



**WE FIGHT HUNGER
WHAT'S YOUR SUPER
POWER?**



**SUPERHERO HANDBOOK
YOUR GUIDE TO BEING A SUPERHERO**

SUPERHERO PROGRAM

Foodbank SA has had an increased demand for educational and interactive activities for children, as identified through our school programs. The Superhero Program has been developed for children as a way to connect with their families and Foodbank. Young people will learn about food insecurity and how they can make a difference in the lives of others, starting the 'pay it forward' mentality at a young age. It will also educate them about the key messages of foodbank such as; reducing food waste and healthy eating on a budget.

Many children experience food insecurity and we want them to know it's okay to seek support from Foodbank SA, by recognising them as real life superheroes. We hope by educating all children we can help reduce any stigma around food insecurity for children.

KEY LEARNING OUTCOMES

By registering to be involved in the Program, you will learn how to become a real life superhero. For children to become a superhero they need four important characteristics, which will be learnt and developed through the Program. This includes:

1. **Helping others** - Young people will learn about altruism and the gift of giving, so they become empathetic and considerate of others.
2. **Be humble** - Teaching young people how to be thankful about what they have, about listening to others, accepting rather than judging, being mindful and asking for help when you need it.
3. **Get Educated** - Educating young people about hunger in South Australia, which includes learning about how Foodbank works and what it means to have a rumbling tummy. They will also learn about healthy eating and the benefits of eating nutritious foods.
4. **Reduce waste** - Learning about how they can help the environment by reducing waste through recycling and reusing items before they spoil or go to landfill.

Throughout the year, young people will have the opportunity to get involved in a variety of activities based around these four components. There are two different activity types based on your child's age or educational level: 4 years to 7 years or 8 years to 12 years.

RESOURCES

Being involved in the Superhero Program gives you access to a range of resources to learn new skills and become educated about Foodbank SA. You will receive a monthly email to keep you updated with what is happening, including any new activities for children, competitions and more.

The Superhero Program webpage has a range of resources available for you to access FREE of charge. This includes:

- Colouring in template
- Recipe template
- 5 Food groups template
- Environment fact sheet
- Video examples
- Program tips
- Learning how to fundraise
- Teacher resources
- Promotional material:
 - Flyers
 - Posters
 - Information sheets



COMPETITIONS

Each month there will be optional competitions held, which provides young people an opportunity to submit their activities and go in the running to win some awesome prizes. The winners of these competitions will be announced at the end of each school term, giving children time to choose which activities they would like to submit.

As part of our September 2020 launch in conjunction with the Royal Adelaide Show, we will have a new activity launched weekly. Children can choose which activity they would like to submit before the closing date (12th of October 2020). Each activity has its own prize, including a gift card for the winner and the top 20 entries receive a FREE show bag.

Refer to our Terms and Conditions on our website for more information, <https://www.foodbank.org.au/SA/superhero/>

Thank you to our contributors for the 2020 show bags:



ABOUT FOODBANK SA

Foodbank South Australia is a non-profit organisation established in South Australia in 2000, with a vision to achieve a South Australia without hunger. Foodbank SA sources food from the food industry and makes it available to welfare agencies and people in need.

Foodbank SA offers a variety of foods, either free of charge or at low cost, to welfare and community support agencies, including schools. Last financial year alone, Foodbank South Australia provided enough food for more than 5.6 million meals, providing food relief to 126,000+ South Australians every month. The reality is that young people are more likely to go hungry than adults, as more than one-third are children. At Foodbank SA we aim to reduce the number of rumbling tummies, by supporting over 500 school programs across the state.

For more information



[FOODBANKSA.ORG.AU/SUPERHERO](https://www.foodbank.org.au/superhero)





PROGRAM STEP-BY-STEP GUIDE



1. REGISTER VIA [HTTPS://WWW.FOODBANK.ORG.AU/SA/SUPERHERO](https://www.foodbank.org.au/sa/superhero)



2. DOWNLOAD AND PRINT YOUR ACTIVITIES AND RESOURCES



3. WATCH OUR VIDEOS AND ACCESS OUR AVAILABLE RESOURCES TO LEARN MORE



4. HAVE FUN DOING YOUR MONTHLY ACTIVITIES



5. SUBMIT YOUR ACTIVITY TO GO IN THE RUNNING TO WIN A PRIZE EVERY MONTH



6. KEEP AN EYE OUT FOR UPDATES ABOUT NEW MONTHLY ACTIVITIES



7. TELL YOUR FRIENDS ABOUT OUR PROGRAM SO THEY CAN ALSO JOIN THE FOODBANK SA SUPERHERO FAMILY

For more information



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