

ACTIVE IN 20 MISSION 25

Feeding Hope

Locally & Globally

YOUTH EVENT GUIDE

Feeding Hope Challenge

Event Overview

Objective: Engage youth groups in an active, educational event to raise awareness and funds for food security locally and globally through a fun and interactive event that requires as little extra work as possible for the leaders and helps small groups connect.

Goals:

- Educate participants about global food security issues.
- Raise funds to support local and global food programs.
- Foster teamwork and community engagement.
- Provide an easy-to-use package for youth leaders.

Duration: 2 hours

Target Audience: Youth groups (ages 12-18), small groups of 5-10 participants

Purpose:

- An evening for your youth group to complete a series of engaging challenges designed to encourage collaborative participation and active learning.
- Fundraising to support food security programs both locally and globally.

Challenges and Stations

- Set up multiple challenge stations, each representing a different region supported by Canadian Baptist Ministries.
- Each station includes an activity and educational component related to food security in that region.

Fundraising Component

- Outline Active in Mission (AiM): Food security remains one of the critical challenges in our world. Active in Mission is a movement that was created to help individuals and groups to *feed hope* in their local communities and communities around the globe by signing up, choosing an activity, and fundraising to help feed hungry people.
- Register your team online via <https://www.activeinmission.ca/signup>
- Use the provided social media posts (found on the AiM website) for students and parents to share about their child's participation to encourage a wider engagement, support and awareness beyond the church circle.

How to Use This Pack

Welcome to the *Feeding Hope Challenge*! This guide is designed to help you lead an engaging and educational event focused on raising awareness and funds for food security. The activities included are inspired by the global work of Canadian Baptist Ministries (CBM) and are tailored to be fun, interactive, and adaptable for your group.

Choose Your Activities: The event features a variety of mini-games, each representing different countries where CBM is actively involved in supporting food security initiatives. You can select the activities that best suit your group's size, interests, and energy levels. Whether you choose a few or all of them, each activity is designed to educate and engage participants on global food security issues.

Setup and Materials: Each activity is designed to use simple, standard household items, making setup easy and cost-effective. Detailed instructions for each activity, along with the materials needed, are provided. Ensure you gather all necessary items before the event starts.

Competing in Small Groups: Divide participants into small groups of 5-10 people. Each group will compete to complete the activities as quickly and accurately as possible. This format encourages teamwork and allows for healthy competition.

Timed Score Card: Keep a timed score card for each group to track how long it takes them to complete each activity. The objective is to finish each task in the shortest amount of time while maintaining accuracy. Record the times and determine the winning group based on their overall performance across all activities.

Encourage Engagement: Use the opportunity to educate participants about the importance of food security and the specific challenges faced by communities in different countries. Encourage discussion and reflection after each activity to deepen understanding and empathy.

Fundraising and Awareness: Promote the event through social media and local community networks. Specifically, you will find that this can help students and their families share the positive work of the church to engage a wider community of support. Half of the funds raised will go towards local food security initiatives, and the other half will support global efforts through CBM.

Activities

South Sudan: Water Relay

Why: Highlights the importance of clean water for agriculture and daily life.

Instructions:

- Set up a short obstacle course with hurdles.
- Teams must carry a disposable cup with holes in it through the course without spilling too much water.
- Record the time it takes for each team to complete the course. The team with the most water left and fastest time wins.

Complexity Ratings:

Physical Activity Level: High (3)

Problem Solving Challenge: Low (1)

Social Interaction: High (3)

Materials Needed:

- Disposable cups with holes
- Water
- Obstacles (e.g., chairs, cones)

India: Seed Sorting Challenge

Why: Reflects the MITA Organic Food Processing project, supporting sustainable agriculture and food security.

Instructions:

- Provide teams with a mix of different seeds (or similar small household items like buttons or beads).
- Teams must sort the items into different categories as quickly as possible.
- Record the time it takes for each team to complete the sorting. The fastest team wins.

Complexity Ratings:

Physical Activity Level: Low (1)

Problem Solving Challenge: Moderate (2)

Social Interaction: High (3)

Materials Needed:

- Mixed seeds, buttons, or beads
- Sorting trays or plates

Democratic Republic of Congo: Soil Shuffle Relay

Why: Participants understand the importance of soil conservation techniques while engaging in a fun and active challenge.

Instructions:

- Set up a relay course with three stations, each representing a different soil conservation technique.
- At each station, participants must complete a task that involves different movements representing various soil conservation processes.
- Teams must complete the relay as quickly as possible. Record the time it takes for each team to finish the relay. The fastest average run wins (take your total time and divide it by number of people in your group to find your time).

Complexity Ratings:

Physical Activity Level: High (3)

Problem Solving Challenge: Low (1)

Social Interaction: High (3)

Materials Needed:

- Pylons or markers to set up the relay course

Detailed Steps

Station 1: Soil Aeration Shuffle

Task: Participants shuffle their feet in place for 10 seconds, simulating aerating the soil. This can be done in a designated area marked by pylons.

Movement: Quick, small steps in place, as if shuffling through soil.

Station 2: Cover Crop Planting

Task: Participants must walk toe-to-toe between pylons, simulating the planting of cover crops to protect and enrich the soil.

Movement: Walking toe-to-toe between pylons.

Station 3: Compost Mixing

Task: Participants must mix compost into the soil by doing a zigzag run between pylons, simulating the thorough mixing of organic material into the soil.

Movement: Zigzag run until you reach the end.

