

# FOOD BOX CHALLENGE

## Sharefest 2020

**This year we want to celebrate Sharefest season with a new way to raise awareness about hunger and poverty. We are inviting you to participate in a Food Box Challenge. Put on your best thinking cap and tie on your favorite apron, it's time to use all these extra hours at home to get creative!**

**The challenge is to create a food dish using mainly items from our Missouri Family Food Box. These food boxes include shelf-stable food items and are shared with a variety of agencies around Missouri who provide them to their clients. You can submit a breakfast, lunch, dinner, or snack idea you have created by yourself or with a team (safely, of course!).**

**Below you will find a few steps on how to participate starting on September 1st. When you are done cooking, snap a picture, write a description, and send it to us @FestivalofSharing on Facebook, Instagram, or email-festival@socket.net to enter the challenge. After entries close Sept. 25, we will post the pictures and recipes to our website (festivalofsharing.org) and voting will open for people vote on the tastiest dish! The winner will receive a pizza party for themselves or their group who helped create the recipe and Festival of Sharing will donate five Missouri kits to an agency in their area.**

**After you've created your recipe and feasted on your masterpiece, take a few minutes to debrief with yourself or group by using the outline provided with this announcement.**

# FOR THE CHALLENGE

## Step 1: Choose any number of these items from the food box:

- 3 cans of fruit: pineapple, pears, peaches, fruit cocktail, mandarin oranges.
- 3 cans of vegetables: green beans, corn, carrots, potatoes, peas.
- 3 boxes of macaroni and cheese.
- 1 pound of pasta.
- 1 can of pasta sauce.
- 1 jar of peanut butter.
- 3 cans of chicken.
- 3 cans of tuna.

## Step 2: Choose three supplemental ingredients from this pre-approved list:

- Milk
- Baking powder
- Flour
- Egg
- Hot Sauce
- Sugar
- Butter
- Vegetable Broth
- Rice
- Salt
- Parsley (dried)
- Garlic Powder
- Pepper
- Oatmeal
- Shredded cheddar cheese
- Cinnamon
- Mayonnaise

## Step 3: create your food masterpiece!

Step 4: Take a picture, write a brief description and send it in to [festival@socket.net](mailto:festival@socket.net), [Facebook at /FestivalofSharing](https://www.facebook.com/FestivalofSharing) or [Instagram @festivalofsharing](https://www.instagram.com/festivalofsharing).

Step 5: From Sept. 25-30, logon to [festivalofsharing.org](http://festivalofsharing.org) and vote for the tastiest recipe! Encourage your friends and family to vote as well. Winner will be announced Oct. 2.

# FOOD BOX CHALLENGE DEBRIEF

While this was a fun activity to engage your brains and challenge your cooking skills, hunger and poverty is a real concern for many families in Missouri and across the world. Here are a few facts for you to review with your group and some questions to discuss the impacts of poverty and hunger.

## Facts & Definitions

- About 786,000, or 13%, Missourians live in poverty.
- The term “food insecure” means over the last 12 months a household has not been able to afford an adequate diet at all times.
- 12% of Missouri’s population experience food insecurity.
- Opposite of that would be food security, where all people at all times have access to enough food for an active, healthy life.
- There are many barriers to nutritious foods, including a household’s low income, the affordability of food in the community, or location of where the family lives (like whether they have a grocery store in their town).
- Without nutritious food, people are at a higher risk for diseases or other health concerns and may have trouble concentrating at school or work.
- One step to alleviating hunger is to develop strategies that raise the income of families.
- Communities can support this by providing access to job skills training, encouraging businesses to provide living wage jobs, promoting local industries/business and more.

## Discussion Questions

- What was challenging about this activity? How did you overcome the challenges?
- What did you learn about yourself or a group member during this activity?
- Have you talked about hunger or poverty in other situations? How was this experience similar or different?
- What is one way you could impact hunger or poverty in your community?

## Want to go deeper?

One of the agencies you have the option to support through the Festival of Sharing is the Society of St. Andrew (SOSA). SOSA is a food rescue agency, which means they partner with churches and groups to glean, collect leftover crops after harvest, and distribute them to people experiencing hunger. In September, SOSA celebrates Hunger Action Month and offers many free resources to learn about and raise awareness for hunger and food insecurity. You can learn more at [endhunger.org/ham/](http://endhunger.org/ham/).