



Farm

Share In The Classroom
Feed The Need:
Bringing The Fields to Hungry Families
Student Workbook



Written By Beth Davis, Ed. S, NBCT

Blank page

FARM SHARE VOCABULARY

hunger distressed – not knowing if you can afford to buy your next meal

produce – fruits and vegetables

surplus produce – food grown by farmers that is more than they can sell and would have to be thrown away

discards – food grown by farmers that does not match the supermarket's standards (Usually blemished or the wrong size)

farmers – people who grow and sell produce

food brokers – people who arrange sales between farmers and supermarkets

harvest – gathering produce once it has ripened on the farm

gleaning – gathering the small amount of produce from farms that was missed during harvest

gleaning projects – farmers often agree to let charities or hunger distressed people glean their fields after harvest.

migrant workers – farm workers who move to different parts of the country to pick different crops as they ripen for harvest

non-perishable – food that does not need refrigeration and can be stored for long periods of time

non-profit organizations – groups of people that come together to help others instead of earning money

packers – people who put produce into boxes for shipping

pallets – wooden platforms to put boxes on for moving with a forklift

produce recovery operation – a non-profit organization that specializes in saving, packing, and giving surplus produce and discards to the hunger distressed

social service organization – an organization that helps people

soup kitchen – an organization that prepares meals for the homeless and hunger distressed

USDA commodity program – an organization that specializes in distributing non-perishable food provided by the federal government to the hunger distressed

wholesalers – companies that buy in bulk to sell to retail outlets

Farm Share Vocabulary

Find the words from the vocabulary list one page 1.

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

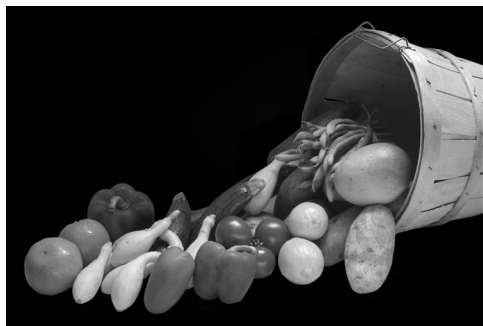
Feed the Need: Bringing the Fields to Hungry Families

Have you ever stopped to wonder how the food you eat gets to the grocery store? If not, you might be surprised to know that for every piece of fruit and vegetable, there are many that used to be thrown away. When you see a display of apples, they all look perfect. Well, for every perfect one, there are many that are not the perfect size, shape, or color that farmers simply threw away because the grocery store would not buy them. A woman named Patricia



Robbins knew this. She also knew that there were hundreds of thousands of people that went hungry every day. Ms. Robbins established a way to “recover” the food that was being destroyed and give it to families throughout Florida who needed it.

Food Donations-Fresh fruits and vegetables:



Established in 1991, Farm Share is a 501(c)(3) non-profit organization, dedicated to the recovery, sorting, packing and distribution of nutritious foods for people in need. Farm Share administers **gleaning projects**, **USDA commodity programs**, foods drives and produce **recovery operations** from a packinghouse provided by the Florida Department of Agriculture, Commissioner Charles H. Bronson. It is located in Florida City, near Homestead, Florida - the heart of Miami-Dade County's farming area. Here is how she did it. She contacted **farmers, packers, wholesalers, and food brokers** and

told them how they could make a difference with their **discards**. She convinced them to donate their food instead of dumping it. She now sends trucks to their facilities and picks up the food they cannot sell. That is only the beginning of the story!

Other Food Items:

Farm Share also gets donations from grocery stores, corporate donations, and canned food drives. You might notice at the end of the day, grocery stores have bakery goods like cakes and breads that are left over. Although there is nothing wrong with the baked goods, and they will last for several days, the grocery store cannot sell the goods as fresh. Therefore, instead of throwing them away, they donate them to Farm Share who passes them along to families who need food. Many other groups of caring individuals like school kids, churches, temples, and corporations hold canned food drives. They ask people to donate cans or packages of **non-perishable** food. The food collected goes to Farm Share for distribution to families and other organizations who feed the poor.

What happens to the food once it reaches Farm Share?



