



2025

Center of Transformation (CoT)

"Food Justice and Insecurity"

Facilitator Handbook –

Week 4 Session

February 17, 2025

Developed By

Christie Murray, PhD

Director of Center of Transformation
Boys & Girls Clubs of Greater Washington
cmurray@bgcgw.org

Week 4: Food Justice and Insecurity

Welcome back to CoT. Can you believe we are in Week 4? In Week 3 we explored food systems and how food systems affect climate change.

Please use this handbook to help you facilitate your weekly session. This week's session will focus on food systems.

Teen Members are strongly encouraged to pay close attention to the CoT Intro and Learning Videos.

Session Duration: 60 minutes (1 hour) one day per week

Objectives: The objectives of this session are to:

- Describe food justice and its connection to social, economic, and environmental justice (affordability, access to nutritious foods, workers' rights, clean water).
- Explore how systemic inequities contribute to food insecurity in different communities.
- Understand how these issues affect people in their communities.
- Empower teens to develop a plan to address food justice issues, focusing on identifying and addressing food deserts and food insecurity in their community.

Food insecurity is the lack of access, at times, to enough food for an active, healthy life. Food insecurity is linked to critical public health and social issues. Drivers include unemployment, poverty, and income shocks can prevent adequate access to foods. One key intervention to reduce food insecurity, including participation in food assistance programs and broader societal-level improvements in economic stability.

- A **food bank** is a warehouse that collects and stores food from food donations and food drives.
- A **food pantry** is where people can get free food. A food pantry gets its food from a food bank and gives it directly to people.

Facilitator Time Commitment: 3 hours maximum

- Weekly Check-in Meetings (Mondays at 1:00 pm EST): 1 hour per week (or less)
 - Please ensure that at least one person from your organization joins us each week so that we can share important CoT updates, answer questions, and ensure program alignment.
 - Join Zoom Meeting

- <https://us02web.zoom.us/j/89252599378?pwd=Mkg0Um5QL2QzUzBLYUxkUzZSY2ITUT09>
- Meeting ID: 892 5259 9378
- Passcode: 727575
- Session Preparation: 30 minutes per week (or less)
- Facilitated Session: 1 hour
- Reporting and Feedback: 30 minutes per week

Facilitator Set Up Instructions:

- Curriculum & Videos: The weekly session content and videos can be found at: <https://www.clubhouseatyourhouse.com/cot>. Scroll down to the “Weekly CoT Session” section of the web page and click on a specific week.
- Virtual Session Facilitation:
 - The Zoom room will open 15 minutes before the start of the session.
 - CoT Virtual Session Zoom Link (for Tuesdays at 5:30 pm EST):
<https://us02web.zoom.us/j/86240200821?pwd=bdzAhVMKunhfdNgD5aEktKOGq7UvoK.1>
Meeting ID: 862 4020 0821
Passcode: 951492
 - ***Teens should join the Zoom from individual devices and prepare to engage and keep their cameras on.***
 - Club/Organization facilitators should also join the virtual session and participate and help facilitate the discussion with teens.
 - Take pictures and video clips of your group and email them to: cot@bgcgw.org.
 - Note: Clubhouse @ Your House will run a separate session on Thursdays.
- In-person facilitation:
 - Arrive at least 15-30 minutes before the start of the session to set-up and prepare.
 - Teens should have access to electronic devices and the Internet for weekly activities.
 - The weekly session curriculum content and facilitation instructions can be found on the CoT website at <https://www.clubhouseatyourhouse.com/2025week4>.
 - Take pictures and video clips of your group and email them to: cot@bgcgw.org.

Week 4 Intro (Video):

- Begin the weekly session by playing the weekly BGCGW CoT Intro video.

- The video will welcome teen members back for Week 4 of CoT, provide a brief recap of Week 3, share key dates, and introduce what we will do in week 4.
- 2. The intro video can be accessed at:
<https://www.clubhouseatyourhouse.com/2025week4>.

Week 4 Learning Moment (Video):

- The learning video will align with the topic of the week. After the Intro video, the facilitator should play the weekly learning moment video for teens. This video will provide teens with valuable information needed to be successful for the weekly session.
- Learning Moment Video: Food Justice: Fixing Our Broken Food System (4:41)
 - Google Link:
https://drive.google.com/file/d/16VMicVSZtsEkvVWYWHP53ZEgOi6oTrmO/view?usp=share_link
 - YouTube: <https://youtu.be/xA6p0w2Xoqg?si=vkYTVj8F778cpjBk>

Activities:

Activity #1: Food Mapping (Food Deserts and Food Insecurity):

This week, Project Teams will explore access to food in their community by food mapping. Project Teams will work together using an interactive tool: Feeding America Map the Meal Gap Link: <https://map.feedingamerica.org> to identify food insecurity in the local community.

Feeding America has produced Map the Meal Gap and provided estimates of local food insecurity and food costs to improve our understanding of people and places facing hunger and inform decisions that will help ensure equitable access to nutritious food for all. The interactive map features annual food insecurity estimates by race and ethnicity for all individuals and children, as well as older adults and seniors, at the state level and below.

Find your state, county, or district from the interactive map and learn about food insecurity in your community and the food banks that serve them.

If your area is not on this map, pick a location of interest or find another food insecurity map in your area.

