

200,000 REASONS

to fight childhood hunger

LEARN TOOLKIT

Read | Experience | Study | Think

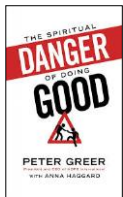
Before you can put your heart and mind to a task, you must be knowledgeable about the subject.

- READ -

There have been a great many books and research papers published about Childhood Hunger. A great place to start your education is to read "**Childhood Food Insecurity in the U.S.: Trends, Causes, and Policy Options**" written by Craig Gunderson and James P. Ziliak, two of the leading experts.

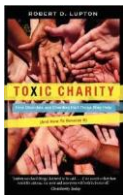
- [The Future of Children.pdf](#)

Some excellent books on this topic include:



Greer, Peter. *The Spiritual Danger of Doing Good*. Bethany House Publishing, Aug. 2013

Most Christians today are interested in more than just preaching the gospel with words; they also want to serve others. But what happens when Christian service and social justice lead to burnout, pride, or worse? Peter Greer gives a firsthand account of how this can happen, leaning on his experiences as CEO of HOPE International, a large Christian nonprofit that serves those in need by helping them help themselves. Greer uses stories from his own life and others in ministry to help readers protect themselves from disillusionment and other dangers. He uses the Pharisees as a symbol of how something that starts off with the noblest of intentions can go off the tracks, and how to get it back on again. This book serves as a compassionate warning to everyone who works in ministry or charitable nonprofits, from CEOs to weekend volunteers. *Cokesbury: Hardcover \$13.42, Paperback \$10.79, eBook \$14.39*



Lupton, Robert D. *Toxic Charity: How Churches and Charities Hurt Those They Help (and How to Reverse It)*. Harper Collins, Oct. 2012

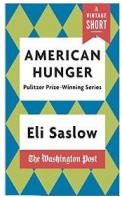
Public service is a way of life for Americans; giving is a part of our national character. But compassionate instincts and generous spirits aren't enough, says veteran urban activist Robert D. Lupton. In this groundbreaking guide, he reveals the disturbing truth about charity: all too much of it has become toxic, devastating to the very people it's meant to help. In "Toxic Charity," Lupton urges individuals, churches, and organizations to step away from these spontaneous, often destructive acts of compassion toward thoughtful paths to community development. He delivers proven strategies for moving from toxic charity to transformative charity. Proposing a powerful "Oath for Compassionate Service" and spotlighting real-life examples of people serving not just with their hearts but with proven strategies and tested tactics, Lupton offers all the tools and inspiration we need to develop healthy, community-driven programs that produce deep, measurable, and lasting change. Everyone who volunteers or donates to charity needs to wrestle with this book.

Cokesbury: Paperback \$10.79



Pilarski, Ahida Calderson; Ngan, Lai Ling Elizabeth; McGinn, Sheila E. *By Bread Alone: The Bible Through the Eyes of the Hungry*. Fortress Press, Aug. 2014

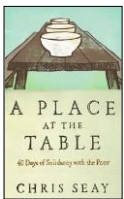
Important ecclesiastical documents have stressed the urgency of world hunger and put in the foreground its natural and historical causes, from famine to global austerity measures and warfare. Here biblical scholars take readings of the Old and New Testaments, exploring the dynamics of hunger and its causation in ancient Israel and the Greco-Roman world and revealing the centrality of hunger concerns to the Bible. *Cokesbury: Paperback \$20.30, eBook \$20.87*



Saslow, Eli. *American Hunger: The Pulitzer Prize-Winning Washington Post Series (A Vintage Short)*. Random House LLC, Sep. 2014

In this Pulitzer Prize-winning collection*, Washington Post reporter Eli Saslow traveled across the country over the course of a year—from Florida and Texas to Rhode Island and Tennessee—to examine the personal and political implications and repercussions of America's growing food stamp program.

Saslow shows us the extraordinary impact the arrival of food stamps has each month on a small town's struggling economy, the difficult choices our representatives face in implementing this \$78-billion program affecting millions of Americans, and the challenges American families, senior citizens, and children encounter every day in ensuring they have enough, and sometimes even anything to eat. These unsettling and eye-opening stories make for required reading, providing nuance and understanding to the complex matters of American poverty. *Amazon: eBook \$1.99*



Seay, Chris. *A Place at the Table: 40 Days of Solidarity with the Poor*. Baker Book House, 01/2012

In a culture built on consumption--especially of food--it is easy to forget the poor that Jesus cared so much about. Following the pattern of his successful "Advent Conspiracy," Chris Seay invites readers on a journey of self-examination, discipline, and renewed focus on Jesus that will change their lives forever.

He challenges readers to eat like the poor for forty days in solidarity with a much-neglected group of people, and to donate the money they save on groceries to a charity or project that serves the poor in concrete ways. "A Place at the Table" includes a short chapter for each of those forty days with Scripture, reflections, prayers, encouragement, and tips for engaging the whole family in the process. The six-session DVD, shot in such locations as the Holy Land, Haiti, and Ecuador, will help small groups and entire churches go on a passionate journey of radical faith, personal action, solidarity with the poor, and extravagant grace. *Cokesbury: Paperback \$10.07, DVD \$15.99*

For more book resources see:

- [200KReasons Recommended Reading List.pdf](#)

- EXPERIENCE -

True knowledge requires not only the mind, but the hands.



HEIFER VILLAGE is a hands-on, global education facility, that is home to interactive exhibits that provide a stimulating and challenging educational experience throughout the year for school groups, families or individuals who want to learn about world hunger.