Farm Share picks up food in its 12 trucks and trailers and brings it to their charitable packing house. The packing house has ten freezers and four refrigerated coolers at its locations in Homestead. Each freezer holds 42,000 pounds, the equivalent of one tractor trailer load of food. The coolers each hold 126,000 pounds of fresh produce, three tractor trailer loads each. All the coolers together will hold a total of 12 tractor trailer loads of produce per day. Other food can be stored on pallets in their warehouse. There are two warehouses in the Homestead area. One 53,000 sq ft. with freezers, coolers and racks for stacking donated non-perishable food. This warehouse could hold 37 tractor trailer loads

of food which would be 814 pallets of non-perishable food. The weight of a pallet of food depends on the type of food and container. The additional warehouse in Homestead is 27,500 sq ft. with freezers. This warehouse could hold 13 tractor trailer loads of food which would be 286 pallets of food at any given time. The weight of a pallet of food depends on the type of food and the container. For example, a pallet of canned goods will weigh much more than a pallet of cereal. Also a pallet of tomatoes (lots of water in them) will weigh much more than a pallet of eggplant (a light, dry vegetable). At the packing house the food is sorted and distributed daily with the help of inmates and dozens of volunteers. Although the inmates are incarcerated for crimes they have committed, by working to help others who are less fortunate, many feel that they make a difference for others through their work program. Often times families are left with no working spouse when a member is sent to prison and the family faces not having enough food. Sometimes an inmate is actually, through his work at Farm Share, sorting and packing food that goes to feed his own family.

What Does Farm Share Do With The Food?

Hundreds of Recipient Agencies & Social Service Organizations throughout the state regularly receive food from Farm Share -- at no cost! Food is distributed by Farm Share's participating organizations to countless needy households throughout the state of Florida and across the Eastern seaboard -- **at no cost!** Farm Share has regional distributions to agencies in a five county area representing over 30,000 households. In addition, they have statewide distribution to participating **non-profit organizations** and **social service agencies**. Farm Share also provides out-of-state distributions to participating non-profit organizations and social service agencies. Finally, thousands of local households receive fresh produce and nutritious foods on a monthly basis, directly from Farm Share -- at no cost!

Now you see why Farm Share's motto "Donate, don't dump" is so important. It just goes to show you that one person's trash can be another person's treasure! Just look how happy these kids are that Farm Share took the time to keep food from being wasted.



Feed the Need: Bringing the Fields to Hungry Families

1. In what year was Farm Share founded? _____
2. What was the name of its founder? _____
3. How many truckloads of food can each freezer hold? _____
4. How many households does Farm Share serve? _____
5. Who packs and distributes the food?

6. What solution did Farm Share come up with to reduce the amount of food that was being wasted?

7. What does the saying, "Donate, don't dump" mean?

8. Where are some places that Farm Share gets the food they donate to the community?

9. What is the cost to receive food from Farm Share? _____

POUNDS CHART

The following information represents how many pounds Farm Share has donated since 1991

Use the data in the table to answer the questions below.

Farm Share Food Distributions

Number of Pounds Donated

Year

1. In what year did Farm Share donate the most food? _____
2. In what year was the biggest increase in food donations? _____
3. In what year was the biggest decrease in food donations? _____
4. Between 1997 and 2004, what was the increase in food donated? _____
5. Round each year's donation to the nearest million to determine how much food has been donated from 1997 to 2004. _____
6. In which year was the food donation closest to 21 million pounds? _____

Farm Share is in the food recovery business with its main goal being to feed hungry people.

Think about the families Farm Share assists.

Explain how Farm Share makes its impact on hungry families.

Food Values in Dollars Donated by Farm Share

Year	Dollar Value of Donated Food	Amount Rounded to the nearest million
1991	\$1,640,000.00	
1992	\$2,531,610.25	
1993	+ \$9,138,556.25	
	Total 1991-1994	_____
1994	\$9,549,987.50	
1995	\$8,942,592.50	
1996	+ \$8,565,395.25	
	Total 1995-1997	_____
1997	\$9,487,501.25	
1998	\$19,494,401.25	
1999	\$24,436,073.75	
2000	+ \$20,226,802.50	
	Total 1998-2000	_____
2001	\$20,226,802.50	
2002	\$37,797,656.25	
2003	\$22,769,455.00	
2004	\$26,539,547.50	
	Total 2001-2004	_____

Use the data in the table to figure out the total dollar value of food donated by Farm Share between the years 1991-2004.

\$ _____

Who Benefits From Farm Share's Efforts?



