



Hunger Awareness Meal

Bring to life the challenges faced by hungry children and families in your community and around the world.



Lions Clubs International





CLUB ACTIVITY //

Hunger Awareness Meal

Food insecurity is an intensely personal need affecting nearly one billion people. Promote awareness and education about hunger in your community with our Hunger Awareness Meal activity.

The Hunger Awareness Meal is a 90-minute activity that allows Lions, Leos and community members to experience firsthand the nutritional deficits affecting

children and families around the world. Participants are served a meal representing a randomly selected hunger profile: food secure, acutely undernourished, chronically undernourished, or suffering from hidden hunger.

Hunger relief is a pillar of our service framework. Join Lions and Leos around the world as we unite to confront one of the world's greatest challenges.

What you'll need

- **Dining materials:** plates, bowls, utensils, chopsticks, etc.
- **Non-starchy vegetable, for example:** green beans, amaranth, beets, carrots, okra, daikon, peas, salad greens, Swiss chard, asparagus, etc.
- **Starch/grain, for example:** rice, pasta, potato, bread, quinoa, grits, barley, etc.
- **Protein, for example:** meat, tofu, eggs, etc.
- **Water or other beverage**
- **Hunger Profile Tickets**
- **Hunger Plates Diagram**
- **Introductory remarks (optional)**

Who you'll need

- **Facilitator:** introduces the event, provides local context and guides group discussion
- **Volunteers (event organizing):** budget and purchase materials and food
- **Volunteers (food prep and serving):** serve food to participants based on their ticket
- **Volunteer greeter (optional):** hands out hunger profile tickets
- **Energizers (optional):** encourage enthusiasm, participation and reflection among members
- **Guest speaker (optional):** presents additional local context and their anti-hunger work to members during the meal



STEP 01: Planning

- Introduce the activity to your club and determine the number of participants and the amount of materials and space you will need.
- Ask for volunteers to fill the positions listed under the “Who you’ll need” section and explain each role.
- Decide whether to serve a full meal at the end of the activity.

STEP 02: Before the Meal

- Prepare the food and organize the serving area. Display the Hunger Plates Diagram so it is visible to participants and servers.
- Organize seating and technology needs (projectors, guest speaker needs, etc.).

STEP 03: The Meal

- Greet each participant with a hunger profile ticket and **explain that the tickets are randomly assigned.** Distribute tickets based on the percentage of children worldwide in each category. As there are no global statistics for the number of children who suffer from hidden hunger, choose how many tickets to distribute for that category.
- Explain the premise of the activity, how the group has been divided and the symbolism of each group (see Facilitator Script Supplement).
- Serve food based on hunger profile tickets and reiterate the educational nature of the meal. The meal should last approximately 30 minutes. If members are not eating, encourage them to talk about the activity and remind them that hungry people do not have this choice.
- Circulate among the members and listen for comments and observations that will provoke discussion in the larger group.

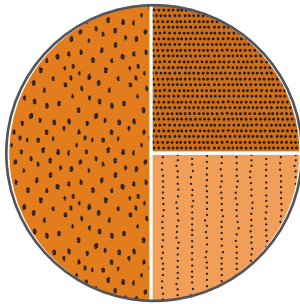
STEP 04: After the Meal

Encourage discussion with these simple questions. Add additional questions based on local hunger context.

1. Would anyone like to share their thoughts about this activity?
2. Would anyone like to share experiences they’ve seen, heard or felt related to hunger in our community?
3. What did you learn about hunger from this activity? How do you think about hunger differently?
4. What are some of the circumstances that can cause children and adults not to have enough food or calories every day? What are some of the circumstances that cause people to have enough calories, but not the right nutrients?
5. How can we relieve hunger in our community?

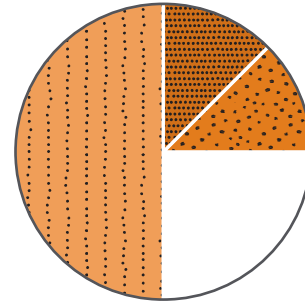


Hunger Plates Diagram



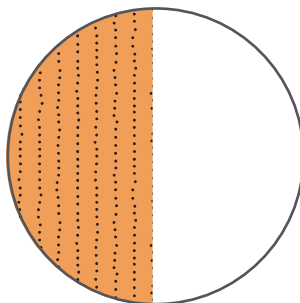
Food Secure (50% – 60%)

Nutritionally complete with the correct amount of calories.



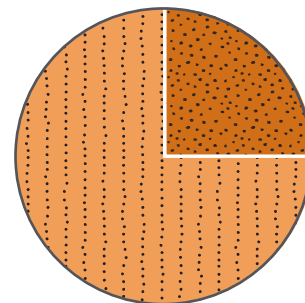
Acutely Undernourished (10%)

Sometimes nutritionally incomplete, sometimes insufficient calories.



Chronically Undernourished (20%)

Frequently not nutritionally balanced with insufficient calories.



Hidden Hunger (suggested 10% – 20%)

Frequently not nutritionally balanced but consuming enough calories.

