



Journeys in the Spirit

Children's work

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Issue 73

Topical activity

Food banks



For adult Quakers Food Banks can be a difficult and controversial question. We can find it easier talking about hunger in other countries rather than our own.

In line with the idea that children need to be helped to know about difficult issues this Topical Activity offers ways into conversation and thinking about Food Banks and why they are happening.

Start a session by asking if anybody has heard of something called Food Banks. If the answer is yes explore it a bit more – if nobody knows, ask what they think it might mean.

Ask if anybody can think of why people might need something like a Food Bank. Add to any contributions by saying that in our country there are now people without enough money to buy food and feed themselves and their children. Ask children for their thoughts about that. Be prepared for questions about why this might be.

Do you understand what is happening yourself? It is complicated but includes things about people not being paid enough or having their very important benefits (money to help) taken away sometimes.

If there is a Food Bank in your area – find out about it; ask children if they would like to help. Ask for ideas of what to do both about getting food for the bank and about the other problems where some people don't have enough money or have theirs taken away. What would they like to do?

Ask if the children want to go to Meeting for help and ideas about this.