

# Just Growing with the Change the World Kids



An Activity Booklet about Food Justice



JUST GROWING with the Change the World Kids aspires to forge connections that will improve community health, reduce hunger in local food insecure populations, and raise awareness about the importance of FOOD JUSTICE.

What is Change the World Kids? It is an independent, teen-run, non-profit organization. Members are dedicated to making the world a better place by working without charge to help individuals in our community and organizations and environments all over the world. We have a wide variety of interests, talents, and personalities, and go to different schools, but we share a dream.

FOOD JUSTICE means:

Everyone should have fresh, affordable, and healthy food regardless of class, race, gender, or sexuality. Everyone should have food security; healthy food should be easy to find and buy in small and large, rural and urban communities, and easily available no matter where you are on the economic scale from poor to wealthy.

Gardeners and farmers should grow food with sustainable methods that are safe for our environment. Gardeners and farmers across the globe should be paid fair wages for their work. Other people who help provide our food, such as truck drivers, restaurant servers and cooks, and food market workers should be paid fairly.

Everyone who works with food should have good working conditions. We should have good stewardship of our soils and consider the health of future generations when we grow, purchase, or discard food. Food Justice for the population also means that our policy makers promote legislation that advocates food justice.



# FOOD JUSTICE!

*Color our world connected, just, and healthy!*

Food Justice is an international concept, and we want food justice in our communities, homes, and tummies.

International means that all living things are connected on our planet. Every organism, system, and place depends on other organisms, systems, and places. Seeking to be just means we are working so everyone has the right to fresh, local, easy to find, affordable food that's been grown and distributed in a way that is fair to farmers and all others involved.

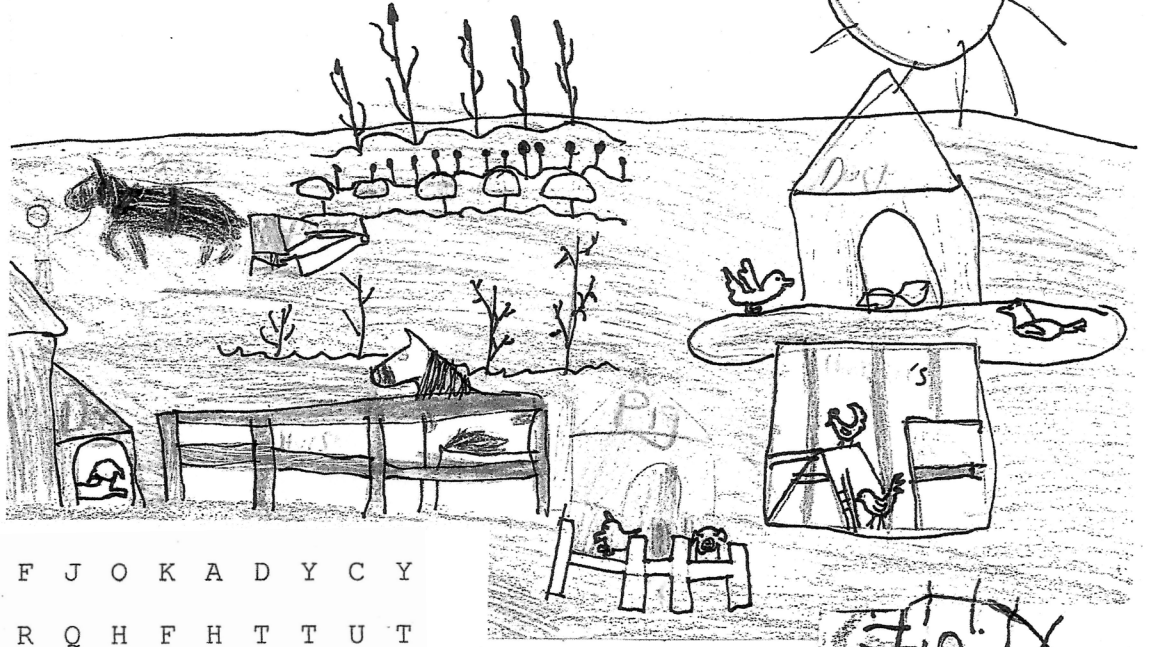


# Search for Justice! Find Understanding

Look at the list of food justice ideas.

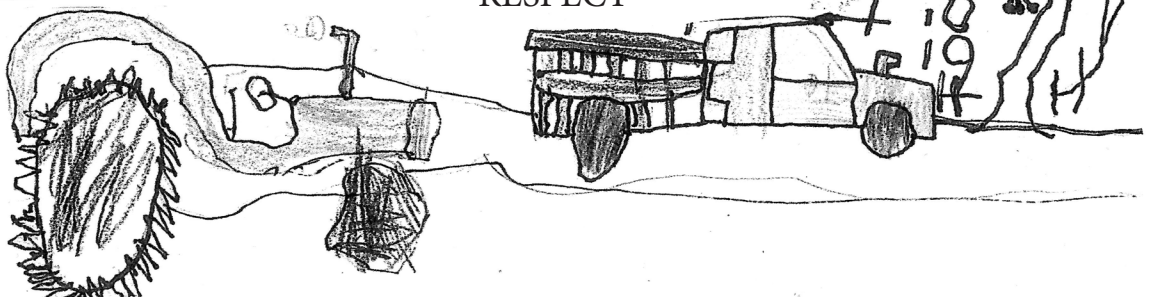
Find the words in the puzzle. They might be horizontal, vertical, diagonal, or backwards.

Put rings around them.



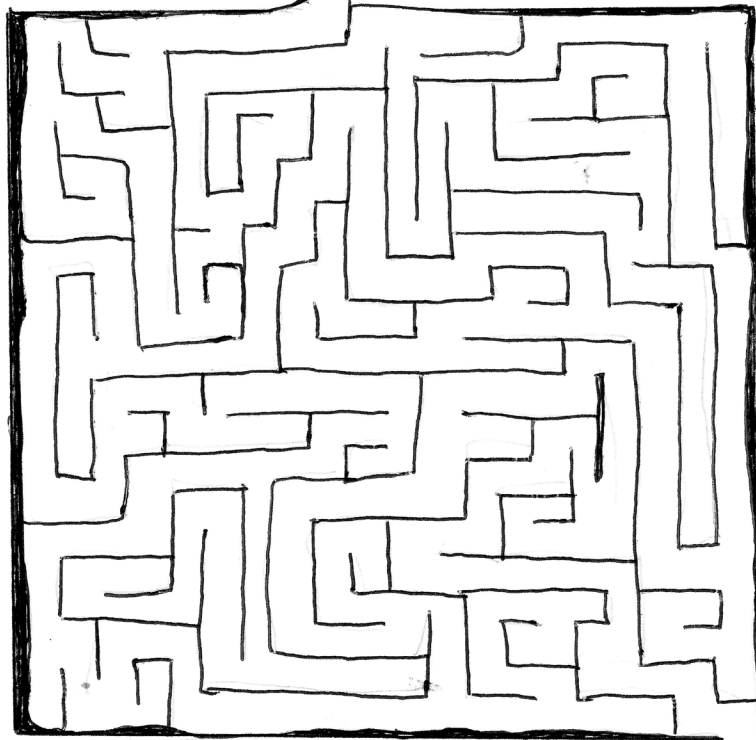
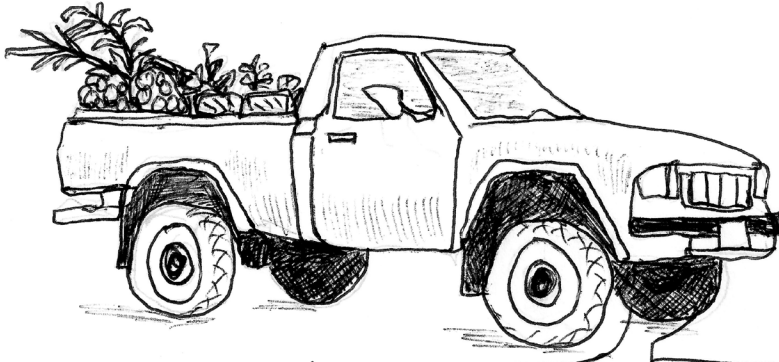
S C A S Q O F J O K A D Y C Y  
 T A O V U Q R Q H F H T T U T  
 Y C F N T O C G F A I R H L E  
 T P E E N Z I O A S C J I T B  
 I H W P X E R T R N K I A I H  
 N R H K S D C E I I I R B V E  
 U Z T B A E V T J R O C S A A  
 M H T B Q I R U I B T E M T L  
 M S L L D L S R A O T U V I T  
 O E J K A T H L F O N Y N O H  
 C R O C I Z L R T D H S S N Y  
 Y F O C X O S E C U R I T Y K  
 M L E N C E L B I S S E C C A  
 T S O P M O C U F W C Z Z P V  
 S T E W A R D S H I P F L G K

- ORGANIC
- FAIR
- SAFE
- HEALTHY
- COMMUNITY
- COLLABORATE
- JUST
- FRESH
- LOCAL
- AFFORDABLE
- ACCESSIBLE
- COMPOST
- NUTRITIOUS
- STEWARDSHIP
- CONNECTIONS
- DIVERSITY
- CULTIVATION
- SECURITY
- RESPECT



# Yes, Healthy! Not Hungry!

Help the truck deliver its weekly load of fresh, nutritious, locally grown variety of vegetables to fill the shelves of your local Food Shelf. Veggies for free! Support this part of a sustainable community food system in your area, producing and distributing food in an affordable and environmentally friendly manner.



