

## HUNGER WORKSHOP OUTLINE

for a 60-minute Session (expand accordingly for a 90-minute Session)

- 1) Leave Hunger quiz on seats, suggest that early birds can do now or later...
- 2) Introductions - give only name, where live, favorite food to cook (10 minutes including time for people to get settled and start quiz if they wish; don't go over quiz, they can check answers on own from back of sheet)
- 3) Brief Talk (5 minutes):
  - ❖ Statistics can seem unreal or distance us from the harsh reality. Ask participants the size of the elementary school they went to? 16,000 kids die every day due to hunger and hunger-related diseases. Have them do the math of how many schools of kids are wiped out by hunger every day.
  - ❖ 1 child dies of hunger every 5 seconds. Leader should count out the deaths at each 5 second interval for between 30-60 seconds. This adds up to 720 children dying during our 60-minute workshop. (1 minute)
  - ❖ Tsunami in Asia killed 125,000. Every week 168,000 die of hunger. Hunger and poverty is the Silent Tsunami
  - ❖ Almost hopeless situation. Not improving. Gap between rich (which includes us - If we make \$30K, we are in top 7%; If \$50K, less than 1%) and poor increasing in Africa, L. America region and U.S.
  - ❖ *"To a man with an empty stomach, food is God"* (Gandhi) Can we bring the Good News of the Gospel if we don't also work with people to address crushing poverty, and suffering and death that comes with it?
  - ❖ Almost hopeless. But we are persons of faith with scripture that talks about hunger and poverty in 3,000 passages. Through our Good Works to combat hunger and assist the most vulnerable in our neighborhoods and world, we are acting as Jesus did. We are doing God's work. Through each tiny act, we are bringing about God's Kingdom. This is our responsibility. This is our grand challenge. Each of us is given the moral authority in this struggle to end this Silent Tsunami. *What could be more important?*

- ❖ Overwhelming problems like world hunger must be addressed one small step at a time. Such actions, committed in faith and with love, can have far-reaching effects. Let us look at a few cases of people who have embarked on that path.

- 4) Break into groups of three or four, and give each group one case study to Examine. (Two people can read off of each sheet.) Also give the Hunger Summary-page 17. (Allow 10 (or more if you have a 90-minutes session) minutes for reading and discussion within small groups)

Introduce these as stories of individuals who are working with hunger issues in one way or another. They feature:

- A volunteer who raises money for hunger through CROP WALKS
- A Filipino community organizer
- A well-known researcher, writer, and theorist
- A woman providing hands-on help to young families

Discuss the following questions within small groups. They are also printed on the case studies.

- ❖ What motivated this person to become involved with hunger issues?
- ❖ How did he or she go about exploring the problem?
- ❖ What appears to be the cause – or causes – of the hunger this person is addressing?
- ❖ Which of the root causes of hunger does this person's ministry address? See the Hunger Summary (page 17).

- 5) Brief report backs. Call on 4 volunteers from groups who did different people. Have spokesperson give name, summary of what they do, and what cause of hunger they are addressing. (10 minutes; or call on more and have more discussion about root causes for longer session)
- 6) Go back into small groups; hand out Faith in Action Steps and have them read through; choose one or think up your own; if willing, profess the action they will take to group. If there is time, have them brainstorm about what they would do on their own or together with others if they had a year of their life to devote to the hungry. *[hand out "Ideas for Group Action"]* Ask for volunteers to report on what small step they will do. *[End the workshop and refer people to the Just Eating curriculum, other PHP resources and web site]* (15-30 minutes)

## Leader Resource 3-2

### Hunger Quiz

*This is an optional exercise for the Unit 3 session. Most of these questions are covered in the Introduction to Hunger in the Participant Book, page 17.*

