

# The Rice Bag

## Treatment

### A Hunger Awareness Activity for Children

by Katie Cook

text: 1 John 3:16-18

This is an activity that will help your children to realize that many people in the world don't have enough to eat. They will also be able to share this knowledge with the adults in your congregation. You will need enough rice to make bags of two ounces each for every family in attendance on, say, a Wednesday evening or a Sunday morning. You will also need enough plastic recloseable "baggies" for each. (The "snack" size works best.) Bring several one-fourth-cup measuring cups and several large bowls. You will also need cards or pieces of paper printed with something like the following:

*This two ounces of rice represents the daily diet of 852 million people in the world. More than half of these are children. Imagine that you have this small bag of rice as your only food for the day, and that you probably have to walk a distance to get the water in which to cook it.*

You might want to add something about supporting a hunger project in your church or denomination, with contact information. (If that is not applicable, you might suggest that they support one of the development projects such as Church World Service or Oxfam, or get involved in the local CROP Walk.) You might also consider asking the children to write notes on the cards, encouraging folks to help these hungry people. Have the cards or pieces of paper ready when the activity begins.

Empty the rice into the large bowls, separate the children into teams and ask them to measure it into the snack bags. Ask them to put one-fourth cup (two ounces) in each bag. Once they've done that, ask them to insert a card in each bag, or attach a card to each.

While they are working (you could also do this before or after), discuss with the children about how Jesus talked a lot about giving food to hungry people. Read the passage from 1 John 3:16-18 to them. Explain that these bags are to remind all of us of the hungry people we have been asked to help, so that none of us forgets our responsibility as Christians. When all the bags are ready, plan a time for the children to distribute these bags to the adults. You might consider asking one of the children to explain what the project is about. The impact should be significant.

*—This activity came from the CROP Walk materials produced by Church World Service ([www.churchworldservice.org](http://www.churchworldservice.org).)*

*art by Peter Yuichi Clark*

Seeds of Hope Publisher

Hope Is in Our Hands: Lessons & Activities about Hunger for Children & Youth

