

Hunger Challenge

Art Guide



Help write the recipe
for ending hunger.

students
r_build

Welcome to the Hunger Challenge Art Guide!

A recipe for a meal is made up of two things: ingredients (the “what”) and directions (the “how”). In other words, what items are needed and how do these items come together to make something new.

Solutions to problems work much the same way and are a type of recipe as well. There are ingredients, ideas and actions, and there are directions, ways those ideas and actions get put together to tackle pressing problems and make an impact.

Both types of recipes are integral to the Hunger Challenge because each asks us to reflect on our relationship with food and community, and to make things that are delicious, useful, and good for everyone!

So this year for our creative call-to-action, we’re asking for artfully illustrated recipes—both literal *and* imaginative. With these two unique approaches you can find countless ways to bring your recipes to life.



Recipes can be any size, any medium, and any design. Encourage students to use creative word choices and to write with rich descriptions! We’ve cooked up a few ideas to help you get started:



OPTION ONE: Recipes for Stronger Communities

Creative Writing Centered in Metaphor

What are the ingredients needed to make stronger communities? What ingredients would you use to help hungry families where you live, or to demonstrate and build greater kindness within yourself and others? Show us, in the format of a recipe!

1. Select a prompt (or come up with one of your own)

- Prompt 1: Write a Recipe for Addressing Hunger in Your Community
- Prompt 2: Write a Recipe for Building Kindness and Compassion

2. Make your ingredients list

- Ingredients can be actions one might take, character skills or traits one might need to practice, or actual items one might need to address the problem at hand.
- Think about the proportions of your “ingredients” and be creative in “measuring” them out. Do you need more of one thing than another? Use cooking measurements like *handfuls*, *liters*, *cups*, *ounces*, *tablespoons*, *grams*, *spoonfuls*, *sprinklings*, *temperature*, *pinches*, and *dollops* to be descriptive.



3. Write out your instructions

- How do these things come together, and in what order, to address the issue?
- Since this is a recipe, please use cooking verbs to describe the step-by-step instructions. Use verbs like *mix*, *stir in*, *add*, *blend*, *combine*, *sprinkle*, *whip*, *fry*, *bake*, *preparation time*, and more to creatively explain what needs to be done.

4. Illustrate!

- Use illustration and the elements of design to make your recipe unique with fun and inviting visuals.

You can:

- Use drawing, digital images, magazine collages, or other art forms to illustrate your ingredients or instructions;
- Use line, shape, color, and shading to create interesting **lettering and typography**;
- Replace words with pictures in the text (like a **Rebus book!**);
- Create a picture of your finished product;
- Add any other decorative elements you wish—be creative!

OPTION TWO: Recipes from Our Families, Cultures, and Communities

Favorite Recipes with an Artistic Twist

The meals we prepare, and why and when we eat them, can remind us of loved ones past and present, connect us to our cultures, and create bridges to places near and far. What are your favorite foods to eat, and what do they tell us about what's important (or tastiest) to you?

1. Decide which recipe you'd like to use

- Tell us in 1-3 sentences (or more!) why you chose it and why it's meaningful to you.

2. Write out the ingredients and measurements

3. Write out step-by-step instructions to prepare your recipe

4. Illustrate!

- Use illustration and the elements of design to make your recipe unique with fun and inviting visuals.

You can:

- Use drawing, digital images, magazine collages, or other art forms to illustrate your ingredients or instructions:

We recognize that for many students around the world, food choice is not a common concept. If you are from a community or work with populations where food choice is limited and recipe variations are uncommon, please consider using *Option One: Recipes for Stronger Communities* as an alternative.

- Use line, shape, color, and shading to create interesting **lettering and typography**;
- Replace words with pictures in the text (like a **Rebus book!**);
- Create a picture of your finished meal;
- Draw a picture of family members or cultural symbols that are distinctly connected to your recipe;
- Add any other decorative elements you wish—be creative!

Working with younger students, or students who are unable or prefer not to write text? Allow them to draw their recipe or use other forms of expression to share their ideas. We invite you to scale this activity up or down depending on the ages and abilities of the young people you're working with.



Suggestions for Materials

- Paper (any kind, any size—even paper plates and brown lunch bags!)
- Markers
- Watercolors
- Paints
- Pencils, pen, ink
- Food magazines for collage
- Typography and lettering guides
- Papier-mâché and sculptural/3-D materials to put your recipe on (empty aluminum cans for food, clay for making bowls, etc.)
- Or get creative and think outside the box with materials such as fabric, digital art and photography, recycled materials/paper, etc.



Learning While You Create

Writing, art, and being in a creative mindset can also be a time that lends itself to thoughtfulness and dialogue. Before, during, or after taking the creative call-to-action, consider engaging your students in large or small group discussion using some of the Students Rebuild resources, lessons, and videos. You can also use these prompts to spark discussion during the creative process:



- What does it mean to be hungry or experience food insecurity? What are the causes that lead to hunger or food insecurity? (E.g., poverty, socioeconomics, food deserts, lack of access, malnourishment, etc.)
- Do you know how many people are hungry in your community? Is it a visible or hidden issue?
- What resources or support does your community provide to those who are experiencing hunger or food insecurity? How can people experiencing hunger access those resources?
- What are **food deserts** and how do they relate to hunger?
- What are examples of inexpensive foods and how nutritious are they?
- What's a **balanced meal** and what's it made up of?
- How is hunger and food insecurity similar and different between where you live and other parts of the world?



Submitting Your Recipes

Submitting your art is required to ensure your contribution results in a financial donation. It's simple and your art can be submitted two ways: by mail or digital photo submission. Whichever you choose, submission always starts online at studentsrebuild.org/submit.

We anticipate many of these recipes will be created in a flat, paper-based format easy for shipping, and encourage you to mail your projects to us in Seattle, WA. If mailing is prohibitive for you, or you prefer to submit digitally, please note that our online system only accepts PNG or JPG files that are less than 10MB each. In addition, you will be limited to uploading 12 representative photos of your art with each submission instance.

You can find more details on the submission process in the [FAQ section](#) of the website.

Recipe Inspiration

Here are a few examples of art—both recipes for building stronger communities and recipes from family, culture, and communities—you can use to marinate your own ideas. Stir in a few examples from our [Facebook](#) and [Instagram](#) where you can also see what other teams are creating!