WAYS TO LEARN

Exhibit Experience - Explore the rich mix of galleries, hands-on exhibits, videos and activities. *Program Length: 30 minutes, plus self-guided exhibit time.*

Discover Heifer - Learn about Heifer with a challenging scavenger hunt through the exhibits. *Program Length: One hour.*

We are Connected - Trace the steps involved in bringing foods to the table, and learn how we are connected to our food source. *Program Length: 1.5 hours.*

Green Building Tours - Heifer's headquarters are designed as a sustainable and environmentally sensitive building. Adjacent wetlands, which support native species, complement the building's design.

Events - Check the event schedule for upcoming activities at: www.Heifer.Org/What-You-Can-Do/Experience-Heifer/Heifer-Village/Events.html

Feeding 5000: A Faith-based Educational Program -The goal of Feeding 5000 is to help churches - through transformational Christian education activities - help struggling families around the world become self reliant. The 1 hour long lessons can be used in a variety of venues from Traditional Sunday School to a Church Camp Retreat.



- [Heifer Feeding 5000.pdf](#)

Heifer International's mission is to work with communities to end world hunger and poverty and to care for the Earth. Heifer offers a variety of learning opportunities children, youth and adults. For more information, see:

- [Heifer Project Fact Sheet.pdf](#)

1 World Ave., Little Rock, AR 72202
Phone: (855) 3HEIFER (855-343-4337)
Hours: 9am-5pm Monday-Saturday
www.Heifer.Org



YOUTH SERVICE AMERICA, www.YSA.org – this organization seeks to "Take Hunger Personally", and brings hunger education into the classroom. Their "**No Kid Hungry Guide**" will help you research and identify the hunger needs in your area, and then plan a project to address it. The curriculum entitled "**Engaging a New Generation of Anti-Hunger Leaders**" is

a full 12-14 week course where students learn to apply what they have learned through the completion of a project.

- [YSA No Kid Hungry Guide.pdf](#)
- [YSA No Kid Hungry Teachers Guide.pdf](#)

- STUDY | THINK -

I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge, and with all kinds of skills. (Exodus 31:3 NIV)



Learn from others,
(contact 200KReasons to arrange for a guest speaker)

and from the wealth of information on the internet sites such as these:

<p>24/7 Wall Street For a summary of Feeding America's report on food-insecurity in the United States, see 247WallSt.Com/Special-Report/2014/04/23/States-Where-the-Most-Kids-Go-Hungry</p>	<p>247WallSt.Com 200KReasons Toolkit: Learn Keywords: Hunger education</p>
<p>Arkansas Dept. of Education / School Lunch Program For information on the number of children receiving free and reduced cost meals at school for current and prior years, as well as predictions for future years, go to www.ArkansasEd.Org/Divisions/Fiscal-and-Administrative-Services/E-Rate/Free-and-Reduced-School-Lunch-Data</p>	<p>www.ArkansasEd.Org 200KReasons Toolkit: Learn Keywords: Hunger education</p>
<p>Brookings Institution Written by Craig Gundersen and James Ziliak (renowned for their work in this area), "Feeding America's Children: Food Insecurity and Poverty" endeavors to explain food insecurity in America. It can be found at www.Brookings.Edu/Blogs/Social-Mobility-Memos/Posts/2014/09/15-Feeding-Americas-Children-Poverty.</p>	<p>www.Brookings.Edu 200KReasons Toolkit: Learn Keywords: Hunger education</p>
<p>End Hunger Network Founded by actor Jeff Bridges in 1983, the network works with the entertainment industry and other partners to create and support media projects, programs and events to raise awareness and generate action to end U.S. child hunger.</p>	<p>www.EndHunger.Com 200KReasons Toolkit: Learn Keywords: Hunger education</p>
<p>Heifer International Heifer International's mission is to work with communities to end world hunger and poverty and to care for the Earth.</p>	<p>www.Heifer.Org 200KReasons Toolkits: Learn, Provide, Teach, Witness Keywords: Hunger education, Feeding 5000</p>
<p>Hunger Is The Hunger Is mission is to eradicate childhood hunger in America and improve health-related outcomes for hungry children and their families.</p>	<p>www.HungerIs.Org 200KReasons Toolkit: Learn Keywords: Hunger education</p>
<p>USDA - Economic Research Service Read the <i>USDA FY 2014 Annual Report "The Food Assistance Landscape"</i> - http://www.ERS.USDA.Gov/Topics/Food-Nutrition-Assistance/Food-Security-In-The-US.aspx. A report summary can be found at http://www.ERS.USDA.Gov/Media/1806466/EIB137_Summary.pdf</p>	<p>www.ERS.USDA.Gov 200KReasons Toolkit: Learn Keywords: Hunger education</p>

Youth Service America

Order a free copy of "*A Teacher's Guide to Engaging a New Generation of Anti-Hunger Leaders*" or download the "*No Kid Hungry Guide*." Both can be found on the YSA website under Tools/Resources or on the 200KReasons website.

www.YSA.Org

200KReasons Toolkit: **Learn**
Keywords: **Hunger education**

These are just a few of the many excellent websites with ideas, information, and resources. For a complete list, see:

- [200KReasons Recommended Websites.pdf](#)

All guides are available for download at www.200KReasons.arumc.org

For more information, email 200KReasons@arumc.org
or visit our website www.200KReasons.arumc.org.