## Grow Some: Feed Many!

Grow a row or a hill or even one plant of a vegetable to donate to the food insecure. Encourage friends to do so. If you grow a vegetable that will keep during the winter months, the Change the World Kids can store it in their root cellar in Woodstock, VT, and then deliver it to food insecure individuals throughout the cold months.

# Draw with a friend!

Start a drawing on the left side of the page about sustainable growing practices as keys to healthy eating and living. Have your friend finish by drawing on the right side of the page.

Sustainable = Growing, harvesting, and living so resources are not damaged or lost

Diversity = Made up of different types of people (races, cultures, ages, talents, economics...)

Fair and Just = Equal in opportunity (fair wages, working conditions, honest, respect, good...)

Healthy = Promoting physical, mental, and emotional well-being



# Pollinators are natural change makers!

Flitting from flower to flower in search of food, pollinators such as beetles, bats, bees, butterflies, and the animals on this page are responsible for the reproduction of over 90% of flowers and one third of human food crops.

Can you spot the differences in the two drawings on this page?



# Do You Eat Roots?

Sing "Aiken Drum" to create a healthy vegetable person from plant parts that you eat!



## Aiken Drum Lyrics:

There was a man lived in the moon, in the moon, in the moon  
 There was a man lived in the moon, and his name was Aiken Drum  
 And he played upon a ladle, a ladle, a ladle  
 Played upon a ladle and his name was Aiken Drum

And his head was made of (choose a food), (repeat the food) (repeat the food)

His head was made of (repeat food), and his name was Aiken Drum  
 And he played upon a ladle, a ladle, a ladle  
 He played upon a ladle and his name was Aiken Drum

And his eyes were made of (choose food), (repeat food) (repeat food)

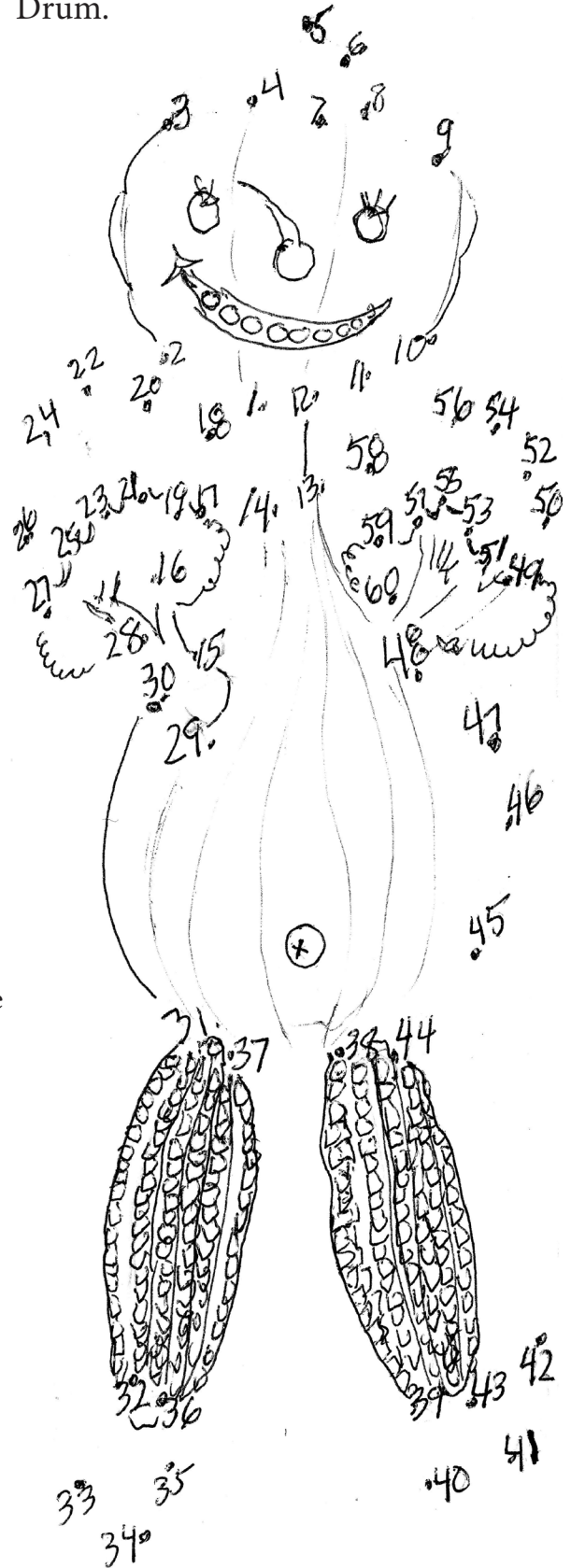
His eyes were made of (repeat food), and his name was Aiken Drum  
 And he played upon a ladle, a ladle, a ladle  
 He played upon a ladle and his name was Aiken Drum

And his hair was made of (choose food), (repeat food) (repeat food)

His hair was made of (repeat food) and his name was Aiken Drum  
 And he played upon a ladle, a ladle, a ladle  
 He played upon a ladle and his name was Aiken Drum

Add verses for many body parts, such as teeth, body, hands, fingers, fingernails, belly button, legs, knees, etc.

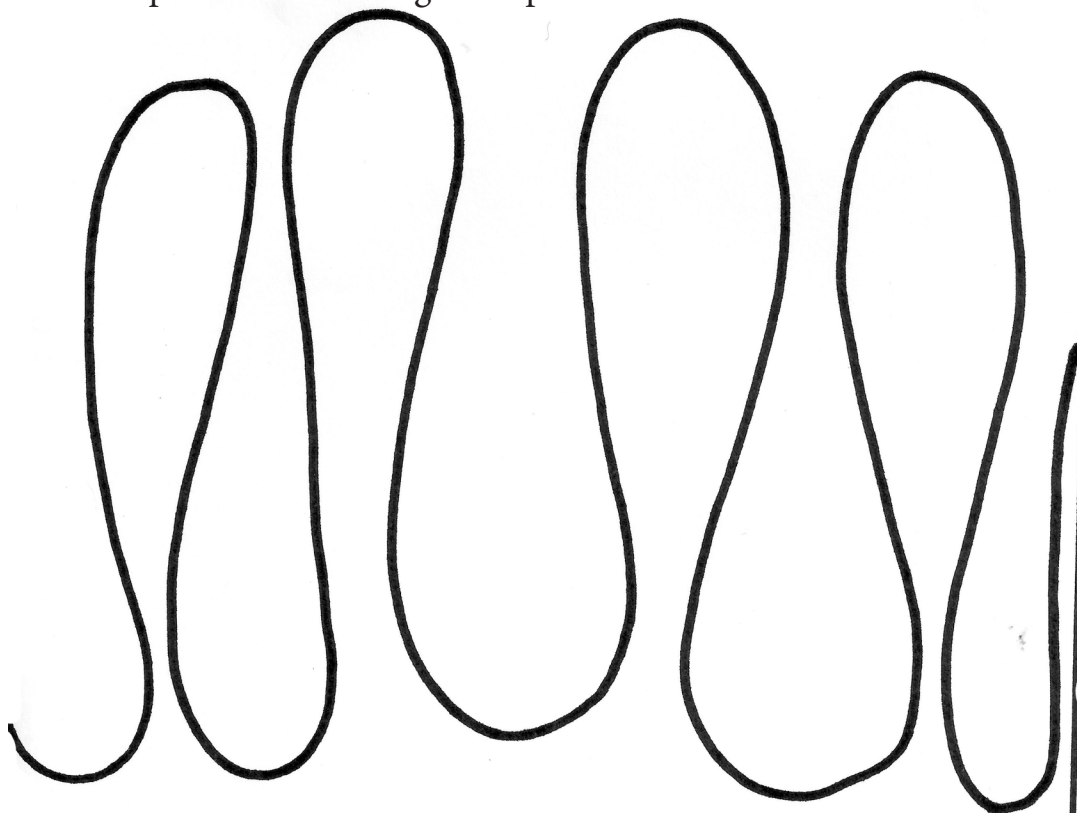
Connect the dots to see our Aiken Drum.



