

# Nickel-A-Meal

## Hunger Workbook



**Presbytery of Eastern Virginia**

Healthy, Growing Congregations Working Together

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## The Purpose and Benefit of a Booklet

An aid for Churches in establishing or improving Hunger Ministries and their Nickel-A-Meal Program.

This booklet will share ideas from churches already involved in Nickel-a-Meal/NAM as well as strategies for getting started and/or updating your Nickel-a-Meal (NAM) program.

Please feel free to contact the Hunger Committee or the Hunger Action Enabler. Feel free to share with them any question you may have or strategies that work well with you! You may contact the Jessica Fitzgerald Administrative Assistant/Hunger Action Enabler at the Presbytery Office: 757-397-7063 X308 or [jessica@pcusa-peva.org](mailto:jessica@pcusa-peva.org)

## Introduction

All of us who follow Christ take seriously the words, “Feed my Sheep,” in both a spiritual and a literal way. None of us doubt that feeding the hungry is holy work. Our hearts hurt along with God’s heart when we see children who languish from insufficient nutrition and adults who are disabled by their hunger and thus prevented from being productive and whole human persons. Scriptural references for justice for the poor are numerous and well-known.

***PCUSA Hunger Program*** - PCUSA General Assembly’s Hunger Program is funded by 36% of the annual “One Great Hour of Sharing” offering. The offering is received in most congregations on Easter Sunday, Palm Sunday or both, while many receive it throughout Lent.

***The Nickel-A-Meal Program (NAM)*** - was adopted by the Presbytery over sixteen years ago to provide funds for hunger ministries within the bounds of PEVA. It is supported by funds collected through the NAM offering. Funds are received from congregations, youth groups, Sunday schools, PW groups and individuals.

Many congregations have been faithfully ministering to the hungry in differing ways, and the Nickel-a-Meal or (NAM) program can support and undergird those programs by educating the congregation further about hunger causes and by providing ongoing funding.

# Common Affirmation on Global Hunger



The NAM offering is only part of the overall strategy of the Presbyterian Hunger Program.

The Common Affirmation on Global Hunger set out five ways to address hunger and its causes in the United States and around the world.

- Direct Hunger Relief - responding with gifts of food to those suffering from chronic or acute hunger in the United States and around the world. Also, grants are made to food pantries, shelters or other ministries for feeding.
- Development Assistance – *“If you give a person a fish, you feed them for a day; but if you teach them how to fish, you feed them for a lifetime”* This strategy promotes the self-development of people, teaching better and sustainable agricultural practices, cooperative economic development, effective soil conservation, water resource development, equitable food distribution, community organizing, and nutrition education, family planning and health.
- Public Policy – Many times hunger can be addressed through changing government policies, and also through promoting freedom from oppressive and unjust systems. Presbyterians must stand for justice in those areas where the voices of the poor are not heard: support advocacy for child nutrition programs, welfare reform that provides real opportunity, foreign aid directed toward the needs of the poor, sustainable agricultural practices and the survival of family farms, as well as trade policies which protect the most vulnerable and debt relief for the poorest nations.

- Lifestyle Integrity - How we live our individual and family lives is a very personal matter, but it also has global implications in this world where some go hungry because others consume too much. This aspect of addressing hunger asks us all to be aware of the limited resources of our Earth and learn to live in ways that conserve, reuse and recycle; and, to bring other practices into our lives that help move the world to a sustainable future. Churches and corporations are challenged as well.
  
- Education & Interpretation – People need to hear about the root causes of hunger and how our individual and local efforts make a difference. Those that understand are motivated to take action. Learning about hunger and our response to it begins with the Bible. The Old Testament abounds with stories, prophecies and psalms about God's concern for justice for those who are oppressed and about God's desire that God's people will be instruments of that justice.



## Participate in NAM

*“Give us this day our daily bread”*

Matthew 6:11

Many who pray this prayer each day never have their hunger satisfied. As you consider taking part in Nickel-A-Meal, may we call to mind their need and our ability to help.

Please consider your participation in the NAM program of the Presbytery of Eastern Virginia. Each congregation can participate in Nickel-a-Meal (NAM) in a unique way tailored to its needs. There are several choices to be made.

