

LESSON PLAN for volunteers

Theme — My town

The main theme is the creation of a food bank that collaborates with families at risk of exclusion from educational centers.

Lesson

FOOD BANK

Lesson focus and goals

- To make the best use of the stock of foodstuffs by distributing them fairly to families in financial need.
- To encourage solidarity between families, between the community.
- Promote social participation and cooperation. The importance of society in the search for solutions.
- Volunteering as an agent of social transformation.
- To reflect on the importance of healthy eating.
- To raise awareness among students, families and the whole community about the importance of sorting waste.

Materials

- Provide a place for the food storage
- Non-perishable food brought from home by the kids, families
- Food collection by the nearby markets
- Van / car
- Cookery workshop.
- Reduce, reuse, recycle (3R).

Activities

- Informative session for volunteers on the aim of the activities. 3 food collection campaigns where families/ nearby markets will make their contributions.
- Collection from market, classification and delivery of food baskets twice a month (perishable and non-perishable food).
- Collaboration with teachers in order to develop a workshop on healthy eating in the classroom.
- "We become cooks". Energize cooking workshop prepared by older pupils in the school kitchen.
- Energize games in the classrooms (all ages) "Recycling competition", "Recycling bingo", "Recycle sort", "Memory".

Tips for specific types of inclusion/handicaps

- Pupils with special educational needs. Expansion of the channels used to transmit information (visual through pictograms, sign language, video viewing and manipulation, experimentation with their own body)

Tips for parenting support

Volunteers from the local community will actively collaborate by delivering food and participating in the classification and delivery of food to families in vulnerable situations.