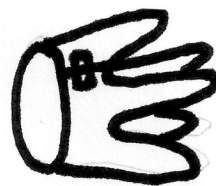


# Make a Lettuce Ecosystem!

Natural predators control garden pests.

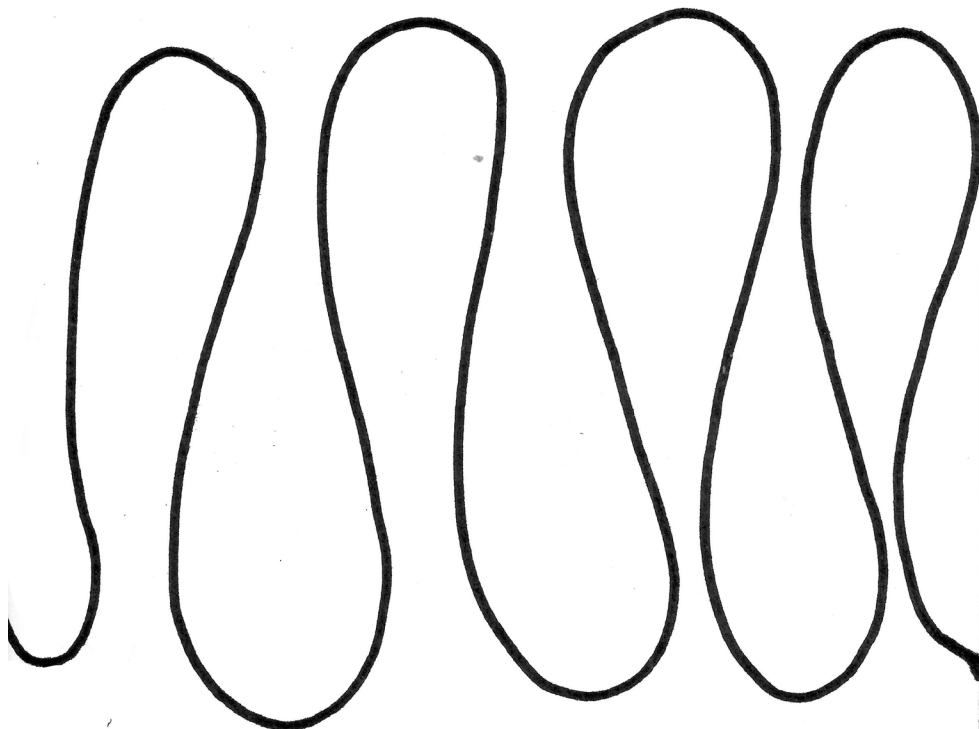


1. Cut out the leaves using the black lines. Color them.

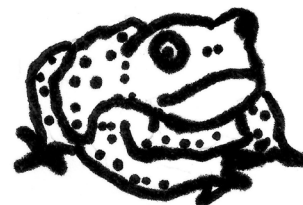
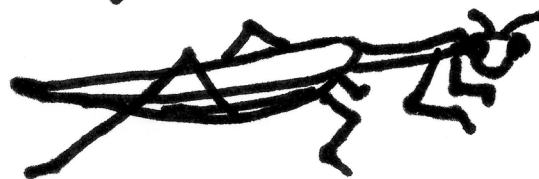


2. Tape or glue leaves into circles. You will have 4 circles of paper leaves.

3. Stack the circles inside one another to make the lettuce head. Put the larger circles on the bottom.

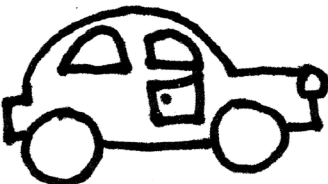




















4 Bend the leaves outward. Cut out and add the insects and animals that eat garden pests. Draw and cut out other garden helpers.



# Food Justice Rebus!

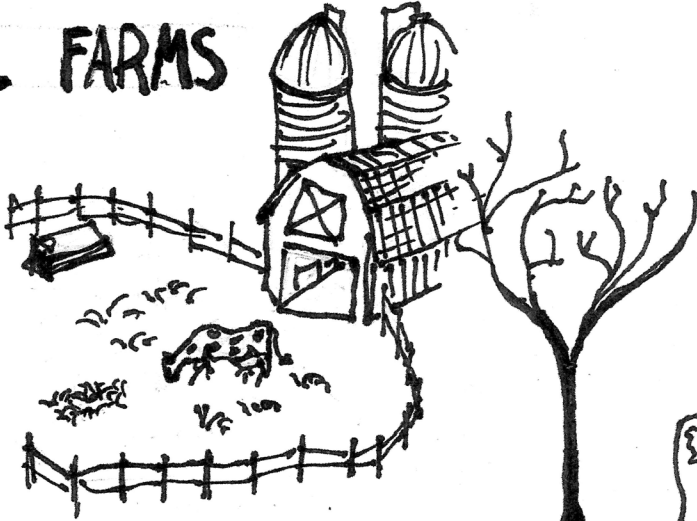
Can you put these words together to form things important to food justice?

1.  +  =
2.  +  =
3.  + bee - b +  =
4.  +  +  =
5.  +  =
6.  +  =
7.  +  =
8.  $-90^{\circ}\text{F}$  +  =
9.  +  +  =

# Our Local Food Network!

Locally sourced food uses our resources best. A community's access to and distribution of food is called its Food Network or Foodshed. Use different colors to follow the paths of some food grown and distributed in our community so you and your neighbors can enjoy it.