- A seasonal emphasis, perhaps in the fall with the start of Sunday school, continuing through Thanksgiving
- A year-round emphasis with seasonally or monthly scheduled collection times in the worship service.
- It can also be a family-oriented program that can be done in homes of church members, including children of all ages. In fact, children often have very tender hearts toward those who have less than they do and may lead the way for their whole family and church in collecting spare change or nickels which, added together, can help make a difference

There are two ways of putting the funds collected to work:

- Pass 100% of the collection to the Presbytery of Eastern Virginia (PEVA) Hunger Committee’s Nickel-a-Meal/NAM fund for dispersal through grants.
- Split the funds 50% with your congregation’s hunger ministries and 50% with the PEVA Hunger Committee’s Nickel-a-Meal/NAM Fund.

## Getting Started

1. First step is to choose a committee or task force to plan for the Nickel-a-Meal program, educate, oversee its implementation and evaluate. If your congregation does not yet have a person named has hunger advocate, this would be a fine time to choose one. The support of the pastor will be invaluable.
2. The committee or task force should spend time in prayer before establishing objectives for their efforts and goals for their NAM offering. It may be wise for the committee to educate themselves on hunger issues and become familiar with the denominational programs and their own church's strategies regarding hunger (food pantries, homeless shelters, other local community ministries supported by the church) Resources and materials are available with an emphasis on hunger online at the [PEVA's Resource Center](#), the [PCUSA market place](#), the [Food and Faith blog](#), visit [bread for the world](#) and [Feeding America](#). Take the time to study the PCUSA Hunger [Resource Enough for Everyone](#) and the [Hunger Bible Study](#). The Hunger Committee or Hunger Action Enabler will be glad to meet with the committee or task force if needed.
3. Decide among the options of the introduction; how to conduct the offering and how to disburse the funds.
4. Plan for introducing the NAM offering to the congregation. People often feel overwhelmed by the hunger needs in the world and appreciate being shown that even collecting spare change and nickels and adding them together can make a difference. This is a good opportunity to educate people about root causes of hunger in this country and the globe.

5. Attractive coverings for containers or container of your choice may be made from a page of this workbook that includes designs and logos for duplication. Alternatively, it may be fun to have a contest among the children of the church for a design to become your church's identifying cover. Or, you could host a prayer writing contest for a prayer to go on the containers. It is important to incorporate children in various ministries of the church and this is a perfect opportunity.
  
6. Some churches have had a great deal of fun when the containers are brought into worship. The coins are collected in large galvanized buckets to take advantage of the sound of coin money. The children are delighted to pour their coins from home into the buckets.
  
7. Do an evaluation of what went well and what may be improved for your next offerings. Stay in touch with the efforts of other churches through the Hunger Committee, Hunger Newsletter, or the PEVA website

# How NAM Funds Have Been Used

Funds passed along to the Nickel-a-Meal/NAM fund of PEVA are used for grants to local ministries within the bounds of PEVA that fit the five emphases of the Presbyterian Hunger Program, and

The Nickel-a-Meal Program:

- Raises awareness of hunger and its surrounding issues
- Helps make hearts sensitive
- Fosters a global awareness of people and church
- Teaches giving and stewardship
- Encourages our connectionalism
- Actually raises a surprising amount of money
- Enables local congregations to begin hunger programs
- Supports the work of the Hunger Committee
- Helps families work together
- Helps congregations work together
- Is theology and faith in action

First priority is given to first time organizational requests and Presbyterian Church related groups within the bounds of PEVA.

Second priority will be ecumenical groups which may include a Presbyterian presence.