1. The number of hungry people in the world is closest to the entire population of:  
A) New York City B) the U.S. C) North America D) the Western Hemisphere
2. **True or False:** World hunger has decreased over the past century, with the greatest gains made since 1995.
3. **True or False:** Most people who die of hunger die in a famine related to natural disasters.
4. How many people die of hunger each day, worldwide?  
A) 4,000 B) 10,000 C) 20,000 D) 24,000
5. What percent of the number of deaths above are children under five?  
A) 25% B) 50% C) 75% D) 90%
6. What percent of people suffering from hunger worldwide are women and girls?  
A) 80% B) 70% C) 60% D) 50%
7. In the United States, \_\_\_ percent of the population lives in poverty.  
A) 6% B) 9% C) 12.5% D) 30%
8. If all 36 million Americans faced with food insecurity stood in line at a food pantry in New York City, the line would stretch to:  
A) Chicago B) Denver C) Los Angeles D) To Los Angeles and back
9. **True or False:** It is possible for a family of five to fall below the poverty line even if both parents are working full time.
10. **True or False:** Globalization benefits hungry people by enabling them to find new markets for their goods.
11. Who said, "I never take care of crowds, only of one person. If I stop to look at the crowds, I would never begin."

## ***Leader Resource 3-2***

### **Hunger Quiz Answers**

1. D) According to the Food and Agriculture Organization of the United Nations, the number of chronically hungry people in the world is estimated at 852 million. This is closest to the population of the Western Hemisphere, roughly 875 million.

2. False: trick question. Hunger *has* decreased over the last century with the greatest improvements made in Asia. However, the period from the mid-1990s to the present has seen an increase in hungry people. Between 1995 and 2001, the number of malnourished people across the developing world grew an average of 4.5 million a year. The AIDS pandemic in sub-Saharan Africa is a factor.

3. False. These deaths account for less than 10% of hunger deaths. Many more die from hunger related to war and even more die from chronic malnutrition due to poverty.

4. D) At least 25,000

5. C) 75%

6. B) 70% Gender matters when it comes to hunger. The elderly are another at-risk population.

7. C) 12.5% That's 36 million people.

8. D) A line of 36 million people would reach to Los Angeles and back.

9. True. Two parents working full time at minimum wage (\$5.15/hr.) would earn about \$20,600. The poverty line for a family of five is \$22,030. Also note that the method for calculating the poverty line was developed in the 1960s before health care costs rose dramatically. Many families living over the poverty line still experience hunger.

10. More often than not, this is false. The liberalization of trade, along with communication and transportation advances, has created new market opportunities if one has the capital, infrastructure, training, and vision to take advantage of these opportunities. Hungry people, especially small-scale farmers, who make up a large percentage of the poor, rarely benefit. Rather, increasing hunger and the threat of famine are often the result as cheap imports rush in and the poor find their markets eroded by goods from industrialized nations. A Church World Service executive reports that a Filipino who worked with people displaced by commercial mining operations in Mindinao once told him, "If you are rich, globalization means development. If you are poor, globalization means death."

11. Mother Theresa

# HUNGER



There is food enough for all, yet hunger persists. Hunger continues to plague our world because people either do not have access to food or they cannot afford to buy the food that is available. Over 852 million people around the world receive insufficient nutrition. One in five of them is a child. Most live in the so-called “developing world.” But hunger haunts us at home too, and the number of poor and hungry among our fellow citizens continues to rise. While the world has made great strides in the struggle against hunger, we are a long way from realizing the goal of the last World Food Conference to cut hunger in half by 2015. The roots of hunger are found in poverty, war, inequitable trade patterns, ignorance, disease, and environmental degradation.

Why, in a world of plenty, are so many hungry? <sup>18</sup>

- **Poverty:** 1.2 billion people in developing countries live on an income of \$1 a day or less. While poverty has declined in some areas, especially East Asia, in other regions, especially Africa, the number of persons living in extreme poverty has increased. Living at such a marginal level means an incredible vulnerability to changes in climate, crop prices, and health problems.
- **Powerlessness:** Hungry people often feel, and are, unable to affect their circumstances due to illiteracy, political oppression, or lack of access to land, credit, education, and political decision-making. Gender discrimination also plays a role. Despite the fact that women are often the primary producers of food, seventy percent of those who suffer from hunger worldwide are women and girls.
- **Debt:** Debt obligations, often amassed by long-gone leaders, leave vulnerable nations with vastly reduced resources to meet people’s needs. Despite recent efforts at debt relief, some countries are still spending more on debt repayment than on education, health care, and nutrition combined.