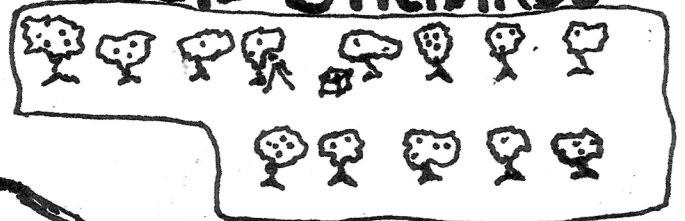
**LOCAL FARMS**



**CTWK GARDEN**



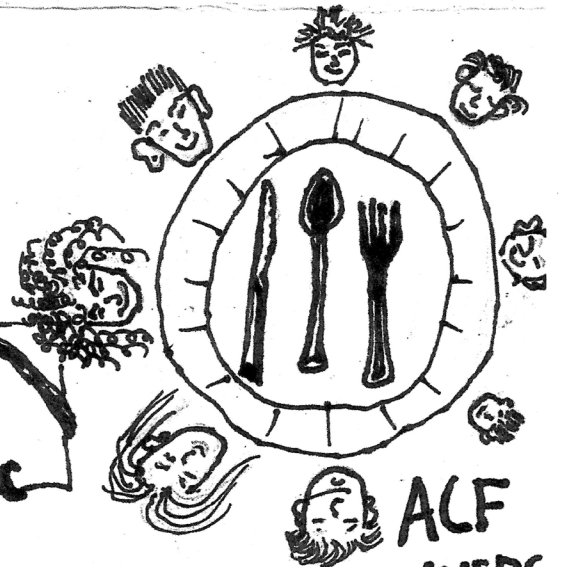
**LOCAL ORCHARDS**



**FARMERS MARKETS**



**CTWK ROOT CELLAR**

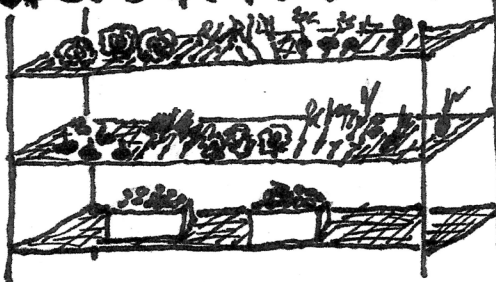


**ALF DINNERS**

**DONATIONS**



**WOODSTOCK FOOD SHELF**

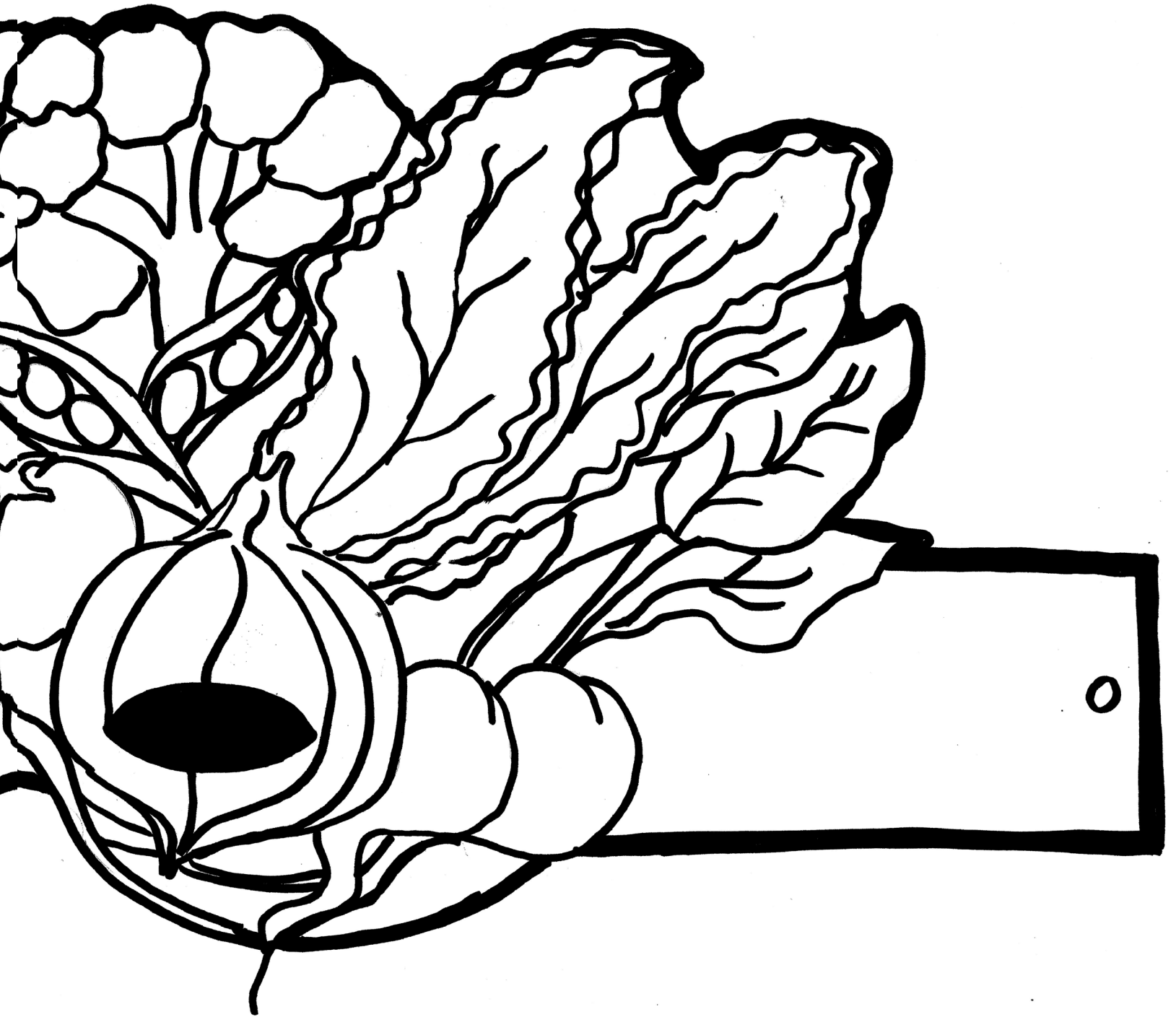




## Food is Beautiful!

Color and cut out this crown for Food Justice.

Wear this crown to recognize that our inner beauty grows when we are tended with love and are surrounded by a caring community that recognizes our strengths and individuality.

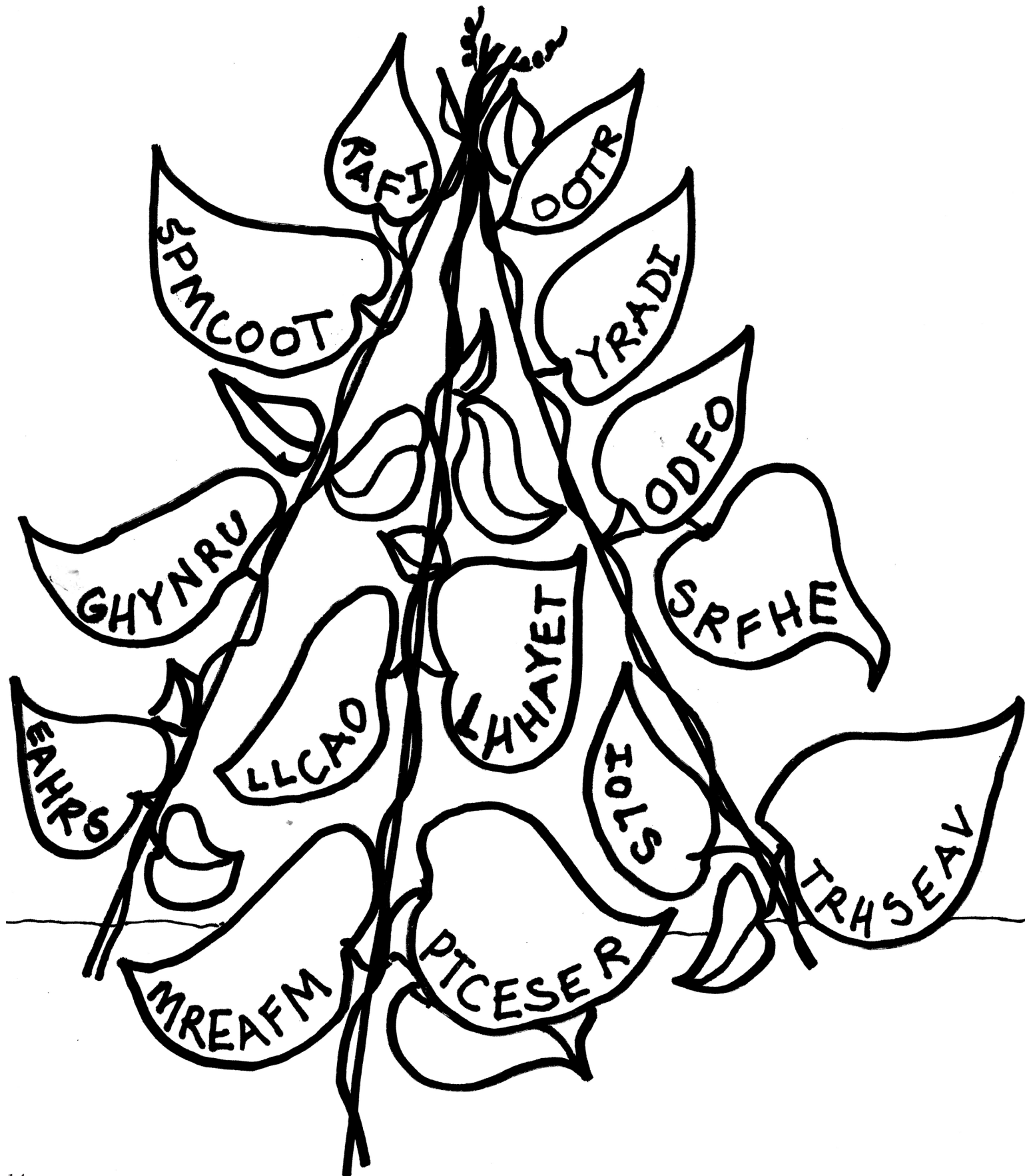


Our inner beauty and strength glows when we live in an environment that is rich in biodiversity. It blossoms when fed a diet rich with foods and nutrients grown by farmers who care deeply about our health.

*Celebrate the power of Food Justice!*

# Powerful Unscramble!

Unscramble these words of food justice for healthy families, farmers, food workers, and footprints for forever.