In the past ten years grants have been given to:

- The Salvation Army - Soup
- Covenant Presbyterian Church's Food Bank
- Downtown Hampton Child Development Center
- First Portsmouth Presbyterian Church's Food Bank
- First Hampton Presbyterian Church's Food Bank

- FISH
- Food Bank of the Eastern Shore
- Franklin Presbyterian Church's Food Bank
- Glenwood Presbyterian Church's Food Bank
- Ghent Area Ministries
- HELP (Hampton Ecumenical Lodging and Provisions, INC.)
- HER Shelter
- Jeremiah Project
- Kids' Café, Food Bank of Southeastern VA
- Kirkwood Presbyterian Church's Food Bank
- Loaves and Fishes (Ocean View Presbyterian Church)
- Menchville House Ministries
- Oasis Social Ministry
- P.A.R.C. (Portsmouth Area Resources Coalition)
- Royster Memorial Presbyterian Church's Food Bank
- Simonsdale Presbyterian Church's Food Bank
- South Eastern Virginia Food Bank
- St. Columba Ministries
- The Dwelling Place
- Kitchen Ministry
- Transitions Family Service
- Victims Against Crime

## Ideas to Place on Collection Containers

***And Jesus said,  
"You give them  
something to  
eat."  
Mark 6:37***

***"What does God  
require of us? To do  
justice, love, mercy  
and walk humbly  
with our God"  
Micah 6:8***

*Lord,  
Take this spare change that we give  
At every meal each day  
And help some hungry people find  
Some food to eat, we pray.  
We pray for homeless people, too  
For people who are cold  
For people now who need your love  
With sorrows yet untold.  
  
Take all the little things we do  
Take all the prayers we pray  
And spread your love like sunshine  
Around the world today.*

**Nickel-A-Meal**

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## **NICKEL-A-MEAL Covenant**

Through God's love, we covenant with other members of the Presbytery of Eastern Virginia to:

- Become a partner of the Nickel-A-Meal Program.
- Enter into this covenant with prayer, understanding and gifts.
- Share concerns of the world's hungry with my family and other Christians.
- Give spare change (or a nickel) a meal for the outreach ministries of my Church and Presbytery.

*Dear God,  
I gratefully bow my  
head, to thank you  
for our daily bread.  
And may there be a  
Godly share on  
every table  
everywhere.*

*Amen*



# Facts About Hunger & Root Causes

- More than 990 million people in the world are chronically undernourished and suffer chronic hunger.
- 1.4 billion People in developing countries live in extreme poverty, or on less than \$1.25 a day.
- Every day 16,000 children die before they reach their fifth birthday. One third of these deaths are due directly or indirectly to hunger and malnutrition.
- 14.6% of U.S. households struggle to put enough food on the table - that's more than 48.8 million Americans.
- In the U.S. nearly one in four children live in households that struggle to put food on the table, there is not enough to eat.
- The causes of hunger in the U.S. are rooted in poverty. Millions of Americans earning low wages struggle to put food on the table and make ends meet.
- Most Americans will live in poverty at some point before age 65.
- Nearly 44 million Americans now depend on SNAP to put food on their tables. Nearly half of SNAP participants are children and 8% are age 60 or older.
- WIC serves nearly 9 million American women and young children.
- U.S. poverty-focused development assistance has tripled, but this amount still represents a small percent of the federal budget.

- Poverty rates in rural America are higher than in urban areas of the country. People in rural areas have been living in poverty for at least four decades.
- 1 in 4 residents in South-eastern Virginia (Hampton Roads) hunger is a reality.
- 2 in 5 residents on the Peninsula, (Hampton Roads) hunger is a reality.
- 1 in 3 residents on the Eastern Shore of Virginia, hunger is a reality.

***\*\*THESE NUMBERS ARE SUBJECT TO CHANGE \*\****

# Hunger & Justice in the Bible

*And Jesus said to his disciples when they wanted to send the people away into the villages to get food for themselves, "No, you give them something to eat."*



- **Matthew 25:31-46** I was hungry and you fed me
- **Matthew 25:31-46** When did we see you hungry
- **Mark 6:35-44; Matthew 14:15-21; Luke 9:10-17; John 6:5-13** - Feeding the 5,000
- **Mark 6:30-44** Jesus feed the multitudes
- **Mark 8:1-9** Feeding the multitude
- **Luke 3:11** If you have two coats, give one to someone who has none.
- **Luke 14:12-14** Invite the poor to your dinner
- **Luke 3:10-11** Whoever has food must do likewise...
- **Luke 4:18-19** the Spirit of the Lord is upon me...
- **Luke 10:25-37** Parable of the Good Samaritan
- **Luke 16:19-31** Rich man and Lazarus
- **I Corinthians 16:1-2** Put aside for the needy
- **II Corinthians 8:1-15** Sharing surplus with the needy
- **James 2:14-17** If a brother or sister is ill-clad and in lack of daily food...
- **Galatians 2:10** Remember the poor
- **I John 3:16-18** Let us not love in word or speech but in deed and truth.
- **Leviticus 19:9-10** On leaving crops in the field for the poor and the sojourner.

