

September is Hunger Action Month!

Child Education: Hunger Awareness

Objective: Convey to children that hunger is when people do not get enough of the right kinds of food to be healthy. In addition, share with children that ALL people should have their “daily bread.”

Materials Needed:

- Photos of students and family members
- photos of people of many kinds from magazines and newspapers (you may wish to have a large number and variety of photos already cut from various sources so the children can choose from them)
- poster board
- white glue
- scissors
- dark construction paper

Introduction:

- Write the above definition of hunger on a posterboard or white board.
- Ask the group to think about how this meaning or definition of hunger is different from when they say, “I’m hungry.”
- Then ask, “Why do you think some people, including children, face hunger?”
 - Let the children brainstorm ideas for a moment, listing their suggestions on newsprint or a chalkboard. Acknowledge that there are many reasons for hunger, such as war, drought, lack of employment, poor growing conditions, and floods.
- Once they have established that hunger has many causes, ask the group, “Why do we, people of God, care about people who face hunger regularly?”
 - Again, encourage the children to express their ideas. They may recall a story of Jesus feeding a multitude or the manna in the Exodus story. Read Matthew 25:34-35, 37, 40 aloud to the group. Older children may follow in their Bibles.
- Ask the group, “When do we feed the hungry or give water to the thirsty?”
 - If the children have participated in service projects of this type, be sure they name them.
 - This discussion can also lead to their participation as a group in a local hunger program. Share information about Catholic Charities Campaign “H2O for Hunger Challenge.”

Activity:

- Pray the Lord’s Prayer with the children.
- When we pray the prayer that Jesus taught his disciples, we pray that we will be given our daily bread. As the children consider the hunger and poverty in the world, they can be reminded of Jesus’ prayer as well as the need to provide for everyone with the words: Give us – all of us – our daily bread. Write this on the posterboard.
- Have the children gather photographs of all kinds of people and arrange them on the poster board. Include people the children know as well as their own photographs to make the collage more engaging. Before they glue the photographs down, look together at the people represented. Ask the group if there are groups of people who are not shown on the collage. If they see some who are missing, have them search the photographs again.

Closing Prayer:

Loving God, give us our daily bread and remind us to share what we have so all people have their daily bread. Amen.

“Love the Lord your God with all your heart and with all your soul
and with all your strength and with all your mind, and love your neighbor as yourself.”

Luke 10:2