



## The Good Eggs in the Community

### Chapter 4: Ambassadors for Hunger (March/April)

#### Overview:

In Chapter 4, spring had arrived just in time for baseball season. The Eggs missed the season last year because they were studying abroad, so they were really excited about this season. Benedict got permission from Coach Flo to allow Sonny to play on this year's team.

Besides baseball, the Eggs venture off to the Albumen Breakfast Stop for their next service site. The Albumen Breakfast Stop provides meals to the hungry in the town of Albumen. This is the first time the Eggs realized there are hungry Eggs right in their own hometown. Benedict did not want to go to this service site, but the Eggs didn't know why.

Mr. Crackle from Operation Egg Equip also volunteers at the Albumen Breakfast Stop. He showed them a short video of the good work the Breakfast Stop does in the community. At the end of the video, the Eggs learned why Benedict so adamantly did not want to participate at this service site. He and his family were in the video! When they were having difficult times, they had to get food at the Albumen Breakfast Stop. In addition, the Eggs learned from Coach Flo that she and her family also had to rely on the Breakfast Stop for food when she was struggling, as did Seggourney and her family. Benedict learned that Sonny's family still gets food there once a month. The Eggs talked to Benedict and assured him that there was nothing to be embarrassed about.

As part of their service at the Breakfast Stop, the Eggs packed and delivered food boxes and helped serve hot meals. Benedict even got to serve Sonny and his family breakfast! Benedict came up with the idea of organizing a canned food drive at school to collect food for the Albumen Breakfast Stop.

The Eggs contacted Sami from Egypt and Yosef from Israel to encourage them to have food drives in their schools, too.

Opening Day came and Sonny turned out to be the star of the game by making a terrific catch. The Eggs collected lots of food for the Albumen Breakfast Stop, which made a difference in everybody's lives!

### Lesson:

"I believe it is important to give back to the community, especially since I have been so fortunate in my life." – Mr. Crackle to Gregory and the rest of the Eggs

### Service Activity:

This service activity will help children realize that, most often, hunger is in their own communities and that helping local food banks can relieve stress for those trying to make ends meet.

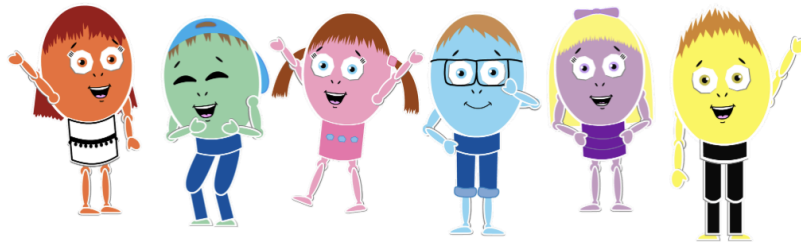
- Start a class discussion about hunger. When do you feel hungry? What do you do about it? Imagine if you could not have a snack or had to go hungry for days. How would that feel?
- Look at the resource:  
<https://www.feedingamerica.org/hunger-blog/teaching-children-about-hunger> and find some ideas on how to help.
- Organize a school-wide canned food drive and donate to the local food bank. Keep a goal chart that is updated daily. Create contests for the class who brings in the most!

### Reflection:

Hunger is a serious problem throughout the world. It is one of the most basic needs that every human has, yet there are so many people suffering from lack of food. Just as Benedict was starving in the beginning of chapter four because he didn't have breakfast, all children know what it is like to be hungry. Hunger for most of us and most of our children is when we haven't eaten for four to six hours. We can't even imagine the effects of the real hunger that many people experience. Hunger weakens the body physically, psychologically, cognitively, behaviorally, and emotionally. People, especially children, who are hungry have a difficult time functioning in the everyday world.

The most shocking surprise people have about hunger is how close it is to their own front door. As the children learned in chapter four, Benedict, Sonny, Seggourney, and Coach Flo all experienced the effects of hunger and all had to seek out help from the Albumen Breakfast Stop. We often don't know there are probably people in our own neighborhoods and schools who need food assistance. When it comes to hunger, knowledge is key. It is important for the hungry to know how to get the food they so desperately need. Knowledge of hunger is also important for all of us to have so we can all play a part in feeding the hungry. We all need to know and recognize the causes and the effects of hunger in order to pursue different ways to feed the hungry and prevent future hunger from occurring.

Hunger in children is especially problematic. Because they are still developing physically, psychologically, and cognitively, hunger can have negative long-term effects on a child's growth and development. This is an important conversation to have with children who are not challenged by hunger and an even more important conversation to have with a child you suspect suffers from lack of proper nutrition. An additional problem the hungry face is getting nutritional food. Too often the food the hungry are able to obtain lacks nutritional balance. Nutritional awareness in the home and the classroom is important for all children to know. In the end, *everybody* can do something to help end hunger. The questions we must continually ask ourselves are: What am I doing to help alleviate hunger? And, what more can I do? Try asking your child or class what they think they should do to help fight the problem of hunger.



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