- **Deuteronomy 15:7-8** Do not be hard-hearted or tight fisted toward your needy neighbor.
- **Deuteronomy 15:7-11** Open your hand to the poor and needy neighbor...
- **Psalms 146 5-8** Happy are those who give food to the poor.
- **Psalms 41:1-3** God sustains and protects those who give to the poor.
- **Psalms 72 12-14** “Defend the cause of the poor”
- **Psalms 82** Give justice to the weak and the orphan...
- **Proverbs 126:5-8** Happy are they who are kind to the poor
- **Proverbs 19:17** What you give to the poor is a loan to the Lord.
- **Proverbs 21:13** Listen to the cry of the poor
- **Isaiah 58:5-10** Pour yourselves out for the hungry
- **Jeremiah 22:13-16** To know the Lord is to do justice
- **Micah 6:6-8** What does the Lord require of us...
- **Exodus 16:1-12** God feeds the people
- **Leviticus 19:9-10** When you reap the harvest of your land...
- **Amos 5:21-24** Let justice roll down like waters...



## Let's Move Initiative

PC (USA) is excited to work with the [Let's Move Initiative](#).

Poverty in a world of abundance is an intolerable violation of God's good creation; hunger and obesity are symptoms of such poverty. It is our responsibility as individuals, as the church and as a nation to eliminate the root causes of hunger.

There is a [Toolkit for Faith-Based & Neighborhood Organizations](#) available to equip you and your congregation.

**Below is a list of a few ways you and your congregation can get involved:**

- Start a [community garden](#)
- Adding more fresh produce and healthy food at church functions, fellowship time, church potlucks, food pantries and soup kitchens.
- Connect with families in your congregation and community to hold a health fair at your church.
- Partner with your local food bank to support a Backpack Program to provide children with healthy food options when they are not at school. The Backpack Program gives hungry children food to take home on the weekends or during school vacations. [Click here for information on the Backpack Program.](#)
- Becoming a [Summer Food Service Program](#)

- Host a cooking and nutrition class for church members and people in the community.
- Creating a community cookbook with healthy recipes (could be used as a ministry fund raiser)
- Communicate with convenience and grocery store managers about stocking healthier and local food options, including fresh fruits and vegetables.
- Starting an after-school or summer recreation program for children, or volunteer at an existing recreation program
- Study [Just Eating: Practicing Our Faith at the Table](#)

# Hunger Games

## Enough for Everyone

**Objective:** In this game, participants are encouraged to work together to share increasingly limited resources. This cooperation is designed to promote discussion about sharing and how people treat one another. This activity is appropriate for the younger participants as well.

**Time:** 15 minutes, but discussion may take longer

**Materials:** Chair, radio, music

- Begin by playing traditional musical chairs.
- Form a circle of chairs, one less than the number of individuals participating.
- Begin the music, and have participants move around the chairs in a circle.
- Each time the music is stopped, the participant left standing is eliminated, and another chair is removed.
- When the game is finished, start the game over. This time, each time the music is stopped, only a chair is eliminated; all participants continue to play.
- More and more people must find a way to sit on fewer and fewer chairs, until finally, everyone must sit on one chair.
- Once the commotion dies down, ask everyone to sit down, and think about how they acted toward one another in each of the games.



## Discussion:

- When were you trying to beat someone else?
- When were you trying to work together?
- How did you feel about the first game?
- How did you feel about the second? How did it feel to have enough chairs, and then to slowly lose them until there wasn't enough room for everyone?
- What would it be like if this was the amount of food you had to eat, instead of the number of chairs you had to sit on? How would this affect your life

## Giving Food to Others:

**Materials:** Lists of food to bring for a food pantry/closet or food bank this could be your church food pantry or closet.