- **Violence and Militarism:** Civil conflict disrupts agriculture, uproots people, destroys infrastructure, increases debt from military expenditure, and drains precious resources from social programs. At present there are almost 15 million refugees and 25 million internally displaced persons worldwide.

• **Population:** Increasing populations test the limits of fragile environments and further tax impoverished nations’ abilities to meet their people’s education, health, and nutritional needs. On the other hand children, especially male children, are the only form of social security many will ever know. So in Africa, where a child is 20 times more likely to die by age 5 than in the U.S., it makes sense to have a large family.

- **Economic Globalization:** The integration of societies and economies, characterized by the opening of borders to foreign investment and trade, has stimulated growth and opportunity for some, but caused poverty, unemployment, and food insecurity for many others. The benefits tend to accrue to the strongest and wealthiest countries and companies, and the gap between rich and poor increases daily.
- **AIDS:** AIDS has killed around 7 million agricultural workers since 1985 in the 25 worst-affected African countries.
- **Environmental degradation:** Healthy ecosystems produce abundantly; abused land does not. Misused land, depleted soils, and scarce fresh water contribute to hunger and spark conflicts that add to the problem.

The next time you take communion, know that you are enacting an alternative to the harsh face of hunger: a world where resources are shared, where leaders are servants of all, and where all have enough to eat. This ritual is also a call to engage the world, that the reality we enact at communion might become a reality for hungry people around the world.

### **Leader Resource 3-3**

## **People Against Hunger: Konrad Bald**

Volunteer — It's good for you, and others, too!

I will never forget having to beg for food. As a teenager, I trudged from farm to farm in post WWII Germany, asking for help. My family had nothing to trade so I just begged. Luckily — and maybe it was because I was so skinny -- the farm wives were generous and would usually give me some bread. Good farm bread!

My fortune took a turn when my high school advisor told me about a U.S. program, run by the military, to bring selected German students to study in the United States for one year to learn about democracy. The advisor urged me to apply, which I did. That fall I found myself headed for Cornell with a one-year scholarship. The most important thing that happened during that year was the meeting of my wonderful wife, Dell, who was also a student at Cornell. I came to the United States as an immigrant in 1952 and built my career. Dell and I moved to Barrington, IL, in 1981, where we joined the Atonement Lutheran Church.

In 1983 the pastor at Atonement asked me to represent the church at a CROP WALK meeting. That got me on the committee to plan the first-ever Barrington CROP WALK. It also involved me with local hunger agencies and opened my eyes to some parts of the community I had not known about. It was a surprise to learn that there was so much hunger in the richest country in the world!

After I retired from the nerve-wracking corporate world in 1984, I decided to get more active in social ministries, and so started my second “career” as a volunteer. My positions with the CROP WALK, the Northern Illinois Food Bank, Public Action to Deliver Shelter (PADS), the Steven Ministry, among others, have kept me busier than ever. It is also more rewarding than my previous work, and I would highly recommend finding ways to volunteer to everyone. There is much to do!

*- Konrad Bald, who tells his story above, is known as “the longest serving volunteer” with the Northern Illinois Food Bank. He has served for 15 years with the Northwest Suburban PADS and has become the number-one CROPWALKER in the U.S. In his 21 years of walking, Konrad has raised more than \$100,000 to feed the hungry. His highest single year saw him top \$21,000 — an individual effort that exceeds many CROP WALK totals for entire communities! Konrad is also an avid organic gardener and bakes a mean loaf of sourdough rye bread!*

### **Discussion Questions**

- What motivated this person to become involved with hunger issues?
- How did he go about exploring the problem?
- What appear to be the causes — of the hunger this person is addressing?
- Which of the root causes of hunger does this person's ministry address? See page 17 of the Participant Book.

