

No Child Goes Hungry

Workshop for Preschool to Kindergarten

Introduction for Leaders

[No Child Goes Hungry](#) works to eliminate childhood hunger, one child at a time. No matter what other justice-making work you do, feeding children, whether through personal donations or as a congregational initiative, you can make a difference in a child's life. In this workshop, we will be helping young children understand:

- Some children do not have enough to eat, and
- Kindness is a part of who we are as UUs.

You can share that our second principle: We believe that all people should be treated fairly and kindly.

Keep in mind that there may be children who are food insecure in your classroom or in your congregation. Avoid referring to people who are hungry as "others."

Set Up

Provide a space for children to sit comfortably on a rug or on small chairs for a story.

Materials needed include:

- Battery-operated candle and chalice
- *Maddi's Kitchen* by Lois Brandt
- Butcher paper or cupboard you can tape pictures to
- Coloring pages of food or drawing paper
- Crayons, tape, scissors

Chalice Lighting (3 min)

Use your regular chalice lighting or say:

"We light this chalice today as Unitarian Universalists:

- Our open minds help us to discover new things.
- Our open hearts move us to be kind and compassionate.
- Our helping hands partner with others in love."

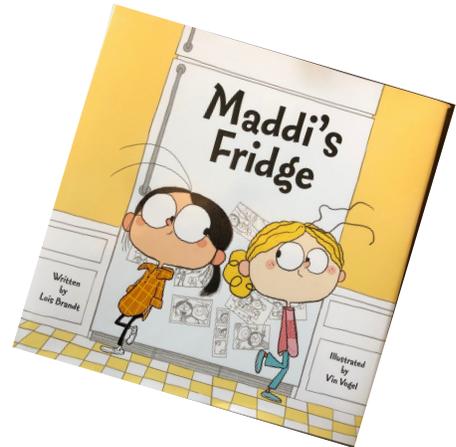
Welcome and Check In

Welcome the children to the space and invite them to sit in a circle. Have them share their names as they check in and ask them to name one food that is in their refrigerator.

Story Time

Lesson adapted from the work of Lauren Wyeth, Religious Educator. Used by permission.

Note to volunteers: *Be sensitive to the fact that some children in your classroom will have experienced food insecurity in their families. Do not assume that this is an unfamiliar experience, or that all Unitarian Universalist families are in a position to help by giving money or donating food to others. Emphasize instead that childhood hunger is a community problem that affects us all and talk about the variety of ways we can address it together, including giving resources, but also through accepting support when we need it, and with our compassionate service and actions.*



Story: *Maddi's Fridge* by Lois Brandt (Permission for adaptation of parts of this lesson granted from Lauren Strauss at First Universalist Congregation in Minneapolis, MN)

Gather the children in a circle and read them the story.
Please review the book prior to the lesson.

Discussion:

After reading the story, start a conversation by asking the wondering questions below.

1. I wonder what is this story about?
2. I wonder how this story made you feel?
3. I wonder why do you think Maddi's refrigerator is almost empty? How do you think Maddi felt when Sofia opened her refrigerator?
4. I wonder why did Maddi ask Sofia to promise not to tell anyone?
5. I wonder why did Sofia start bringing food to Maddi for lunch?
6. I wonder what would you have done if you were Sofia? ...if you were Maddi?
7. I wonder in what ways did Maddi and Sofia help each other?
8. I wonder what was your favorite part of the book?

Kindness Project:

Before moving to the tables to do the project, ask the kids to think about how we can help children who are hungry and families that need help getting food. What could we do?

Tell the children: “Let’s pretend that this is Maddi’s fridge (You can draw a fridge on butcher paper, or use a cabinet door that is OK to tape pictures onto the cabinet door.) For now, let’s fill up a refrigerator with food that we think Maddi and her family will like to eat. We should think of foods that will help Maddi grow and stay healthy as well as a few treats that you might like her to try out.”

Art Activity

You may choose to hand out drawing paper, crayons and scissors, or use this [link to print](#) out a few foods for them to color and cut out.

Kindness Discussion

Remind children that part of being a Unitarian Universalist is being kind to others. Ask them to tell about how else they are kind to others.

Optional Role Play

Below are three optional role plays that can help children explore the concepts of how we get food and how we show kindness.

- **Grocery Store Play:** Set up a table and one chair as a checkout station. Supplement with toy cash registers, play food, and paper bags. Encourage children to imagine going shopping with Matti. What might she enjoy buying at the store? Share a make-believe time of deciding what to buy at the store for Maddi and her family. Talk about how much they think various foods might cost to buy.
- **Orchard or Farm Play:** Set up an area outside where children can pretend to pick fruit from trees, or harvest vegetables from the ground. You could begin by pretending to be planting, watering, weeding, picking, putting in a cart, and bringing the cart to the farmer’s market or food store. Talk about how grateful we are for everyone who takes part in growing our food. Discuss how healthy food can cost more money because it takes a lot of people to plant, grow, transport, and sell it.
- **Being Kind:** Encourage children to go to the playground and to pay attention to each other. Who might need a helping hand? A friend to play with? Also encourage them to practice asking for help from each other.

Closing Questions

Invite children to gather around the chalice.

- Ask children whether they think everyone in their community has enough to eat.
- Then ask if they think that Unitarian Universalists try to be kind to one another.
- Ask them to name a way that they could help provide food to someone, and
- A way that they could be kind to one of their friends.

Extinguishing the Chalice

Use your usual Chalice closing or say,

“Let us take the kindness of Unitarian Universalism out into the world.”

Note: Provide any information from “No Child Goes Hungry” about projects your congregation is sponsoring for ongoing discussion and action from home.