All the recipients of Farm Share food meet the Federal Guidelines of poverty. This means that everyone who comes to pick up fresh vegetables can receive canned, dry and frozen USDA food. Each family receives the same food during a food distribution. There are usually 10 to 14 items of USDA food as well as fresh vegetables. The USDA food is sometimes frozen beef, pork or chicken, canned peas, tuna, beans, pears, apple sauce, tomato sauce, beef stew, dry beans, rice, pasta, cereal, dry milk, raisins, dates, cranberry juice, orange juice, apple juice, corn, cooking oil, bakery mix, meal and trail mix. The fresh vegetables available in South Florida during the fall, winter and spring months of October through May are yellow squash, cucumbers, green beans, tomatoes, corn, eggplant, potatoes, bell pepper, and okra. Other items donated are watermelon, strawberries, papaya, avocados, yucca, banana, leeches, and some items from other counties. Fresh vegetables are very important to the elderly because most canned vegetables have sugar or salt added. Many elderly people have medical problems that require no sugar or no additional salt in their diets to maintain good health. The amount of food received at Farm Share is not intended to be an entire month's supply of food, but to supplement the food the family is able to buy. Sometimes the income of a family is not enough to pay for housing, medicine and a sufficient amount of food for the month. Food Stamps are available for these families, but sometimes even that is not enough to keep their cupboards from becoming bare. Seventy percent (70%) of those qualified to receive USDA food are elderly. Migrant workers and those in this country without proper papers are not counted in these numbers. All people who are in poverty are allowed to receive these USDA commodities regardless of citizenship. In areas of the country where there is a very large population of people without documents of citizenship and/or a large population of migrant workers there is not enough food from the Federal Program because these people are not counted in the assessment of need for an area. The amount of food is based on the US Census and unemployment numbers for the area. Most of the people who receive food from Farm Share are families with small children, the elderly and disabled. Sometimes it is a family whose parent has just lost their job and needs assistance until they can find work again. There is nothing wrong with needing assistance until you can get on your feet again. Soup kitchen and homeless shelters also receive food for the people who are going to these locations to receive their meals. Many people who have received food from Farm Share come back and volunteer to assist in the handing out of food to others. Having experienced the situation of not having enough food for them or their families, they can relate to the persons receiving food and want to give back to others in their community. It is very important that the persons receiving food are treated with respect and friendship. It is a difficult time in their lives and the need for food is basic, something they can't live without.

Who Benefits From Farm Share's Efforts?

1. Who is eligible to receive free food from Farm Share?
2. What percentage of Farm Share's clients are elderly?



3. Other than individuals, who else receives food from Farm Share?
4. What are some reasons that families might need assistance from Farm Share?
5. What are some examples of USDA food that a family might receive in their monthly allotment?
6. In addition to USDA food, what are some of the fresh produce a family might receive?
7. Why is receiving fresh vegetables so important to the elderly?
8. Explain why you think the work of Farm Share is so important to the community.

Packing The Trucks

Farm Share distributes fresh produce three ways. One is the daily distribution to 6,300 families living in South Miami-Dade County. The other is the twice a week distribution to 650 agencies feeding the poor, directly from the docks in Florida City. The third is to truck the product in refrigerated tractor trailers to agencies in other counties within the State of Florida who then distribute it to families. Sometimes if there is an overabundance of one product in Florida, Farm Share will ship the product to New York City, Washington, D.C. or the Carolinas to the agencies serving the poor in these areas. You must keep the product moving to the end user as the “shelf life” is short on fresh vegetables. Also the vegetables lose vitamins as the days pass after they are picked. The “best case” is picking in the morning, begin packing by noon, and ship out that same evening to the grocery stores. That is the normal activity for the South Miami-Dade farmers. Farm Share transports food in large tractor trailers that are attached to semi trucks. A tractor trailer load is always 42,000 pounds. That is the weight restriction for the highways. Of course the truck is not always exactly that weight, but everyone uses that weight to keep it simple. Use the information above to solve the problems below.

