

# Share Your Strength

Curiosity Sincerity Ingenuity Sharing Thoroughness Teamwork

## STORY

Dr. Deborah Frank is a Boston pediatrician with a mission. She knows that childhood hunger often masquerades itself -- as a sleepy kindergartner, a toddler with an earache that won't go away, or a seemingly healthy 2-year-old who is actually an undernourished 4-year-old. Dr. Frank has dedicated herself to finding out the real source of these problems, and solving them -- thanks to support from Share Our Strength (SOS), a national anti-hunger organization that teams up with companies, restaurants and bookstores. This story, told by SOS founder, Billy Shore, shows how Dr. Frank came up with an ingenious - and surprisingly simple -- solution to the mystery of 26-month-old Rosie Smith's failure to thrive. Her timely intervention makes a world of difference for Rosie's future.

## ACTIONS

- Create colorful mobiles and donate them to an infants' nursery at a clinic or hospital.
- Study the health of children in your city/state. Research indicators like immunization and infant mortality rates, risk factors, education and prevention etc.
- Have students create their own health card with height, weight, blood type, allergies, immunizations and health history.

## Language Arts

- Research health clinics in your city/state that are trying to improve children's health.
- Study how your city/state is dealing with childhood hunger. Write a report on what is being done to improve children's health -- include your ideas for what they could do.
- Find out if your local restaurants donate leftover food to shelters for the homeless.

## Community Service

- Schedule first aid and CPR training as part of baby-sitting instruction for young people.
- Organize a food drive or join a No Kid Hungry: Share Our Strength (<https://www.nokidhungry.org>) for the needy.
- Get your school and community to be involved with the Taste for the Nation program.
- Create a directory of non-profit programs in your community/country that help people. Write a brief description, address and phone number so people can get involved.
- Organize an event to educate low-income families about healthy eating habits.

## Reflection Questions

1. Is Childhood hunger a big problem in your community? Why? How do you know?
2. What happens when you do/don't eat the right foods? How do you feel?
3. What do children need besides food to be healthy and do well in school?
4. Do you know anyone who doesn't eat the right foods? Can you do anything to help?
5. If you owned a restaurant, would you find a way to recycle leftover foods to the homeless?

## Lessons You Can Learn

1. When we try to help, it's important to look closely at their life situations first.
2. To help lots of people, we need to study how hunger and poverty are related.
3. We can mobilize a whole industry to help solve major problems like hunger.
4. The effects of poor health and nutrition in childhood can last for a lifetime.