KEY



Non-starchy vegetable



Protein



Starchy vegetable

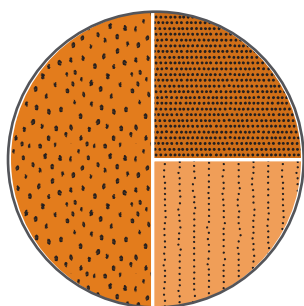


Food deficiency



Hunger Profile Tickets

Cut tickets on the dotted lines and pass out to participants.

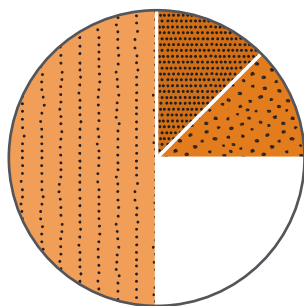


Food Secure (50% – 60% of children and families)

You have access to safe and nutritious foods and can meet your daily dietary needs. You can focus your energy on school, family and pleasure. You do not need to worry about being able to find or afford food.

Additional information:

- 1/3 of globally produced food is not consumed.
- Consumers in Europe and North America waste 210 to 250 pounds of food a year per person.
- Consumers in Sub-Saharan Africa, South and South-Eastern Asia waste 13 to 25 pounds.

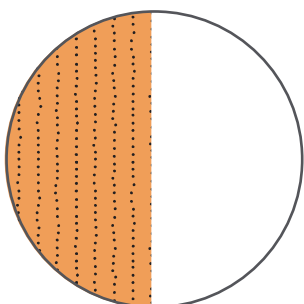


Acutely Undernourished (10% of children and families)

You sometimes suffer from a sudden lack of food, maybe caused by a drought or by periods of unemployment. During difficult times you do not eat enough calories and might lack the nutritious foods you need for a healthy and active life.

Additional information:

- 52 million children are considered wasted, or too thin for their height.

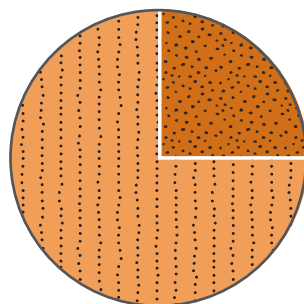


Chronically Undernourished (20% of children and families)

You go for long periods of time without nutritious food. As a child, you are at a very high risk of developmental delays that will affect you for the rest of your life. If you are a pregnant woman, your baby is also at risk of suffering developmental issues.

Additional information:

- 155 million children under the age of five suffer from stunting, or chronic malnutrition.
- The prevalence of chronic hunger is particularly high in areas of emergency and crisis.



Hidden Hunger (global statistics unavailable)

You eat enough calories every day to meet your daily needs, but you are missing micronutrients that are important to your growth and health.

Additional information:

- Food quality is as important as food quantity.
- Hidden hunger weakens the immune systems, stunts physical and mental growth and can lead to death.



Hunger Awareness Meal: **Facilitator Script**

Script Overview

Use this script to introduce the Hunger Awareness Meal to your participants. You can make your presentation more impactful by researching hunger and providing statistics about school feeding programs, examples of anti-hunger organizations, and other information about your community.

Introduction

“Welcome to the Hunger Awareness Meal. During this exercise, you’ll confront some of the challenges faced by the nearly 1 billion people worldwide who go to bed hungry every night. Women and children are most vulnerable to food insecurity. And, as the world’s population is expected to grow to 9.1 billion by 2050, the numbers will only get worse.

“As Lions and community leaders, we can change this. It’s what we do. Hunger relief is a pillar of our global service framework and Lions around the world are working hard at this very moment to make sure that everyone has enough nutritious food to eat. Thank you for joining us for this educational activity at which you will get a taste of what it’s like to live with hunger.”

Explanation of Tickets

“Raise your hand if your ticket reads ‘Food Secure.’ You represent children who always have access to safe and nutritious foods and can meet their dietary needs. Because you are food secure, you can focus your energy on school, family and pleasure. You do not need to worry about being able to find or afford food.

“Raise your hand if your ticket reads ‘Acutely Undernourished.’ You represent more than 52 million children under the age of five who suffer from acute malnutrition and recent rapid weight loss. During times of food insecurity, you don’t eat enough calories or nutritious foods. You might eat less on a daily basis to save for periods when you can’t find or afford food.

“Raise your hand if your ticket reads ‘Chronically Undernourished.’ You represent more than 155 million children younger than five who go long periods without enough nutritious foods. You’re too short for your age and suffer from other physiological and mental development delays. Effects of chronic undernourishment like these can last a lifetime.

“Raise your hand if your ticket reads ‘Hidden Hunger.’ You represent an unknown number of children who eat enough calories every day, but aren’t getting the nutrients required to develop and thrive. While it’s estimated that 2 billion people suffer from hidden hunger, it’s unclear exactly how many children are affected.”

Conclusion

“This meal is a simplified representation of the challenges posed by global hunger. I hope it will help us reflect on our own experiences with hunger, however, and how Lions and Leos can help hungry people in communities around the world.”