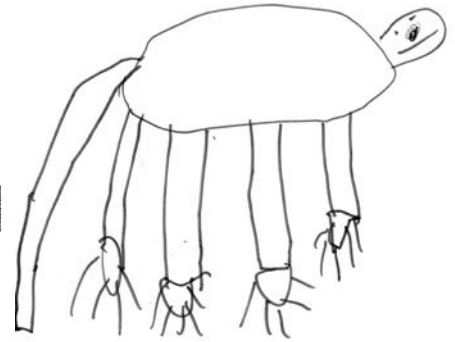


# Responsibility and Food Justice!

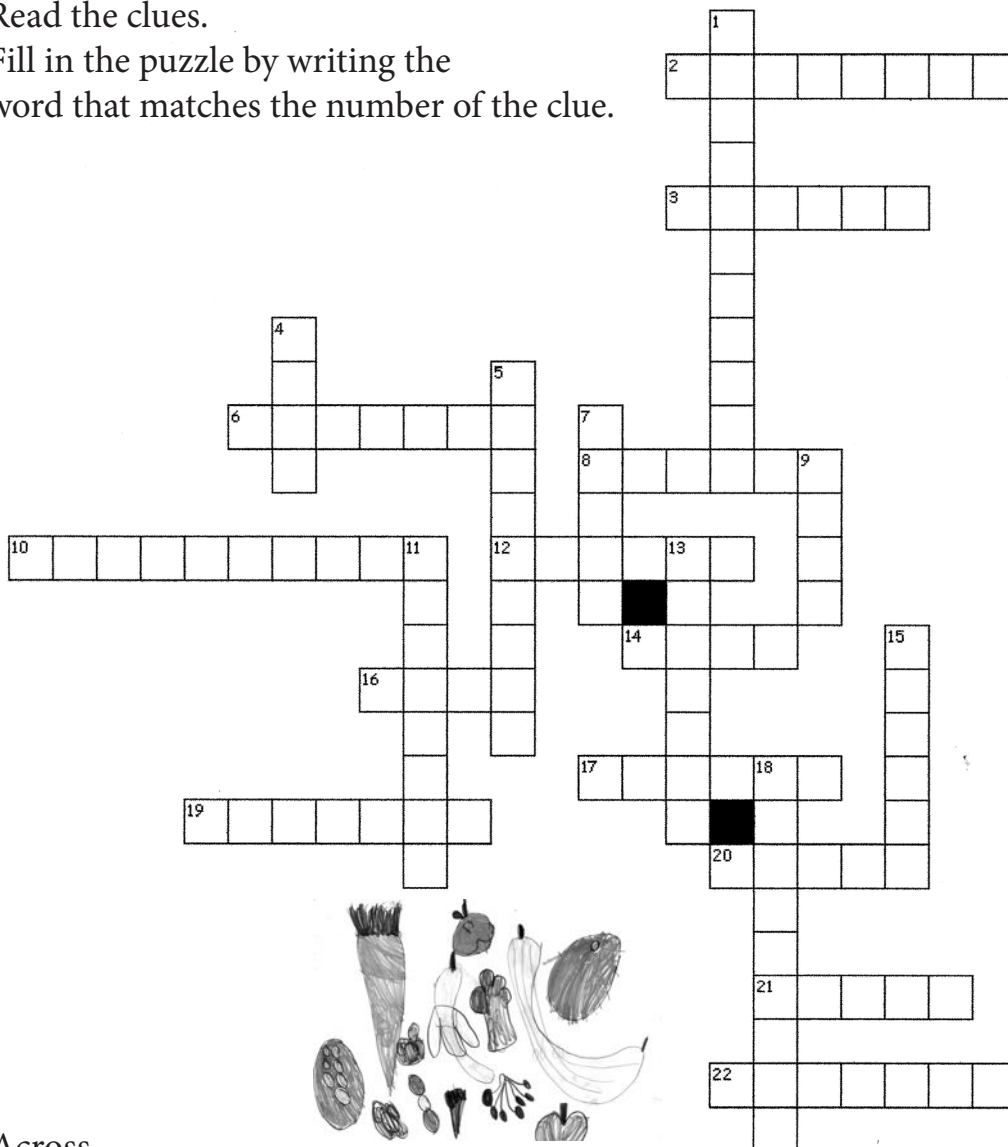
Read the list of words.

Read the clues.

Fill in the puzzle by writing the word that matches the number of the clue.



- Food
- Distribute
- Safe
- Nourish
- Growers
- Farm
- Share
- Fairly priced
- Local
- Wholesome
- Sustainable
- Network
- Equality
- Global
- Cultural
- Quality
- Access
- Enough
- Soil
- Labor
- Market
- Ecosystem



## Across

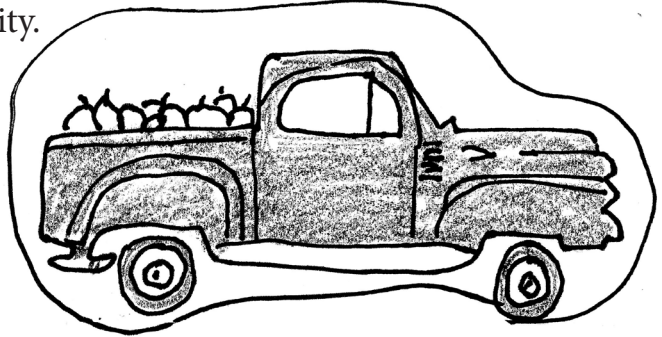
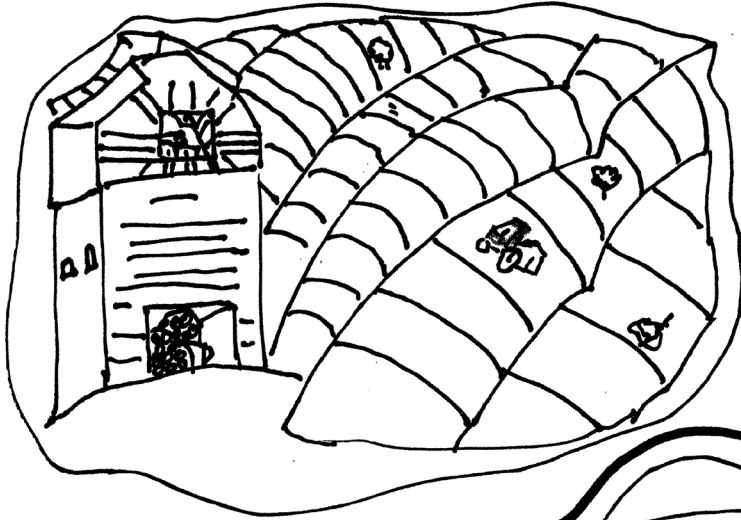
- 2. the customs of people
- 3. food priced so people can afford it, and food workers are paid well
- 6. eat healthy food
- 8. easiness to obtain
- 10. moving food around
- 12. the required amount
- 14. the layer of earth in which plants grow
- 16. land for growing crops or animals
- 17. place to buy or sell food
- 19. the excellence of a thing
- 20. from the area
- 21. receive or give something
- 22. an interconnected system

## Down

- 1. methods that work without harming the Earth or its population
- 4. what we eat to maintain life
- 5. balanced and healthy meals
- 7. work
- 9. free from danger while working or eating
- 11. evenly balanced
- 13. people who raise food
- 15. embracing the world
- 18. community of interacting living things

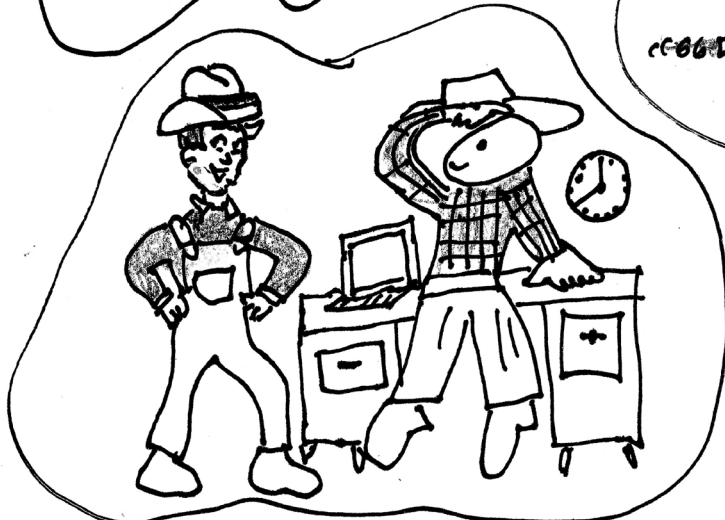
# Farmers are important CEOs!

Their business sustains our planet and its humanity.



