



Online Learn and Play Simulations

Purpose

Students will gain understanding, empathy and awareness about the difficult choices people who live with food insecurity must make. Through online simulations, students will reflect on the daily challenges that affect people's dignity, health and well-being.

Introduction

Begin with a class discussion: What is food insecurity?

Food insecurity is defined by the USDA as a lack of consistent access to enough food for an active, healthy life. Oklahoma has the country's fifth highest food insecurity rate. More than 500,000 Oklahomans are food insecure. The Regional Food Bank of Oklahoma serves chronically hungry children, seniors living on limited income, and hardworking families struggling to make ends meet.

SPENT by the Urban Ministries of Durham

Spent is a virtual decision-making experience where your goal is to make it through the end of the month and have enough money to pay your bills. After making tough choices throughout the 30 days will you have enough money to pay your bills or go broke trying to keep up with the obstacle's life throws your way?

Allow each student to go through the simulation on their own devices (around 15 minutes).

Discussion Questions:

- How many were able to make it to the end of the month? Did you have enough money to pay rent due the next day?
- What were some of the hardest things to say "no" to?
- What was the most helpful? Did you feel you could use the resources provided to you?
- For those of you that didn't make it to the end of the month, why not? What were your biggest challenges? What was the most frustrating thing? How did it feel to make decisions for yourself and a child?

The Community Food Experience by The Atlanta Community Food Bank

Understand the barriers to food security by completing The Community Food Experience by the Atlanta Community Food Bank where you are challenged

to acquire enough food and get home by 6 p.m. utilizing the resources in your community.

Allow each student to go through the simulation (around 10 minutes). Students should go through the simulation twice, if time allows.

Discussion Questions:

- Who got all their calories and food groups? What was your biggest help?
- Oklahoma is one of the hungriest states in the country. It is also one of the most obese. Why do you think that is? Imagine if you only had \$1.50 for dinner tonight, would you spend it in the produce section at the grocery store or the fast-food dollar menu?
- What were your biggest challenges? What was the most frustrating thing? How did that make you feel?

Wrap Up Discussion and Next Steps

Through these online simulations, we have seen that hunger is an issue that affects your mind, your family, and your life. You can fight hunger in your community, even as a student!

The Regional Food Bank of Oklahoma's Students Against Hunger program empowers students across central and western Oklahoma to join the fight against hunger in their communities. Open to all schools within the Regional Food Bank's [53-county service area](#), this program encourages students from elementary to university levels to learn about hunger and take three steps to accomplish the Regional Food Bank's vision of an Oklahoma where no one goes hungry. Join us today!

You have already completed **Step 1!** Education is the first step one must take to enact change. **Step 2** is hosting a food & fund drive to collect donations for your local food pantry. **Step 3** is volunteering your time.

[Click here](#) for more information about joining the Student's Against Hunger program.