Thursday: Social Studies activity – Who is hungry? Discuss why some people are very hungry: no money to buy food, homelessness, no transportation to buy food, other limitations (such as illness or physical disability), the high cost of living vs. low income, and other expenses (such as medicine, child care, heat, clothes, etc.). Tie in your discussion with the book you read earlier in the week, and ask students to recall the many ideas you've thought about all week!

Discuss what kinds of people are hungry: children, the elderly, adults, people in cities and suburbs, people of all backgrounds and ethnicities. *It could be anyone.*

Friday: Art project. Time to decorate your spoons! Please refer to the "Decorating Spoons is Fun!" page for suggestions and possible craft supply needs.

Poverty and Hunger

Hunger is caused by poverty, and today more than 630,000 people in Massachusetts — 9.8% of the population — live below the poverty line. In fact, a single parent with two children who works full-time earning minimum wage does not make enough to stay out of poverty.

Monthly Budget for a Child-Care Worker (with Two School-Aged Children) Earning \$10.53 per Hour ⁵		Amount
INCOME:		
Take-Home Pay	After taxes (accounting for earned income tax credit) and deduction for health care coverage	\$1,661.00
EXPENSE:		
Rent	Fair Market Rent for Two-Bedroom Apartment in Boston	\$1,266.00
Transportation	Monthly Subway Pass	\$ 44.00
Miscellaneous	Includes clothing, household items, telephone, etc. (Ten percent of all other expenses.)	\$ 131.00
REMAINING FOR FOOD		\$220.00

Hunger and Obesity

Comparing two shopping lists shows just how tough it is to choose healthy foods when you are on a limited budget. These shopping lists show the tough choices some families in Massachusetts are forced to make. When you are only able to afford foods off the low-cost list, you're likely to come home with foods high in calories, sugar, and fat. Low-income families are at risk for both hunger and obesity.

Comparing Two Shopping Lists				
Low-Cost Shopping List			Healthy Shopping List	
	Item	Cost	Item	Cost
Breakfast	Frozen Waffles (10)	\$ 1.19	Cereal (10 oz.)	\$ 2.69
	Syrup (12 fl.oz.)	\$ 1.89	Skim Milk (1 gallon)	\$ 2.79
	Fruit Punch (1 gallon)	\$ 2.78	Orange Juice (1 gallon)	\$ 5.32
Snack	Potato Chips (1 lb.)	\$ 2.46	All Natural Popcorn (1 lb.)	\$ 5.31
Lunch	Bologna (1 lb.)	\$ 2.18	Solid White Tuna (1 lb.)	\$ 3.44
	White Bread (1 lb.)	\$.68	Whole Wheat Bread (1 lb.)	\$ 1.73
Dinner	Pasta Sauce with Meat (1 lb.)	\$ 1.16	Chicken Breasts (1 lb.)	\$ 3.29
	Pasta (1 lb.)	\$.79	Broccoli (1 lb.)	\$ 1.19
Dessert	Ice Cream (1/2 gallon)	\$ 2.39	Strawberries (2 lbs.)	\$ 6.98
TOTAL		\$15.52		\$32.74



Lessons About Hunger in Children's Literature

You may wish to use some of the following titles to spark your class discussion about hunger, or to enhance your hunger lesson.

No Place to Be: Voices of Homeless Children by Judith Berck. Houghton Mifflin Company, 1992.

A good overview of the issues of poverty and homelessness. Includes excerpts from interviews with homeless children, poems, and photos.

Living Hungry in America by Larry Brown and H.F. Pizer. MacMillian, 1987

The Family Under the Bridge by Natalie Savage Carson. Harper Trophy, 1989 reissue edition.

Armand likes his life as a Parisian hobo, but the day he meets three small homeless children and their mother, who take up residence in his spot under a bridge, his life changes.

Changing Places: A Kid's View of Shelter Living by Margie Chalofsky. Gryphon House, 1992.

Children ages 8 to 13 give readers a first-hand look at life in a shelter. Children learn that even though these children live in a shelter, their wants, needs, likes, and dislikes are the same as all children's.

Gettin' Through Thursday by Melrose Cooper. Lee and Low Books, 1998.

Today is report card day, the same as Mom's payday. Mom promises a party if Andrew makes the honor roll, which he does. Can she keep her promise?

Uncle Willie and the Soup Kitchen by Dy Anne Di Salvo-Ryan. Mulberry Paperback Book, 1991.

A good introduction to emergency food programs and other endeavors to fight local hunger. Grades K-2

Nickel and Dimed: On (Not) Getting By in America by Barbara Ehrenreich. Henry Holt & Co. 2001.