Match the farmer's responsibility to the drawings:

1. Growing food
2. Trucking to farmers' markets
3. Carefully packaging for transport
4. Delivering to restaurants and stores
5. Record keeping of crops and finances
6. Working with other farmers to develop agricultural laws and to educate



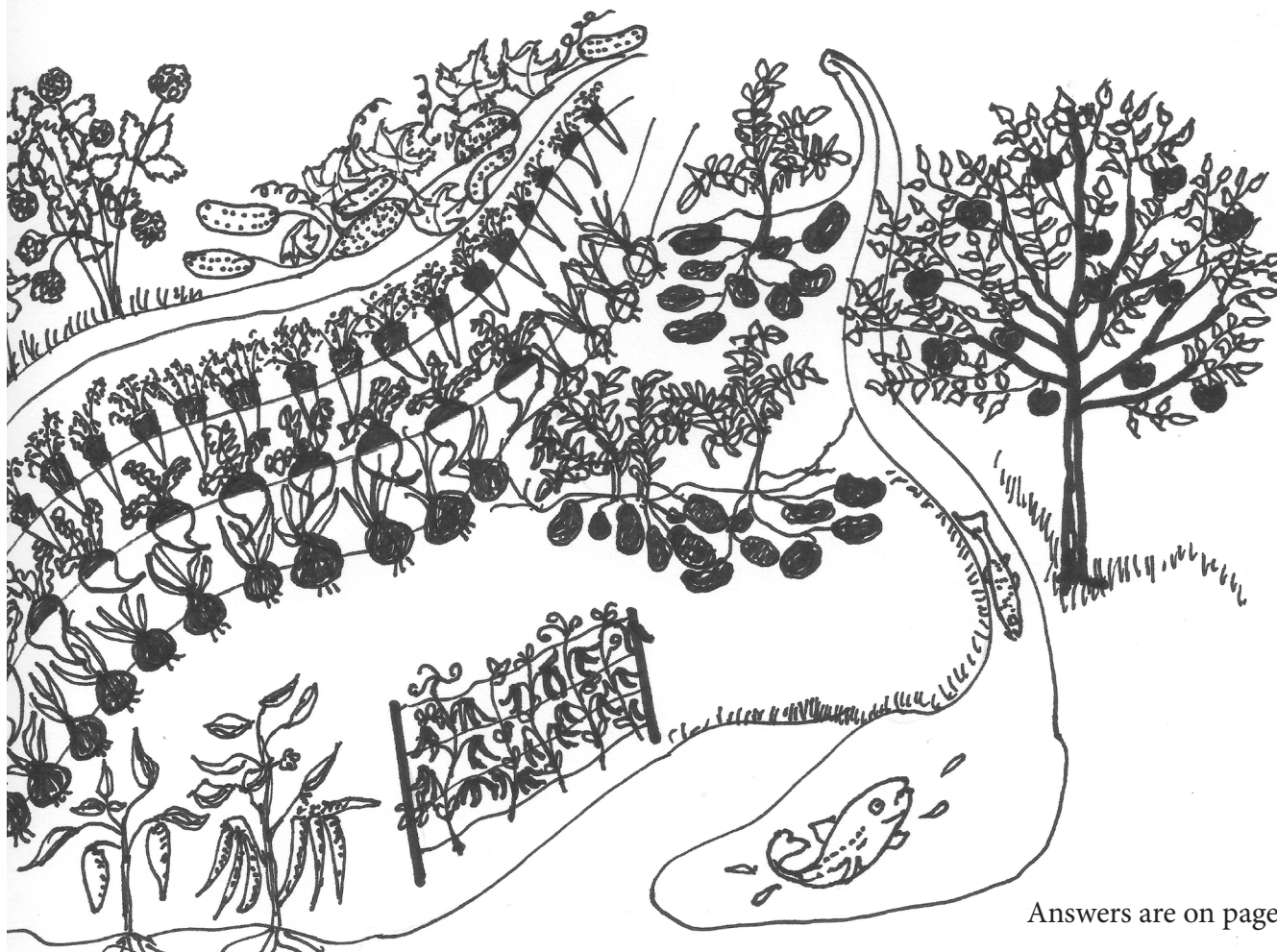


# Food Preservation Treasure Hunt!

How do you store locally grown vegetables for the winter?

Use different colored pencils to connect the clues to the answers

1. ??? on vines make pickles in brines.
2. Hidden deep in the ground are ??? to eat, then to store in bins for winter eats.
3. On vines are pods of ???, some to freeze for winter yum-yum please.
4. Spicy ???, red and hot, hung to dry will not rot.
5. From ??? trees, cook sauces and butters to can or freeze.
6. ??? on the bush or vine make jams and jellies, mighty fine.
7. Braid ??? leaves in threes, to hang and keep free from disease.
8. In bins of damp wood shavings red ??? sleep. In the root cellar, all winter they'll keep.
9. Catch ???. Smoke dry for a winter dish.



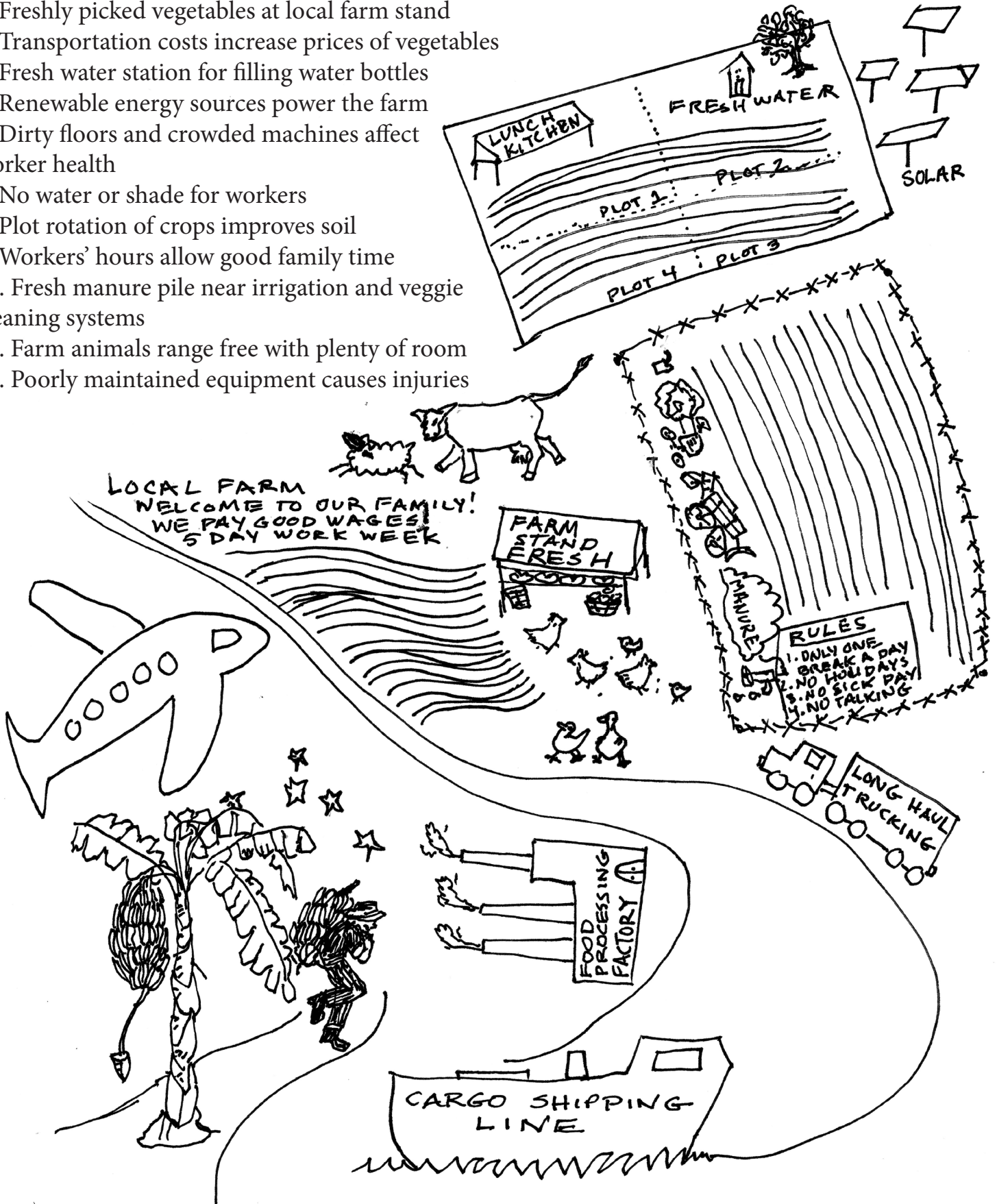
Answers are on page 11

# What's Wrong in this Picture? What's Just and Fair?

Draw a red line to the unjust practices.

Draw a green line to the just practices.

