



Further Notes and Ideas

Class Projects

Service Learning

In our volunteer center, students can sort and box food and prepare Food for Kids sacks, Senior Feeding sacks, pantry boxes and other donated product. For more information or to schedule an appointment, contact our volunteer staff at 405-600-3161 or volunteer@regionalfoodbank.org.

Urban Harvest is a sustainable gardening program that grows fresh, healthy food for childhood hunger programs, while providing agricultural education. The 2.5-acre grounds include a greenhouse, aquaponics system, vermicomposting operation, edible landscapes and raised bed production areas. In Urban Harvest, students will help with weeding, watering, and tending the gardens. To schedule a volunteer appointment, contact Mason Weaver at 405-600-3142 or uhvolunteer@regionalfoodbank.org.

Food/Fund Drive

Host a food or fund drive to support the Regional Food Bank of Oklahoma. Information packets for hosting a drive are available at <http://www.regionalfoodbank.org/fight-hunger/fund-food-drive>. If you have questions about holding a food/fund drive, contact Clifton Roberts at 405-600-3132 or croberts@regionalfoodbank.org.

Advocate

Write letters or create a class presentation for your school principle or school board advocating for changes like: increased nutrition education at your school, better nutritional value or more local products served in school meals, school breakfasts served in the classroom, or outdoor classroom space and time for school garden projects.

Have your students make their appeals as personal as possible. Research the issue in your school/district and make students aware of the positive impact improved and added programs would have on their community. For more information on advocating, contact Effie Craven at 405-600-3129 or ecraven@regionalfoodbank.org.

Hunger Simulation

Our hunger simulation is an interactive activity that puts students in the shoes of Oklahomans at risk of going hungry. It includes budgeting and decision making and helps students understand why hunger happens, and who our hungry are. Hunger simulations can be adapted to target any age group and last about half an hour. You can bring your students to the Food Bank for a field trip that includes a hunger simulation and tour, or you can request our hunger simulation packet to host a simulation for your class, school, or community. To schedule a field trip or request a packet, please contact Denice Hurlbut at 405-600-3160 or dhurlbut@regionalfoodbank.org.

Garden

Start a class container garden or composting project. Give your students the opportunity to learn hands on lessons about where food comes from while providing nutritious produce for your class to use or donate to the Plant a Row program. For advice on starting a class gardening or composting project, or for information about the Plant a Row program, contact Mason Weaver at 405-600-3142 or mweaver@regionalfoodbank.org.