1. Fresh green beans are always packed in 35 pound wooden crates. How many wooden crates can be loaded on a truck that holds 42,000 pounds?
2. Tomatoes are picked green, put in coolers and gassed, like bananas, so they turn red, but are still firm to ship. The gas used is the same as the gas expelled by a ripening apple. Tomatoes are packed in 25 pound boxes. At that rate, how many boxes of tomatoes can be loaded onto a truck?
3. Yellow squash and zucchini are packed in waxed boxes and the size is called “a bushel and an eight”. That weighs about 32 lbs. At that rate, how many boxes of squash and zucchini can be loaded onto a truck?
4. At least 50% of what is grown never reaches any market. Sometimes that amount is 75% or 100%. The reason for this is because the vegetable is “not pretty enough” or there is no market for “that size”. This is where Farm Share comes in. Farm Share takes these discards and gets them to people who need them. On a given day, 18,236 pounds of bananas were picked. If 75% was rejected on Monday, how many pounds of bananas did Farm Share receive?
5. A group of migrant workers gleaned 9,766 pounds of potatoes on Thursday. Unfortunately, 66% was rejected by Publix headquarters. How many pounds of potatoes did Farm Share receive on Thursday?
6. On Friday, another group of workers gleaned 12,833 pounds of peppers. From that crop, 53% was unacceptable. How many pounds of peppers did Farm Share rescue?
7. How many pounds of food did Farm Share recover in all on Monday, Thursday, and Friday?

What are Government Commodities?

Government commodities are vegetables, meats and grains, (any crop) grown by US farmers and purchased by the US Government to supplement these farmers so that low prices do not drive them out of business. These crops or commodities are purchased by the US Government, through the United States Department of Agriculture. Next, they are processed, stored and distributed under the federal programs of distribution to feed the hungry in the US. In addition these commodities are also distributed to other programs to feed people in other countries. The commodities are also used in the school lunch program to keep down the cost of school lunches. The Government Commodities program was once called the "cheese program" because when it was implemented there was lots of cheese in 5lb blocks distributed to the poor. The cheese and other foods were stored in caves in Kansas City, Mo. because it was the most economical way to store quantities of food. The practice was still in effect until the 2000's when it was slowly phased out. The US Commodities program to foreign countries was begun by President Truman. USAID (Foreign aid) just celebrated its 50th birthday in July of 2004 in Washington, D.C. with Colin Powell as its featured speaker.

For many years the US Commodities Program packaged all its food in light brown packaging that said "USDA commodities, not to be sold, traded or bartered". Recent changes in the program are that foods are no longer packaged in the light brown packaging, but are packaged the same as you see in the grocery store. It was found that changing to the USDA special packaging increased the cost of the product.

Recipients of the US Commodities are required to meet the Federal Guidelines for poverty, published yearly on July 1. Recipients no longer have to provide proof of their poverty, but just sign that they are aware of the qualifications and received the food. People who are homeless or receiving meals at soup kitchens are not required to make any statements or sign to receive food.



What are Government Commodities?

1. What are Government Commodities?

2. Why does the government purchase food from farmers?

--

3. Why does the U.S. government no longer use light brown packaging for their food?

4. Which U.S. President began the USDA Commodities program? _____

5. If USAID celebrated their 50th birthday July 2004, in what year did it begin? _____

6. Why was the Government Commodities program once called the “cheese program”?

7. Who are some of the individuals who benefit from this program?

8. What could happen to farmers if there was no Government Commodities program?

Round and Average

The following data represents how many pounds of food were donated by Farm Share. Use the data to answer the following questions.

Food Donations In Pounds

Number of pounds donated	
	Year

Year	Number of pounds donated	Pounds rounded to the nearest million
1997 / 1998	12,061,841	
1998 / 1999	15,595,521	
1999 / 2000	19,548,859	
2000 / 2001	16,181,442	
2001 / 2002	30,238,125	
2002 / 2003	18,215,564	
2003 / 2004	21,231,638	
total		

After rounding the number of pounds donated to the nearest million, add up the total in each column and place it on the blank line.

Use the data in the pounds rounded to the nearest million to find out the average number of pounds donated.

