

Issue Areas:
Hunger



Free Rice

Freerice is a 100% non-profit website that is owned by and supports [the United Nations World Food Programme](#) which is the world's largest humanitarian agency fighting hunger worldwide. Freerice is an ad-supported, free-to-play website that allows players to donate to charities by playing multiple-choice quiz games. For every question the user answers correctly, 10 grains of rice are donated via the World Food Programme.

Freerice has two goals:

- Provide education to everyone for free.
- Help end world hunger by providing rice to hungry people for free.

You can help people around the world by playing the game!



What You Need

- Computer
- Internet Connection
- If under 14, a parent/guardian is needed to help with registration



How You Do It

- 1 Go to [freerice.com](#).
- 2 Register.
- 3 Pick a subject and play.
- 4 Answer questions correctly and donate 10 grains of rice!



Before the project

READ ONE OF THESE BOOKS.

The Good Garden: How One Family Went from Hunger to Having Enough (CitizenKid)
by Katie Smith Milway

An inspiring story of one struggling farming family in Honduras and their journey to growing enough food to meet their needs. Based on the real story of farm

transformation underway in Honduras and many other countries, this book offers children ways they can be part of the movement to grow "good gardens" and foster food security.

Eleven-year-old Maria Luz and her family live on a small farm. This year their crop is poor, and they may not have enough to eat or to sell for other essentials, such as health care, school uniforms and books. When Maria's father must leave home to find work, she is left in charge of their garden. Then a new teacher comes to Maria's school and introduces her to sustainable farming practices that yield good crops. As Maria begins to use the same methods at home, she too sees improvements, which allow her family to edge their way out of the grip of the greedy "coyotes" -- the middlemen who make profits on the backs of poor farmers. Little by little, the farms -- and the hopes -- of Maria and her neighbors are transformed as good gardens begin to grow.

***Maddi's Fridge* by Lois Brandt**

Best friends Sofia and Maddi live in the same neighborhood, go to the same school, and play in the same park, but while Sofia's fridge at home is full of nutritious food, the fridge at Maddi's house is empty. With humor and warmth, this storybook addresses the issues of poverty and hunger. A call to action section, with six effective ways for children to help fight hunger and information on antihunger groups, is also included.