Interesting investigative report on people trying to live on low wages in service jobs. Grades 6-8

Soup Kitchen Suspicion (Cinnamon Lake Mysteries 6) by Dandi MacKall. Concordia Publishing House, 1998.

Someone leaves a mystery message with a large donation for the local soup kitchen. Who was it, and why is the money disappearing?

Rosie the Shopping Cart Lady by Chia Martin. Holm Press, 1996.

Rosie, who lives in the streets, receives gifts of kindness from people she encounters.

The Lady in the Box by Ann McGovern. Turtle Books, 1997.

Children are introduced to the world of homelessness when Ben and his sister befriend Dorrie, a homeless woman.

Home: A Collaboration of Thirty Distinguished Authors and Illustrators of Children's Books to Aid the Homeless (A Reading Rainbow Book) by Michael Rosen and Franz Brandenburg. Harper Trophy, 1996.

This collection of work that celebrate the joys of having one's own special place dramatizes the deprivation of homelessness. It's a wonderful book for generating thoughtful discussion among teachers and children.

Famine and Hunger (Repairing the Damage) by Lawrence Williams. New Discovery, 1992.

This book discusses the causes of hunger and famine in both developed and developing countries and some of the ways of dealing with these problems.



Hunger & Nutrition Information Online Resources

These websites are great sources of information on hunger, poverty, and programs aimed at relieving hunger, and nutrition. Many include information about kids' nutritional needs, as well as activities and resources for teachers.

Bread of the World.....www.bread.org

Nationwide Christian movement that seeks justice for the world's hungry people by lobbying U.S. decision makers. Current and archived publications.

24 Carrots Press.....www.nutritionforkids.com

Excellent site for anyone interested in nutrition and kids. Very balanced approach to a range of topics. Has lots of links for teachers, parents, nutrition professionals and consumers. Users can subscribe to "Feeding Kids" bimonthly newsletter. Great activities for teachers.

Just for Kids Hunger Education.....<http://www.ccfb.org/kids/index.html>

The Contra Costa Food Bank has an interactive educational tool for children to learn about hunger and how they can help put an end to hunger.

United Nations Food Force Game.....<http://www.food-force.com/index.php/teachers>

Students can head off on an online video game mission to deliver and distribute emergency food.

America's Second Harvest.....www.secondharvest.org

Information about charitable hunger-relief organization. Second Harvest solicits and distributes food and grocery products through a nationwide network of food banks.

My Pyramid Blast Off Game.....http://www.mypyramid.gov/kids/kids_game.html

Kids can learn about nutrition via an interactive online computer game.

Food and Nutrition Information Center.....www.nal.usda.gov/fnic

A site on many nutrition topics, including the Dietary Guidelines, Food Guide Pyramid, and Food Composition Tables. The main menu includes "Resource Lists," which, when searched using the words "hunger" or "school breakfast," yields a wealth of information.

The Hunger Site.....www.thehungersite.org

A site devoted to hunger awareness. By clicking a button on the main page, you can "give free food," or one cup of staple food to a hungry person, courtesy of the site's sponsors.

The Center on Hunger, Poverty and Nutrition Policy.....hunger.tufts.edu

Tufts University site that provides research articles on hunger and poverty topics, including hunger and food security, family and economic security, and food and nutrition programs. There is also a page telling the history of the study of hunger in the United States since the 1960's.

Project Bread – The Walk for Hunger.....www.projectbread.org

Information for anyone interested in meeting the needs of hungry people across Massachusetts. Site contains information about childhood nutrition and elderly outreach, hunger facts, public policy information, opportunities to get involved, and information about our annual Walk for Hunger.



Once again, Jordan's Furniture has joined Project Bread to help feed hungry families during the holiday season. Barry and Eliot will match every dollar raised by your spoon drive — doubling your efforts to help feed hungry people in Massachusetts. Your good work will go twice as far*!

Please complete the form below and mail it to Project Bread in order to qualify for the Spoons Project Contest! Please include your collected contributions and Spoon picture. **Don't forget you can also e-mail in your Spoons picture!** The winning group of this year's Spoons Contest will enjoy tickets to Jordan's Furniture's Comcast IMAX 3D Theaters in Natick or Reading!

*Jordan's Furniture will match donations to Project Bread's Holiday Spoon Project up to \$10,000.00



Group Name _____ **Contact Person** _____

Address _____

Phone Number _____ **E-mail Address** _____

Amount Raised: \$ _____

Are you emailing or mailing a picture you would like included in the Spoons Project Contest? Circle YES or NO.

Please complete the above form and mail it to:

Project Bread
Attn: Joe McNiff
145 Border Street
East Boston, MA 02128

You can e-mail all pictures to:

Joe_McNiff@projectbread.org