Colored markers or crayons

- Tell the participants about a food pantry or bank in your community or church.
- If possible, invite a representative from the organization to describe it to the group or go visit the organization.
- Talk with the participants about what they can bring for the food pantry.
- Provide them with lists to take home and to distribute to the congregation. They can decorate the lists with drawings.
- Plan a way to keep track of the amount of food they collect.

## Here are some ideas:

- Fill brown paper grocery bags as the food is brought in.
- See how many bags of food you can make.

- Draw cans of food on a piece of poster board for every five (or ten) food items collected by the participants
- Set aside a corner of the learning area to collect the food. Count the number of items each week.
- Ask the participants to keep track of the food they gather.

## Hunger Stories:

- Jane, who is twelve, lives with her mother and her grandmother. Also in the house are her brother Paul and sister Nancy, who are teenagers.

Her grandmother does not work, so she does the cooking. Jane remembers when her mother had a good job and the family would go to a restaurant once or twice a month. No more. Her mother lost her job and now has a low-paying job.



Before her mother found this job, the family sometimes waited at the back door of a nearby restaurant. They took the food that was thrown into the dumpster.

They don't do that now, but some days they have only rice to eat. Her mother's salary doesn't go far when there are also bills for electricity, clothes and food. Jane remembers the nice restaurant meals with her family and wishes they could do that again.

- John, who is eight, has one brother, who is nine. He lives with his mother and her new husband. His mother works in a factory, but his stepfather is often unable to work.

John's favorite food is pizza. His mother makes it two or three times a month. Usually, they have hamburgers, hot dogs or spaghetti. For breakfast, they eat cereal. They almost never have dessert, not fruit or cookies, much less ice cream.

The closest grocery store is three miles from John's house. Sometimes they do not have enough money to put gas in the car and to buy groceries.

Then his mother puts gas in the car and goes to a food bank, where the food is free. But there isn't much choice of food and everything is canned. John's mother would like to provide a healthier menu for her family.

- Not everyone who is hungry lives with a family. Deborah lives alone. She cannot work because she fell and can no longer walk without a cane.

Although she enjoys cooking for her grandchildren, she doesn't bother to cook for herself. When she eats alone, it is usually cereal or some canned food like spaghetti or soup.

Because Deborah worked as a maid, she doesn't get a pension. Every month she worries that she will be unable to pay her bills or that she will get sick and need expensive medicine.

- Sarah is 5 and lives with her mother and her brother (7) and her sister (8). All three children are in school. On school days they have enough to eat because they eat breakfast and lunch at school.

On other days and during vacation time, they don't always have enough money to buy food for three meals every day.

Their mother works but sometimes there is not enough money in her paycheck to pay all the bills and buy food before the next paycheck comes.

Sarah's sister has a school friend who often invites her for the day when there is no school. Often Sarah's sister brings snacks home for Sarah and her brother.

Sarah wishes she were older and could visit a school friend when there is no school.

### **Ways to Use These Stories:**

Read all or one of the stories to the participants.

- Ask them if they have ever been seriously hungry or known someone at school, work or in the community who doesn't have enough to eat.
- Ask them to think of ways they might help the hungry person.
- Have them act out the story and what they hope will happen next.
- Then talk about ways to help the hungry person.
- Provide art materials for the participants to draw pictures of hunger in the United States or provide photos to view.
- Think of your own way to use these stories

## Simply Soup

Many families cannot afford to eat nutritious meals on a limited income and food budget.



A simple soup served with bread like those that are served at a soup kitchen is a great way to start the conversation of hunger-related issues in the community with your church or congregation. Serve up your favorite simple soup.

Invite a soup kitchen volunteer to talk with your congregation about how they serve those in need. Collect a hunger offering during that fellowship time, place a collection can at each table. Announce that the offering will be split 50/50 to help support the soup kitchen and PEVA's NAM Hunger Fund to alleviate hunger. Or you could charge a fee for the meal and that fee could be split 50/50.