## Leader Resource 3-4

# People Against Hunger: Manuel Onalan

I was born in Chananaw, one of the tribal villages in the central Cordillera mountains of northern Philippines that was least influenced by the encroachment of outside culture. Travel outside the village became more common in the 1960s. Villagers slowly learned about the market economy by selling and exchanging goods.

As the quest for more production heightened, people cleared wider mountain slopes to plant cash crops, particularly coffee and white beans. This resulted in deforestation and massive topsoil erosion; riverbeds were silted and fish habitats destroyed. Deforestation has also led to the disappearance of the Philippine national bird (the monkey-eating eagle), hawks, reptiles, and other wild animals that used to prey on rodents and rice birds. With their predators gone, the rodents and rice birds now do a lot of damage to farmers' crops.

Producing beans is physically difficult, and the return from all that hard labor is a very small amount of cash. Our tribal people are always at a disadvantage when they exchange their agricultural produce for manufactured goods at the town center or in Tabuk, the provincial capital.

I left the village after third grade to continue going to school, and I didn't plan to return. During the last two years of my college days in the mid-1980s, I got a job working for an American electronics company and at night I attended resistance meetings and protests against the Marcos dictatorship. [During this time,] my appreciation of the Cordillera indigenous cultures was reawakened. That gave me the impetus to return home.

As there was no structure in place for my people to help themselves, I committed myself to help build systems for the tribe's development. With some active elders and young leaders of the tribe, we regularly gathered during evenings and Sundays to brainstorm what to do. At the end of 1988 we organized Ichananaw Tribal Assembly to serve as the institutional channel for the tribe's development. A council of elders was set up as the collective leadership.

The assembly drew up a short-term program to respond to the urgent needs of the tribe such as repairing irrigation canals, widening the foot trails, installing a potable water system, establishing solidarity linkages with outside groups, and continuing awareness-raising among the people on issues such as reforestation.

Today we produce and directly market a variety of red rice called *unoy* to wealthier people, and we are thus able to bring in more money per hectare. By selling the special red rice, farmers can dictate the price of their product and avoid becoming captive to the price fluctuations that are so common in the white rice market.

One cornerstone of ITA's strategies is widening its linkages and partnerships with groups that espouse the principles we believe in. In 1997, ITA established a *bodong* with Mennonite Central Committee, a U.S. development agency. A *bodong* is a peace covenant traditional to people in the Cordilleras. By entering into a *bodong*, the two groups committed themselves to foster the respect of life, to pursue peace and cultural understanding, and to promote development.

- Adapted from "First Person: Manuel Onalan," in *A Common Place*, November 2003. This is a magazine of the Mennonite Central Committee. To subscribe, e-mail [acp@mcc.org](mailto:acp@mcc.org).

## Discussion Questions

- What motivated this person to become involved with hunger issues?
- How did he go about exploring the problem?
- What appear to be the causes of the hunger this person is addressing?
- Which of the root causes of hunger does this person's work address? See page 17 of the Participant Book.

## Leader Resource 3-5

# People Against Hunger: Frances Moore Lappé

For two years, 1967 and 1968, I worked as a community organizer in Philadelphia with a national nonprofit organization of welfare recipients — the Welfare Rights Organization. Our goal was to ensure that welfare recipients got what they were entitled to by law.

Most evenings I came home in tears. Perhaps I had helped someone get her full welfare payment, or forced a landlord to make a critical repair. But I realized that even if I succeeded each day in my immediate goal, I was in no way addressing the root causes of the suffering that was so evident to me. The woman I worked most closely with died of a heart attack at the age of forty-five. I was convinced she died of the stress of poverty.

During these years I became more desperate, not less. But I just kept on doing what I was doing, because I did not know what else to do... Then in the spring of 1969, I made the most important decision of my life... I vowed not to do *anything* to try to “change the world” until I understood why I had chosen one path instead of another, until I understood how my actions could attack the roots of needless suffering.

Very soon, after only a few months, I began to hone in on food.