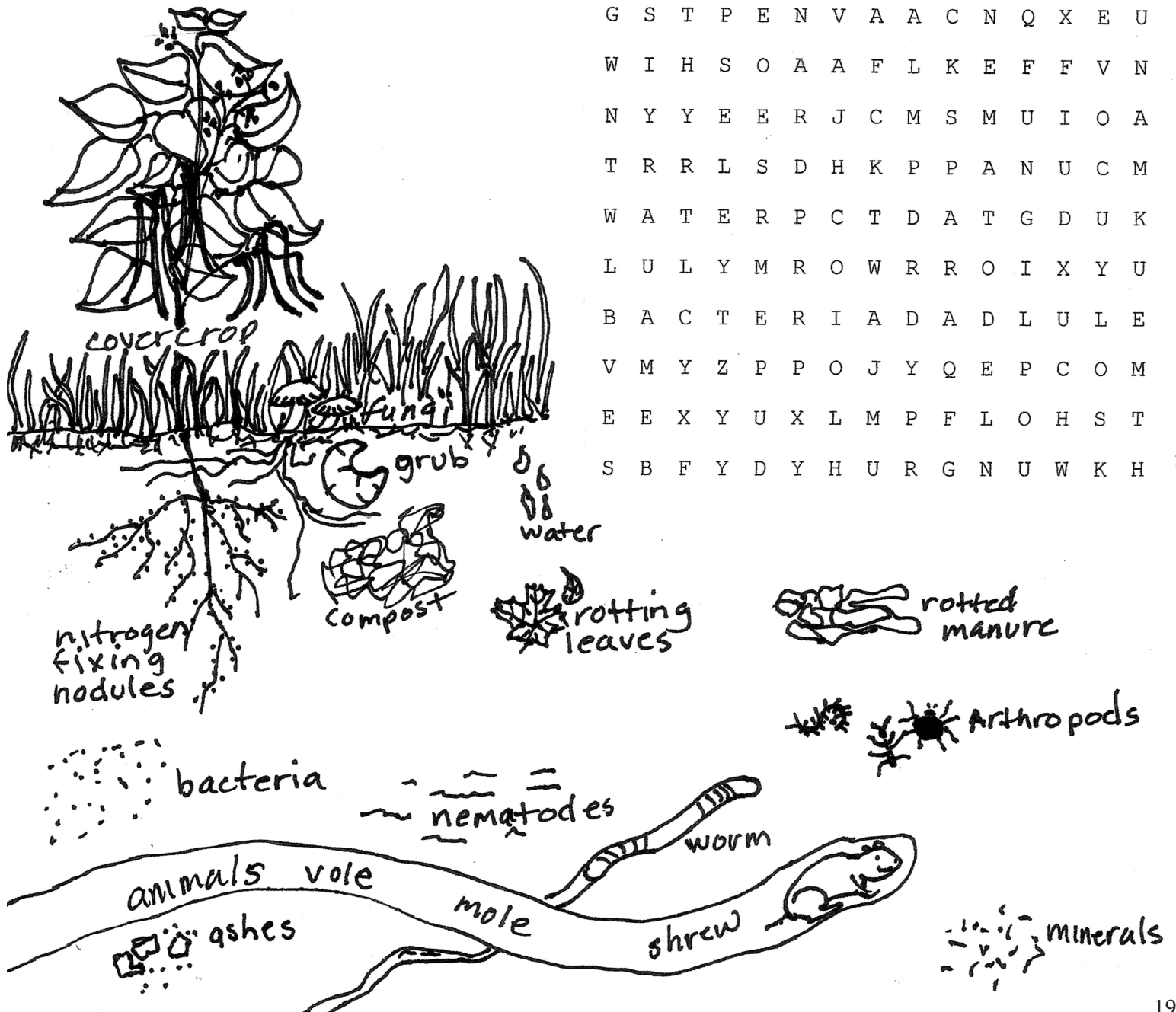
1. Long hours, little pay for workers
2. Freshly picked vegetables at local farm stand
3. Transportation costs increase prices of vegetables
4. Fresh water station for filling water bottles
5. Renewable energy sources power the farm
6. Dirty floors and crowded machines affect worker health
7. No water or shade for workers
8. Plot rotation of crops improves soil
9. Workers' hours allow good family time
10. Fresh manure pile near irrigation and veggie cleaning systems
11. Farm animals range free with plenty of room
12. Poorly maintained equipment causes injuries



# Soil Justice = Power-packed Veggies and Production!

Our agricultural soils are in trouble. Overuse of acreage, overuse of fertilizers and pesticides, and lack of care for soil health results in compacted, mineral deficient, and unbalanced soils. It also compromises the health of the growers who handle toxic chemical fertilizers and pesticides.

Use the illustration and words to help search for ingredients for soil health.



S Y M B F U Q N G N G Y N P X  
 K L O I G S E H O U A W M O H  
 S M A R N G Z D Z N V X O R G  
 H D U M O E U T S O P M O C E  
 A B O R I L R E K V T Y O R R  
 G S T P E N V A A C N Q X E U  
 W I H S O A A F L K E F F V N  
 N Y Y E E R J C M S M U I O A  
 T R R L S D H K P P A N U C M  
 W A T E R P C T D A T G D U K  
 L U L Y M R O W R R O I X Y U  
 B A C T E R I A D A D L U L E  
 V M Y Z P P O J Y Q E P C O M  
 E E X Y U X L M P F L O H S T  
 S B F Y D Y H U R G N U W K H

# Silly Riddles and Jumbles!

1. Unscramble the words below each riddle.
2. Write the unscrambled words in the boxes below.
3. Put the circled letters in a row to find the answer.

What did the composer call her song about the compost heap?

eidw      bcom      orpo      hins      ite      ohenp

**Answer:**

What did the conductor say to the orchestra at the concert?

elt      ntecuor      rtnu      izp      hte      eb      twe

**Answer:**  -

It stands on one leg with its heart in its head. What is it?

raabcs      grbea

**Answer:**

What vegetables are a sailor's enemy?

leit      aekp      nsur

**Answer:**

While hiking, what did the father tomato say to his little cherry tomato?

ktca      etwn      nhluc      opsu

**Answer:**

What was gardener's wish for the planet?

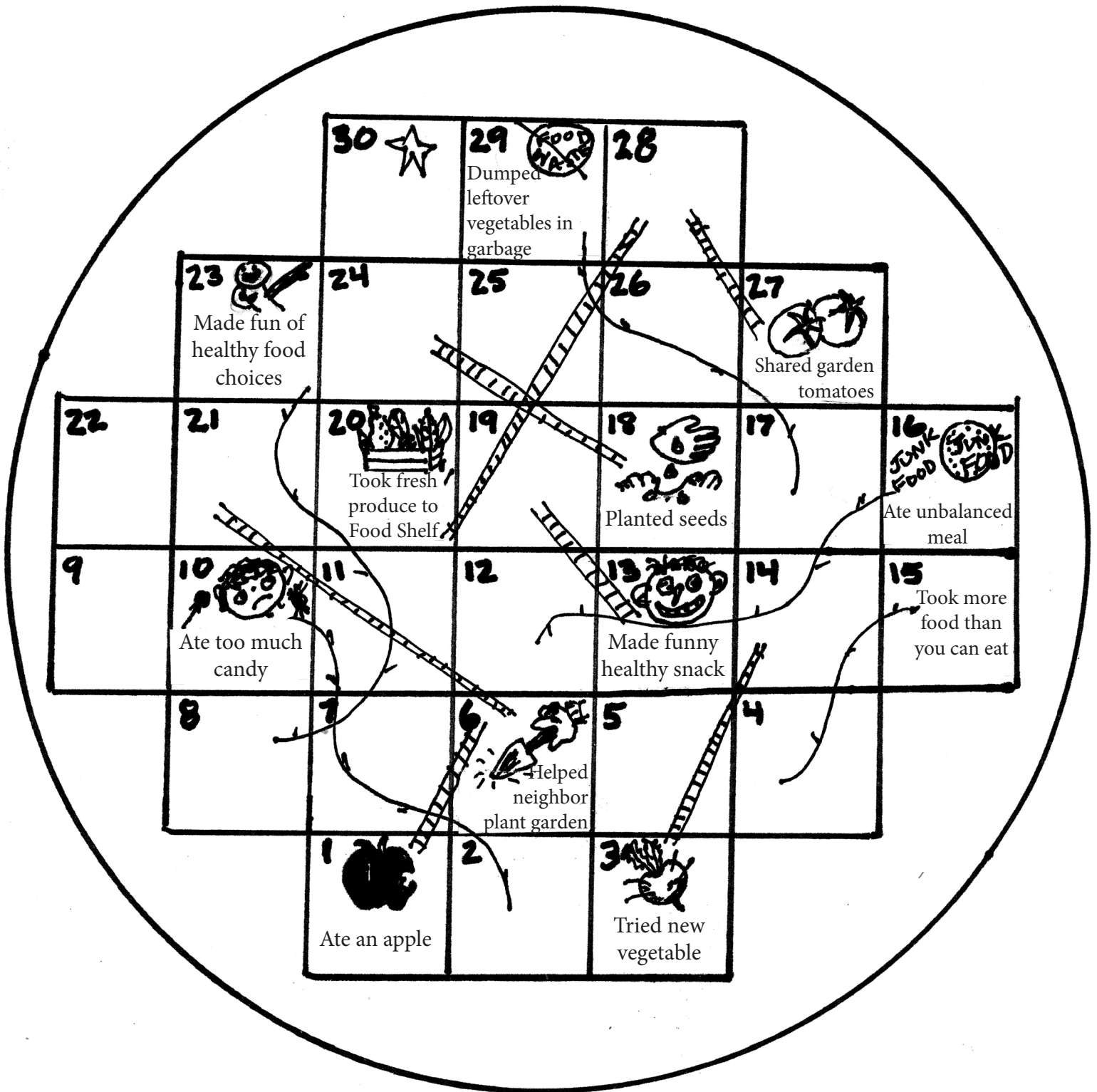
epalp      erac      wont      elvo      mfra      ctuho