### **Lentil Soup**

1 pound dried lentils  
3 quarts cold water  
salt, pepper  
2 stalks of celery diced  
2 carrots diced  
2 diced tomatoes  
1 medium onion diced  
1 large garlic clove mashed

Wash lentils in cold water, sort and drain. Place lentils in a pan with salt and water. Cover and simmer 45 minutes. Mash, sieve or blend part of the lentils if desired. Add diced vegetables, garlic. Simmer 40 minutes more and season to taste. Garnish with Grated Parmesan.

You could also read the "Stone Soup" folktale during this fellowship time. There are several versions of this children's folktale in the local book stores and online.

## Stone Soup Children's Folktale

A Scandinavian Folktale (Adapted By Gayle Bittinger)

Once upon a time there was an old woman who lived by herself in a little cottage.

One evening an old man came to her door. "Do you have food for a hungry old man to eat and a place for a tired old man to rest?" he asked.

"I suppose you could rest here for while," said the old woman. "but I have no food to eat."

"Well then, you must be very hungry." said the old man. "Lend me a pot, and I'll make stone soup for us both."

The old woman was very curious about the old man's stone soup, so she lent him a pot.

The old man filled the pot with water and set it over the fire. He took a large stone from his pocket, washed and dried it carefully and rubbed it three times. Then he placed the stone in the pot of water.

"If only I had a handful of flour, this soup would taste ever so much better." said the old man. "But, there's no use thinking about what one hasn't got."

The old woman thought she might have a handful of flour. She went and found it and gave it to the old man, and he stirred it into the soup.

"If only I had a few small vegetables, this soup would be quite delicious." said the old man. "But, there's no use thinking about what one hasn't got."

The old woman thought she might have a few small vegetables. She went and found them and gave them to the old man, and he stirred them into the soup

“If I only had a bit of beef, this soup would be good enough for company.” said the old man. “But, there’s no use thinking about what one hasn’t got.

The old woman said she thought she might have a bit of beef, so she went and found it and added it to the soup. The old man kept stirring and stirring.

“If only I had a little barley and a drop of milk, this soup would be fit for a king,” said the old man. “But, there’s no use thinking about what one hasn’t got.”

The old woman thought she might have a little barley and a drop of milk, so she went and found them. She gave them to the old man, and he slowly stirred them into the soup.

“Our soup is ready now.” the old man announced. “We’ll have a grand feast tonight.”

The old woman was amazed. “Imagine,” she said, “soup from a stone!”



## Feeding a Family

(adapted from *Make Hunger History*)

- Form four groups of participants (children and adults). Give each group a paper describing its family and income. Each group is to plan a nutritious menu for one day, based on the money it has.
- When they have finished have them present their menus. Invite them to talk about the ease or difficulty in making the decisions and to compare the results.
- Then read Matthew 14:14-21 to the group.
- Ask, “Why do you think Jesus wanted food for the people?”
- After they have talked about this question, encourage them to think about what God wants for all people.
- From this point, move to a prayer for people who are hungry or a discussion of ways the group can work to help hungry people.



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**Family 1:** There are three people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for three people**

- Cereal and fruit: \$2
- Frozen waffles and fruit: \$3
- Toast: \$1

**Lunch for three people**

- Cheese sandwiches: \$2
- Ham sandwiches, apples and cookies: \$4
- Peanut butter & jelly sandwiches and carrots: \$2

**Dinner for three people**

- Spaghetti, salad and bread: \$5
- Hot dogs and soup: \$4
- Dinner at a pizza place: \$15

**Snacks for three people**

- Ice cream: \$4
- Fruit: \$2
- Cheese and crackers: \$2

**Circle your choices. How much will your menu cost:**  
per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

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**Family 2:** There are five people in your family. You have \$22 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for five people**

- Cereal and fruit: \$4
- Frozen waffles and fruit: \$5
- Toast: \$2

**Lunch for five people**

- Cheese sandwiches: \$4
- Ham sandwiches, apples and cookies: \$6
- Peanut butter & jelly sandwiches and carrots: \$4

**Dinner for five people**

- Spaghetti, salad and bread: \$8
- Hot dogs and soup: \$6
- Dinner at a pizza place: \$20