Why food? In part I was influenced by the emerging ecology movement and the “limits to growth” consciousness. But part of the reason I chose to focus on food was more personal. I became aware of people around me in Berkeley eating differently from the way I did. Some of the foods I had never heard of — bulgur, soy grits, mung beans, tofu, buckwheat groats. What were all these strange things: I was attracted by the incredible variety of colors, aromas, textures. I remember devouring my first “natural foods” cookbook as if it were a novel...

...My diet was changing. My feelings about myself were changing. At the same time, I was learning about “world food problems.” Soon I was reading everything I could find on food and hunger. Something told me that because food is so basic to all of us, if we could just grasp the causes of hunger we would clear a path to understanding the complexities of politics and economics that overwhelm and paralyze so many...

...I read, took notes. I audited courses from soil science to tropical agriculture... I responded to the information I was learning, letting it lead me to the next question. Overall, I wanted to find out just how close we were to the earth’s limits. I wanted to find out for myself the causes of hunger. I wanted to find out what were the important questions to ask ...

...Newspaper headlines and textbooks were all telling me that we had reached the limits of the earth’s ability to feed people. Famine is inevitable we were (and still are) told. Yet my own modest research had shown me that in my own country the food system was well-designed to get rid of a tremendous abundance of grain created by a relentless push to increase production. Because hungry people throughout the world could not afford to buy that grain, it was fed to livestock to provide more meat to the already well-fed. Suddenly I understood that questions about the roots of needless hunger had to focus not on the simple physical limits of the earth, but on the economic and political forces that determine what is planted and who eats...

- from Frances Moore Lappé, *Diet for a Small Planet, 20<sup>th</sup> Anniversary Edition*. New York: Ballantine Books, 1991, pp. 17-21.

*Over thirty years ago, Frances Moore Lappé wrote a one-page handout on her findings that later became the book, Diet for a Small Planet. She has worked on food issues ever since and is a co-founder of The Institute for Food and Development Policy, better known as Food First. This organization is a member-supported, nonprofit “peoples” think tank and education-for-action center. Their work highlights root causes and value-based solutions to hunger and poverty around the world, with a commitment to establishing food as a fundamental human right.*

## **Leader Resource 3-6**

### **People Against Hunger: Lisa Joels**

I started HELP (Helping Enlisted Lives Prosper) after I went to Philadelphia and listened to Colin Powell speak at the President's Summit on Volunteerism. He said, "Go out and help a neighbor. The hardest thing you'll ever do is hold a stranger's hand." It was at a vulnerable time in my own life and his words really got to me.

My son has cancer and he had just gone into remission. I felt so grateful that I wanted to give something back. I'd heard that a lot of enlisted families were having a hard time but I'd never explored it. This time was different; I felt energized and determined. As soon as I got back home, I began driving around the base and knocking on the doors of all the new families. First, I introduced myself; then I asked them how they were doing and if they needed anything. It didn't take long. When I got about four houses into it, I found a girl living in a totally empty house. She didn't tell me anything was wrong, she just seemed really glad that someone had stopped by to welcome her. She invited me in. As soon as I got inside, I said, "Hey, where's your furniture?" She said, "We don't have any." I said, "Where's your car?" She said, "We don't have one." I said, "Where do you sleep?" She pointed to a sleeping bag crumpled up in the middle of the floor. Then I asked if she and the baby had enough food to eat. First, she nodded yes, then her eyes filled up with tears. I was dumbfounded. I came home and I said to my husband, "... You're not going to believe this but, honest to God, I just found these people right down the road from us who have absolutely nothing. She's sixteen years old with a four-month-old baby. Her eighteen-year-old husband was too proud to say, 'I have no bed. I have no food. I have nothing.'"

- from *Loretta Schwartz-Nobel*, *Growing Up Empty: The Hunger Epidemic in America*, New York: HarperCollins, 2002.