**Answer:**

Answers are on page 21

# Vines and Ladders!

Your choices about eating and food make a difference for your health! Climb ladders when you make good choices. Slide down vines when you make poor choices. You'll need a dice and things to be markers, such as little people, pennies, pieces of paper...



# Become a Member of the No Waste Plate Club!

40% of the food produced in America is not eaten. 25% of the food that comes into our homes is wasted. We leave it on our plates uneaten. It goes bad in our refrigerators, lunchboxes, or other storage. This increases the cost of our food.

And it wastes:

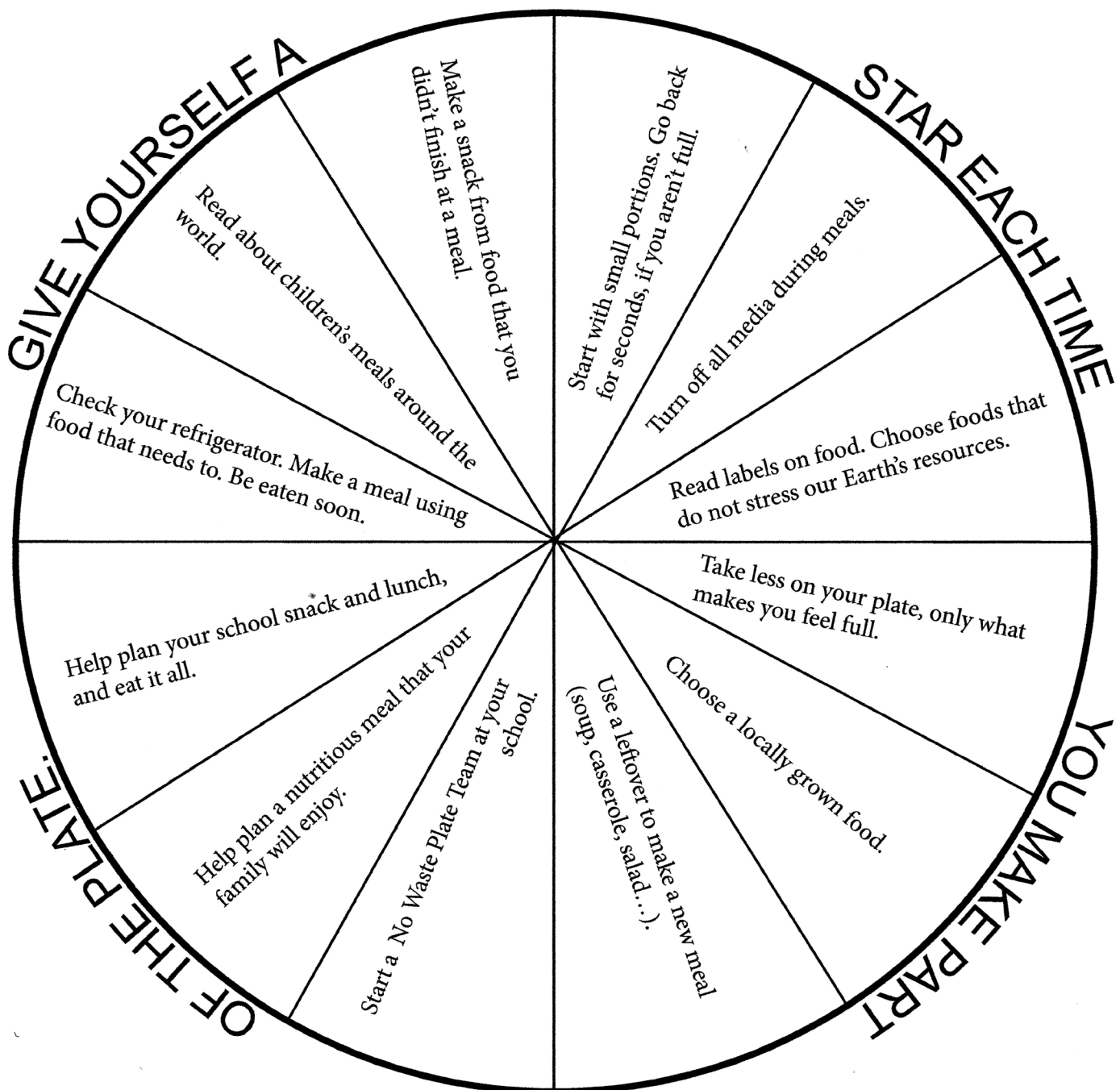
Money – Families spend \$\$\$ buying food that they throw into the garbage.

Time – Food growers and workers spend hours producing and handling food that gets wasted.

Energy – Fuel and materials are used to grow, package, and transport food that will be wasted.

Health – Farmers and workers in the food industry become less healthy when using things such as toxic pesticides and fertilizers.

Biodiversity and our environment – Growing and processing too much food wastes our planet's resources and destroys habitats and species across the globe.



# Change the World Kids

*Change the World Kids* assist individuals in need, work to improve our communities, and steward the natural world in which we live. We initiate humanitarian projects to create a more just, safe, and sustainable world, and environmental projects to strengthen resilience and biodiversity, locally and globally. While doing so, we learn life-skills and offer challenges that have changed our lives, our families, and our communities. Annually we provide over 8,000 hours of local help and 3,900 hours of environmental and humanitarian work in our global community. We work for free!

To create the booklet *Just Growing*, *Change the World Kids* enlisted the help of student artists from the Woodstock Elementary School and the Prosper Valley School.

Prosper Valley School is in Pomfret, Vermont and has an environmental campus and focus that promotes the importance of stewardship of our land and people.

Woodstock Elementary School is in Woodstock, Vermont and has an awesome food program that offers delicious and healthy meals featuring locally grown produce.



## The Authors, Artists, and Gardeners

### *Change the World Kids*

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Aidan Reed  
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Finn McFarland  
Forest Yeager  
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Lily Doten  
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Luscian Meyers  
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Mateo Bango  
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Owen Spann  
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Phyllis Arata-Meyers  
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Henry Harrington  
Ian Hewitt  
Isla Segal  
Johan O'Connell  
Joseph Tsouknakis  
Kyler Eaton  
Molly Fielder  
Wade Vivian  
Sophia Young  
Naida Geno

# No One Can Do Everything, But Everyone Can Do Something!



Reduce hunger. Promote health. Build community to improve nutrition.  
Worries about food insecurity grew our large Food Justice project.

From our Food Justice gardens, we deliver thousands of pounds of fresh vegetables to the Woodstock Vermont Area Food Shelf and food insecure families.

We constructed a root cellar, so we can deliver unprocessed, locally grown vegetables during the cold months to local Food Shelves and Farm to School lunch programs. Our Grow Some; Feed Many initiative encourages local growers, small and large, to donate produce to fill our root cellar. We have a Tasting Garden from which children and the general public can sample and take home a wide variety of fresh vegetables.

What might you do for food justice? Please share your ideas!

Click on this link to post your ideas or activities:

[www.changetheworldkids.org/local-work/food-justice](http://www.changetheworldkids.org/local-work/food-justice)



Change the World Kids