



CHILDREN & YOUTH RESOURCES

Help young people explore how food and climate are connected—and how we can care for creation and one another through the way we eat, grow, and share food. These age-appropriate activities support reflection, conversation, and action.

CHILDREN'S ACTIVITIES

COLOUR & REFLECT

Use this colouring page based on Matthew 25:35 to explore how climate change makes it harder to grow food—and how we can respond with love and justice. clwr.org/clwr-colouring-page.pdf

- **Background (to be read out loud):**

- In the Lake Chad region of Africa, which spans several countries, families are having trouble getting enough food. The weather is hotter and drier now, and it doesn't rain when it should. This makes it hard to grow crops or catch fish. CLWR is helping people learn to grow special plants that can survive in tough weather, so families can keep growing and sharing food in their communities.

- **Discussion Questions:**

- What's your favourite food?
- What would it feel like if your family didn't have enough to eat?
- What is something you have more than enough of?
- How can we share what we have to help other kids in places like Lake Chad?
- What do you think God wants us to do when someone is hungry?

WHERE DOES OUR FOOD COME FROM?

This hands-on activity connects the food on our tables to the earth—and to our neighbours around the world.

- **Instructions**

- Bring in packages or labels from different foods.
- Use a globe or map to find where each food comes from.
- Talk about how far each item travels—and what that means for the climate.

- **Discussion questions**

- Where does your favourite food come from?
- What happens when there's no rain for farmers?
- How can we eat in ways that help others and protect creation?

YOUTH ACTIVITIES

FOOD MILES GAME

This interactive map-based activity reveals how food travels—and how local choices can support the planet.

- **Supplies**

- Labels or photos of foods
- World map, string/tape

- **Instructions**

- Match each food to its country of origin.
- Estimate the distance traveled.
- Brainstorm local alternatives.

- **Discussion Questions**

- What foods are hardest to grow locally?
- What's one thing we could try eating more of that's grown nearby?

THE BUTTERFLY EFFECT

Introduce the idea that even small actions (like eating less meat or wasting less food) can have a big global impact.

- **Instructions**

- Watch a short video on The Butterfly Effect on YouTube

- **Discussion Questions**

- What small actions can help people facing hunger?
- How does wasting food affect others around the world?
- What's one habit we could change to care for creation?

YOUTH-LED ACTION PROJECTS

Encourage youth to take leadership in your congregation by:

- Planning a 100-Mile Meal Potluck with only local foods
- Hosting a Food Waste-Free Challenge Week
- Organizing a “Meatless Monday” Campaign
- Creating a Food + Faith bulletin board with facts and scripture
- Raising funds for their church's Friends of Creation fundraiser

- **Reflection Questions**

- What surprised you about your food habits?
- How could your church make climate-friendly choices around food?
- How does your faith influence what and how you eat?

EXPLORE WITH STORIES & MEDIA

- ***A Sound of Thunder***

- Read the short sci-fi story *A Sound of Thunder* by Ray Bradbury, which explores how small actions can change the future:
astro.sunysb.edu/fwalter/AST389/ASoundofThunder.pdf
- **Use it to discuss:** cause and effect, climate choices, and ripple effects.

- ***The Hunger Games Discussion + Activities***

- Explore food justice using the Hunger is Not a Game resource by PWRDF: pwrdf.org/wp-content/uploads/2018/08/Hunger-is-Not-a-Game.pdf

- ***Just Food Youth Study Series***

- A 5-session Bible-based youth program about ethical eating and food justice: pwrdf.org/wp-content/uploads/2018/08/Just-Food-Leaders-Guide.pdf

ADDITIONAL RESOURCES

- *Have You Anything Here to Eat?* (Creation Justice Ministries)

- Includes prayers, activities, liturgy, and age-specific content about food and climate.
- www.creationjustice.org/haveyouanythingtoeat.html