Collect the following data:

1. Food insecurity population:
2. Average meal cost:

3. Estimated program eligibility among food insecure people:
4. Annual food budget shortfall:
5. Find a local food bank in your area or selected area at:
<https://www.feedingamerica.org/find-your-local-foodbank>

More facts: <https://www.feedingamerica.org/hunger-in-america>

Activity #2: Community Plan:

Each Project Team should work together and create a Community Plan that addresses a food justice issue in their local community based on the food insecurity mapping from Activity #1. Only submit ***one*** community plan per project team. The community plan must include three components (1) identify the need or challenge, (2) brainstorm solutions, and (3) develop an action plan. **** This Community Plan will be incorporated in the final project competition component in Week 9. ****

1. Identify Need or Challenge:
 - Identify your community, where it is located, and the challenge or need your project team would like to highlight or address.
 - Provide the food insecurity rate in your community.
 - Based on their findings, identify community needs or challenges to address (e.g., lack of fresh produce, no grocery stores, or transportation barriers).
 - Explore how this challenge has affected the community and why these challenges are important.
2. Find Solutions to Address Community Food Insecurity Needs:
 - Work as a team to brainstorm at least two (2) practical solutions or actions to help address this issue.
 - Visit the Feeding America site and explore ways your project team can brainstorm actions to take:
<https://www.feedingamerica.org/take-action>.

Week 4: Feeding America Map



- Some examples include:
 - Donating to a local food bank.

- Partnering with local farmers for a mobile market.
- Starting a community garden in a food desert area.
- Advocating for city policies to incentivize grocery stores in underserved areas.

3. Develop an Action Plan:

- Who: Who needs to be involved or partner with you (e.g., local government, nonprofits, schools, or other organizations)?
- What: What steps need to be taken?
- Where: Where will the solution take place?
- When: Create a timeline to complete the solution?
- How: How much funding is needed and how will this solution be funded (grants, fundraising, or donations)?

4. Submit your project team's Community Plan (one person from each project team) online at: <https://forms.office.com/r/f6LVmhEff9>.

Week 4: Community Plan



Wrap Up:

- Debrief Questions:
 1. What food justice or insecurity issues did your project team discover?
 2. What actions can your project team put in place?
- (Facilitators):
 1. Encourage each Project Team to:
 - a. Submit the **Sustainable Art Project Type Submission Form** at: <https://forms.office.com/r/iT5zChYlv1>, if the project team did not complete this assignment in Week 3. CoT Staff will be working to send out materials and supplies before Week 7.
 - b. Submit the project team's **Community Plan** online at: <https://forms.office.com/r/f6LVmhEff9>.
 2. Submit Weekly Attendance at:
 - a. BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - b. External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - c. Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.

- (Teens):
 1. Submit the **Sustainable Art Project Type Submission** at:
<https://forms.office.com/r/iT5zChY1v1>. CoT Staff will be working to send out materials and supplies before Week 7.
 2. Submit the project team's **Community Plan** online at:
<https://forms.office.com/r/f6LVmhEff9>.

Week 4 Session:

Duration	Activities	Facilitator	Resource(s)/ Material(s)
5 min	Intro Video	BGCGW/CoT Staff	Video Link: https://www.clubhouseatyourhouse.com/2025week4 .
5 min	Learning Moment Video: "Food Justice: Fixing Our Broken Food System?"	CoT Facilitator	Video: (4:41) <ul style="list-style-type: none"> Google Link: https://drive.google.com/file/d/16VMicVSZtsEkvVWYWHP53ZEg0i6oTrmO/view?usp=share_link YouTube Link: https://youtu.be/xA6p0w2Xoqg?si=vkYTVj8F778cpjBk
40 min	Activity #1 (15 min): Food Mapping in Your Community This week, each project team will explore access to food in their community by food mapping. Project Teams will work together using an interactive tool: Feeding America Map the Meal Gap Link: https://map.feedingamerica.org . Find your community and identify the food insecurity rate.	CoT Facilitator	Feeding America Map and Meal Gap link: https://map.feedingamerica.org .

	<p>Activity #2 (20 min): Community Plan for Food Justice</p> <p>Each Project Team should work together and create a Community Plan that addresses a food justice issue in their local community based on the food insecurity rating from Activity #1. The community plan must include three components (1) identify the need or challenge, (2) brainstorm solutions, and (3) develop an action plan.</p> <p>**This Community Plan will be incorporated in the final project competition component in Week 9.**</p>	CoT Facilitator	<p>Brainstorm Solutions at:</p> <p>https://www.feedingamerica.org/take-action</p>
5 min	<p>Wrap-up</p> <ul style="list-style-type: none"> • Ask Debrief Questions • Submit Community Plans online. • Submit weekly attendance at: <ul style="list-style-type: none"> ◦ BGCGW Clubs: https://bit.ly/2025CoTbg 	CoT Facilitator	<p>Submit Project Team Community Plans</p> <p>online Form at: https://forms.office.com/r/f6LVmhEff9</p>

	cgwWeekly attendance o External Organizations: https://bit.ly/2025CoTorgWeeklyAttendance		
--	--	--	--

Debrief Questions

1. What food justice or insecurity issues did your project team discover?
2. What actions can your project team put in place?

Outcomes and Actions:

- Increased awareness of food justice and insecurities and actions we can take.
- Ensure each Project Team submits the Community Plan at:
<https://forms.office.com/r/f6LVmhEff9>.
- Submit weekly attendance at:
 - BGCGW Clubs: <https://bit.ly/2025CoTbgcgwWeeklyattendance>
 - External Organizations: <https://bit.ly/2025CoTOrgWeeklyAttendance>
 - Look for your club/organization name on the tabs at the bottom, add the date of your session and place an X next to each teen who attended the session.