

HUNGER 101



WHAT IS HUNGER 101?

Hunger 101 is a poverty simulation. It is a unique, enlightening experience that helps individuals begin to understand what life is like with a shortage of money, a shortage of food, and an abundance of stress. It moves people to think about the harsh realities of poverty and hunger. It encourages people to make a difference. The simulation is based on the Missouri Community Action model. Hunger 101 is facilitated by the CEO/Weinberg Northeast Regional Food Bank.

HOW DOES THE SIMULATION WORK?

In the simulation, participants assume the roles of families facing a variety of challenging, but typical circumstances. Some are living on part time jobs at minimum wage, others have recently become unemployed, and some are suddenly faced with the responsibility of raising grandchildren.

The program is conducted in a large room. Participants are seated in family clusters, and community resources are located at tables around the perimeter of the room. To start the simulation, each family is given a card explaining its unique situation, as well as a small amount of “money.” Then, the families must secure food, shelter, and other basic necessities by accessing the various resources during the course of four, 15-minute “weeks.” The activity works best with groups of 10 or more, to allow for a variety of family circumstances to be experienced. *(Hunger 101 can be modified for smaller groups upon request.)*

The activity lasts approximately two hours and includes an introduction and briefing by a facilitator, the simulation exercise itself, and a debriefing in which participants and volunteers share what they have learned about struggling with hunger and food insecurity. The simulation leaves a lasting impression on participants and communities.

Hunger 101 concludes with a tour of the Food Bank's Center for Healthy Living and a hands-on volunteer opportunity to sort or pack food in our Food Bank. Please allow an additional 1-1½ hours for the tour and volunteer activity.

Hunger 101 Location:

Monsignor Andrew J. McGowan Center for Healthy Living
Home of the CEO/Weinberg Northeast Regional Food Bank
185 Research Drive, Jenkins Twp, PA 18640

Find out more about CEO's Weinberg Food Bank online:
www.ceopeoplehelpingpeople.org