

## **TAKE THE CHALLENGE!!**

This Spring, Social Concerns invites you to take our hunger challenge for one week or one month and learn more about yourself, your local community, and the problem of hunger in our world.

### **One Week:**

Can your family live one week eating only what is provided in an emergency food box?

**How:** Take a copy of the shopping list below next time you go grocery shopping. Buy only what is listed for a family of your size - no substitutions! If you have school-age children, you may buy them extra food for breakfast and they can also purchase a hot lunch every day at school as many people receiving emergency food are also eligible for free school breakfast and lunch. Don't forget that you do not have access to a full spice rack and stocked pantry. You may use salt, pepper, sugar, ketchup and mustard since those condiments are often found in free individual packages.

**When/How Long?** Emergency food baskets are generally designed to last 3-7 days depending on the food pantry. This list is for Shepherd's Storehouse and should last 5-7 days.

### **One Month:**

Can your family live for one month eating only food that can be purchased using SNAP (formerly food stamps) funds?

**How:** The average Oregon SNAP benefit per person is \$26.50 per week plus \$11 for each person eligible to receive Women, Infants, and Children benefits.

(Pregnant or postpartum women, infants and children up to age 5 are eligible.) Purchase only as much food as is covered by SNAP benefits. School-aged children may also buy hot lunches at school as many people eligible for SNAP benefits also qualify for free school lunches. Other than school lunch, though, no eating out!

**How Long?** One month. You may figure your family's total monthly benefit and keep a running tally of what has been spent rather than breaking it down per week. Don't forget that you would not have access to a fully stocked pantry and spice rack. You may need to purchase staples like flour and cooking oil at the beginning of the month to use throughout the challenge.

### **Growing and Learning:**

- Try having each family member journal about how they felt (physically and mentally) during the week, what they missed most, what they learned about themselves, and what changes in perception they may have had regarding chronic hunger and those who must rely on emergency food assistance.
- Consider reading aloud one of the bible verses listed below at each family meal and discussing God's word in regards to hunger.
- Consider donating any money you saved during the challenge to a hunger relief charity.

-Learn more about how these hunger relief agencies are helping people facing poverty throughout our local community and the world:

[Lutheran Hunger Appeal](#)

[Care To Share](#)

[Bread For The World](#)

[World Food Program \(United Nations\)](#)

[The Oregon Food Bank](#)

***Have you experienced these challenges for real?***

We'd love for you to share your story, techniques for stretching food, recipes and wisdom.

***Tell us your experience:***

E-mail us at SOVHungerChallenge@gmail.com to share what you learned, recipes you may have come up with using the food on the list, how long the food box or SNAP benefits lasted for your family, and one or two food items you think should be added to enhance the food box.

We hope to compile recipes to include with our food boxes and would love to share some of your stories. We will keep all submissions confidential and anonymous.