

Maddi's Fridge

Goals:

1. To develop awareness of food insecurity and how it affects people in different ways.
 2. To increase children's understanding of the causes of food insecurity and how communities respond.
 3. To foster empathy, kindness, and the importance of helping others.
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Materials:

Maddi's Fridge by Lois Brandt

Reading and Discussion:

1. **Read aloud and discuss *Maddi's Fridge*.**
 2. **Use guiding questions:**
 - When Sofia opened Maddi's fridge, what details stood out to her?
 - What might it feel like to come home and not see much food in your refrigerator?
 - Why do you think Maddi didn't want Sofia to talk about what she saw?
 - How did Sofia try to solve the problem on her own? What challenges did she run into?
 - What made Sofia finally decide to share Maddi's secret with her mom?
 - What changed for Maddi and her family once others knew what was happening?
 3. **Discussion about food insecurity and community support:**
 - Why do you think Maddi might have felt embarrassed about her fridge being empty?
 - Have you ever tried to solve a problem by yourself but realized you needed help? How is that similar to Sofia's experience?
 - How did the story show the importance of friendship and trust?
 - In the story, Maddi's fridge was nearly empty. In real life, what are some reasons a family might not have enough food?
 - What does the term food insecurity mean, and how is it different from just feeling hungry for a little while?
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Activities:

- **Design a Full Fridge** - Give students the blank refrigerator template. Ask them to draw or write what they would like to see inside a fridge if it were always full and healthy.
- **Community Connection:** Make a class list of ways kids can help — food drives, gardening, helping neighbors, writing thank-you notes to community organizations.