**Snacks for five people**

- Ice cream: \$6
- Fruit: \$3
- Cheese and crackers: \$4

**Circle your choices. How much will your menu cost:**  
per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

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**Family 3:** There are four people in your family. You have \$10 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for four people**

- Cereal and fruit: \$3
- Frozen waffles and fruit: \$4
- Toast: \$2

**Lunch for four people**

- Cheese sandwiches: \$3
- Ham sandwiches, apples and cookies: \$5
- Peanut butter & jelly sandwiches and carrots: \$3

**Dinner for four people**

- Spaghetti, salad and bread: \$7
- Hot dogs and soup: \$5
- Dinner at a pizza place: \$18

**Snacks for four people**

- Ice cream: \$5
- Fruit: \$2
- Cheese and crackers: \$3

**Circle your choices. How much will your menu cost:**  
per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

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**Family 4:** There are four people in your family. You have \$37 to spend on food for one day. How can you use this money to provide a nutritious menu? (Costs are for the meal for the whole family.)

**Breakfast for four people**

- Cereal and fruit: \$3
- Frozen waffles and fruit: \$4
- Toast: \$2

**Lunch for four people**

- Cheese sandwiches: \$3
- Ham sandwiches, apples and cookies: \$5
- Peanut butter & jelly sandwiches and carrots: \$2

**Dinner for four people**

- Spaghetti, salad and bread: \$7
- Hot dogs and soup: \$5
- Dinner at a pizza place: \$18

**Snacks for four people**

- Ice cream: \$5
- Fruit: \$2
- Cheese and crackers: \$3

**Circle your choices. How much will your menu cost:**

per day \_\_\_\_\_, per week \_\_\_\_\_, per year \_\_\_\_\_?

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## Show Your Concern by Writing a Letter

“Speak out for those who cannot speak, for the rights of the poor and needy” **Proverbs 31: 8-9**

Our United States government can influence other nations to aid those in need. A great deal more can be done for underprivileged in this country.

It is very important for adults (and children also) to contact your representatives and senators in Congress as well as local leaders to advocate for:

- Strong SNAP (food stamps), WIC (women, infants and children) and senior nutrition programs.

Here are steps to follow to help you write your letter to the official who represents you:

- Find the names of the people serving your federal and state elected officials. Find their names by entering your zip code [www.Congress.org](http://www.Congress.org)
- Write a draft of what you want to say. What do you want to see changed? Do you have personal stories to tell?
- Read your letter. Is there something else you want to say? Did you explain why you are writing?
- Check your letter again for spelling and punctuation.
- Sign your letter, put it in an envelope. Address it and put it in the mail.

# (Sample Letter)

Your Name and address

Date

Representative \_\_\_\_\_  
U.S. House of Representatives  
Washington, DC 20515

Senator \_\_\_\_\_  
U.S. Senate  
Washington, DC 20510

Dear Representative \_\_\_\_\_, or Dear Senator \_\_\_\_\_

I ask you to stand up for hungry and poor people in the United States by protecting funding for domestic nutrition programs that alleviate hunger and help lift Americans out of poverty. While we must work to reduce our deficit, our choices must not hurt those whom Jesus called the least among us.

Cuts to programs such as SNAP and WIC will put millions of American families at risk of hunger. I urge you to form a circle of protection around funding for domestic nutrition programs that help meet the nutritional needs of millions of American families.

Sincerely,

(your name and age)

## How Congregations Participate in Hunger Ministry

Percent of congregations participating, alone or with their presbytery or other congregations. (PCUSA .org/today/March 2012)

- 93% Provide or support a food pantry
- 60% Support an international hunger or poverty reduction program
- 57% Support a local poverty reduction program with funds or volunteers
- 55% Serve meals to the hungry
- 31% Use or sell fair trade coffee or other products
- 28% Use Cents-Ability resources to raise awareness and fund to fight hunger
- 23% Use curriculum and other resources from the Presbyterian Hunger Program
- 13% Forward legislative alerts about hunger issue to members
- 13% Grow food to share at a food pantry of feeding program
- 7% Participate in Bread for the World's Offering of letters
- 6% Participate in the Fair Food Program