El Salvador: Garden Design Puzzle

Why: Supports efforts to create sustainable vegetable plots and artisan food initiatives.

Instructions:

- Provide teams with a printed puzzle of a garden that can fit together in multiple ways.
- Teams must assemble the garden puzzle within 4 minutes, aiming to find as many valid configurations as possible.
- Record the total number of ways each team solves the puzzle so that all pieces connect. (*There are at least 10 possible outcomes*)

Complexity Ratings:

Physical Activity Level: Low (1)

Problem Solving Challenge: High (3)

Social Interaction: High (3)

Materials Needed:

- Printed garden puzzle pieces (See page 9 for printable cutout pieces)

The garden puzzle includes pieces representing different elements of a sustainable garden: vegetables, fruits, herbs, compost bins, and rainwater collection. Each piece has specific shapes and connecting edges that allow them to fit together in multiple ways.

Puzzle Pieces:

- Vegetable Bed: Rectangular piece: 4x2
- Fruit Trees: L-shaped piece:
- Herb Garden: T-shaped piece
- Compost Bin: Square piece: 1x1
- Rainwater Collection: Rectangular piece: 2x1

Puzzle Layout Constraints:

- The Herb Garden can **only** connect to the Vegetable Bed or Rainwater Collection.
- The Compost Bin must connect to at least **two** other pieces.
- The Rainwater Collection must connect to at least **three** other pieces.

Lebanon: Food Bag Relay

Why: Simulates organizing and distributing food aid, emphasizing community support.

Instructions:

- Provide a bowl of rice and small sandwich bags.
- Teams must pack as many food bags as possible as quickly as possible. The first bag has 1 grain of rice, the second has two and so on. You may not skip any numbers.
- Start a timer for 3 minutes. Score the highest number bag packed. Example, if you packed 10 bags correctly you score 10; however, if you missed bag 4, then your score is 3.
- Empty all the bags back into the rice and leave the bags for the next team to reduce waste.
- Bonus: If you have a stash of church mugs, you could use those to reduce even more waste.

Complexity Ratings:

Physical Activity Level: Moderate(2)

Problem Solving Challenge: Moderate (2)

Social Interaction: High (3)

Materials Needed:

- Rice
- Bags or mugs

Thailand: Village Development

Why: This activity connects to CBM's work in the Golden Triangle, emphasizing community effort and resource management in village development programs.

Instructions:

- As a whole team make the shape of each building in the village.
- Buildings: School, Farm, Well, Homes
- Teams must complete the shapes as quickly as possible.
- Record the time it takes for each team to complete all tasks. The fastest team wins.

Complexity Ratings:

Physical Activity Level: Low (1)

Problem Solving Challenge: High (3)

Social Interaction: High (3)

Materials Needed:

- List of buildings

Kenya: Livestock Care Relay

Why: Connects to training sessions on conservation agriculture and livestock management.

Instructions:

- Provide toy animals and materials for feeding and shelter.
- Teams must feed and create a shelter for the animals as quickly as possible. If you have Duplo or blocks, this could be a really fun way to have them make individual shelters.
- Record the time it takes for each team to complete the tasks. The fastest team wins.

Complexity Ratings:

Physical Activity Level: Moderate (2)

Problem Solving Challenge: Moderate (2)

Social Interaction: High (3)

Materials Needed:

- Toy animals
- Shelter materials

Canada: Food Bank Scavenger Hunt

Why: Simulates efforts of food banks to support vulnerable communities.

Instructions:

- Hide non-perishable food items around the event area. Make a list of the items with clue to where you hide them. Note: you may want as many of each item as there are teams so you don't have to reset this one. And bonus! You can donate all the non-perishable items used to your local foodbank.
- Teams must find and collect the items as quickly as possible.
- Record the time it takes for each team to complete the scavenger hunt. The fastest team wins.

Complexity Ratings:

Physical Activity Level: Moderate (2)

Problem Solving Challenge: Moderate (2)

Social Interaction: High (3)

Materials Needed:

- Non-perishable food items
- Location Clues

MORE ABOUT THESE CBM PROJECTS

*At CBM, we partner with and support **local churches** around the world as they work to address all the basic needs of people in their own communities, including physical, social, economic, political, spiritual, and environmental needs, as well as the sense of human dignity.*

CBM's work in South Sudan: In Baliet County, refugees returning to their homes are trained on Conservation Agriculture and environmental protection.

CBM's work in India: The MITA Organic Food Processing initiative in Nagaland helps to improve the lives of unemployed youth by providing training and establishing equitable markets for their products and by promoting safe and healthy food.

CBM's work in the Democratic Republic of Congo: Vulnerable households are trained in a range of skills that include Conservation Agriculture, livestock breeding, farming techniques, soil fertility, and agro-forestry to reduce erosion on hillsides.

CBM's work in El Salvador: A few different projects include support for vulnerable families in generating economic resources such as starting agroecological vegetable plots, artisan food initiatives, and chicken farms. There is also a focus on training in sustainable agriculture and the economic empowerment of women through poultry farms.

CBM's work in Lebanon: Food and medical assistance for vulnerable families and refugees, as well as women's livelihood programs.

CBM's work in Thailand: As part of a village development project, resources are provided for the locals including support for village farmers to increase their income.

CBM's work in Kenya: Conservation Agriculture training to improve livelihoods and food security, with a focus on creation care and the reforestation of degraded land.



Vegetable Bed

Fruit Trees

Herb Garden

Compost

Rainwater
Collection