Average pounds donated: _____

Meet Martin, a migrant farm worker

Martin Estanislado was born in San Binito Texas in 1966. He has two brothers and one sister. His parents were both migrant farmers and he and his siblings followed in their footsteps. Migrant work is family work. When the children are old enough, everyone gets involved. Martin started working the fields when he was just thirteen years old. Each day after school, instead of going home to play, he and his brothers and sisters would go to the fields and help pick the crops. Martin helped to plant and harvest the crops. Migrant work is seasonal ,which means that families travel with the seasons to pick the crops. Different vegetables grow at different times of the year. Potatoes, beans and squash grow from November through May 'in south Florida. The tomato and strawberry season starts in December and goes through February. Picking the crops is a fascinating process. Each worker has a bucket. Once the bucket is filled, it is thrown up to someone in a truck who empties the buckets and places a chip in the bucket. The workers will collect these chips to cash in. The empty bucket with the chip in it is dropped back down to the worker. The truck follows the workers and the buckets are thrown back and forth to the person on the truck until the day is done. At the end of the day, the migrant worker cashes in their chips and is paid by the number of buckets that are filled. Martin's family began gleaning the fields in Homestead, FL then traveled to Ocala. After that, they made their way up the states. They worked in Georgia, Ohio, Michigan, and Indiana. Since migrant families move around a lot, Martin attended four different elementary schools. Neither Martin nor his siblings graduated from High School since they had to help their parents in the fields. It is hard to be a migrant family. When there is no crop that means there is no money. There are however, places that families can go where they can get food stamps and canned foods. There are also pantries that give out food as well as provide shelters to live in. After working as a migrant worker, Martin started his own farm where he grew okra, squash, beans, and peppers. He also helped to manage a potato farm. Once a squash seed is planted, it takes 110 days until it is ready to harvest. When potatoes are harvested, a machine must first dig them out of the ground. Next they are taken to a packing house where they are washed and graded (checked for their size). Then, they are put through a drying machine. Finally, they are placed in 50 pound bags and placed in coolers until they are sold. When that was sold, he got a job driving a truck for a produce company. He is now working for Farm Share as a truck driver and a packing house worker. Martin is responsible for picking up food from the packing houses and placing the food in coolers using a fork lift. Looking back, Martin's favorite part of being a migrant child was being able to help his family at a very young age. His least favorite part was the instability of moving from place to place to find work, sometimes, not knowing where they would be living. "It was hard to leave old friends behind and having to always make new ones."

Meet Martin, a migrant farm worker

All answers should be in complete sentences.

1. How old is Martin and how many years ago did he start working in the fields?

2. What crops grow from November to May?
3. What crops grow from December to February?
4. Explain the process by which potatoes are harvested.
5. At the end of the day, how is it determined how much money each worker will be paid?
6. Think about what life is like for a migrant family. Compare your life to that of a migrant family. Be sure to tell the advantages and disadvantages of both.

Pallet Weights

A pallet is made up of pieces of wood that are nailed together to form a platform to stack boxes on. The pallets are lifted onto trucks with a forklift. Use the information in the problems below to figure out how many cases of food can be loaded on pallets or food weights of the pallets.

1. Bricks of cheese are loaded onto a pallet. There are six 5-pound blocks in each case. If there are 60 cases on each pallet, what is the total weight of the cheese on the pallet?
2. There are twelve 13-ounce boxes of rice cereal in each case. How many cases are on a pallet that weighs 312 pounds?
3. There are 96 ears of corn on the cob in each case. The cost per ear is \$0.09. Each truck holds 1320 cases. What is the cost of one truckload of corn on the cob.
4. Publix has corn on the cob on sale for 10 ears for \$1.00. What is the gross profit to Publix on one truckload of corn on the cob?
5. There are twenty-four 1-pound bags of macaroni in each case. The pallet weighs 768 pounds. How many cases of macaroni are on the pallet?
6. There are twenty-four 15-ounce cans of applesauce in each case. How many cases will fit on a pallet weighing 1687.5 pounds?
7. If each case of applesauce costs \$7.33, what is the value of a truck carrying 1620 cases?

8. Two cases of peanut butter weighs 27 pounds. There are 12 jars per case. How many ounces are in each jar of peanut butter?

9. One case of tomatoes weighs 25 pounds. Each case costs \$9.16. What is the price per pound for a case of tomatoes?

10. If there are 1,600 cases of tomatoes on each truck, what is the total weight of one truck of tomatoes? What is the value of the tomatoes on the truck?

11. If there are twelve 2 pound boxes of spaghetti in each case, how many boxes of spaghetti will there be on a pallet weighing 2016 pounds?

12. There are forty-eight one pound boxes of raisins in each case. How many cases will be on a pallet that holds 1,920 pounds?

13. If each case of raisins costs \$48.11, using the information you found in problem 12, how much is one pallet worth?

14. If the truck holds 828 cases of raisins which weigh 48 pounds, what is the weight of the raisins on the truck.

Farm Share

300 North Krome Avenue, Building 12
Florida City, Florida 33034-3414
Phone: (305) 246-3276 Fax: (305) 246-3589

©2000 Farm Share.
All rights reserved