My name is Crystal Currie. I am a single mother in the United States Marine Corps. I came to Quantico, VA (from Okinawa, Japan) on 29 September 1998. I was six months pregnant, scared and ready to get out of the Marine Corps. Once I arrived in Virginia, I was placed in Base Housing. I paid out of my pocket, 75% of the rent without furniture of any kind. I had just gotten here and didn't know what to do or who to ask for anything. I was then told about this organization called HELP (Helping Enlisted Lives Prosper). A lady by the name of Lisa came to visit me at the barracks and told me all about herself and the organization. She then took me to a garage sale and I picked out a lot of baby things such as: baby bed, baby swing, car seat, clothes, bottles, toys, baby chair, etc. She also had some furniture for the house. I had gotten end tables, couch, chairs, kitchen tables, dressers, beds, etc. She then took me shopping for groceries and for other necessary needs for the house.

- from the HELP website, [www.help-enlisted.org](http://www.help-enlisted.org)

*Lisa Joels founded Helping Enlisted Lives Prosper at Quantico, a Marine training center in Dumfries, Virginia. HELP builds relationships with America's junior military families by providing basic necessities for their homes free of charge and guiding them toward programs that meet their needs. Lisa also teaches classes in cooking, money management, and life skills.*

### **Discussion Questions**

- What motivated this person to become involved with hunger issues?
- How did she go about exploring the problem?
- What appear to be the causes of the hunger she is addressing?
- Which of the root causes of hunger does her work address? See page 17 of the Participant Book.

## Unit 3: Hunger

# MORE FAITH IN ACTION STEPS

1. Organize a CROP WALK. These WALKS raise awareness about hunger and money for hunger-related causes. For resources, contact Church World Service at 1-888-CWS-CROP (1-888-297-2767) or see their website at [www.churchworldservice.org](http://www.churchworldservice.org). CWS is a cooperative ministry of 36 Protestant, Orthodox, and Anglican denominations, providing sustainable self-help and development, disaster relief, and refugee assistance in more than 80 countries.
2. Plan a vacation Bible school or other group activity for children centering on hunger. Use your denomination's hunger education resources, or request *Build A Better World: Activities for Children* from Church World Service. For intergenerational activities, request *What Do You Know About Hunger? Hunger Activities That Work* and CWS's *Facts Have Faces* leaflets. See the contact information above.
3. Subscribe to your denomination's hunger, poverty, and health information and advocacy e-mail list serves. Most denominations use Bread for the World [www.bread.org](http://www.bread.org) as one way of advocating around hunger concerns through Offerings of Letters. Church World Service also provides a Speak Out e-mail list serve which provides updates and alerts on public policy issues related to hunger and related issues. You can sign up at [www.churchworldservice.org](http://www.churchworldservice.org).
4. Call up your middle governing body or national staff to learn about ways to get involved in the cause of ending hunger. Visit your denomination's hunger website. For example, the Presbyterian Hunger Program has developed innovative approaches to addressing the underlying causes of hunger and related injustices, such as their Food & Faith Initiative, Enough for Everyone, and Joining Hands Against Hunger. All of these can be accessed through their website at [www.pcusa.org/hunger/](http://www.pcusa.org/hunger/).
5. International trade rules that affect agricultural products can threaten the food security of people and entire nations. Learn how *just* trade can help fight hunger and poverty. Great places to begin are the websites of the Presbyterian Church (USA)'s Just Trade [www.pcusa.org/trade](http://www.pcusa.org/trade), Ecumenical Advocacy Alliance [www.e-alliance.ch](http://www.e-alliance.ch), Church World Service [www.churchworldservice.org](http://www.churchworldservice.org), and the U.S. Interfaith Trade Justice Campaign [www.tradejusticeusa.org](http://www.tradejusticeusa.org).
6. If Americans were to reduce their meat consumption by only 10 percent for one year, it would free 12 million tons of grain for human consumption – or enough to feed 60 million people (Robbins, 2002). If you do eat meat, talk with your household about why you eat meat, any concerns, and what limits you might want to put on your consumption. For example, some people buy only meat that is certified humanely raised; others avoid beef but eat fish and chicken; others limit quantity; others, of course, get all their protein from plant sources.
7. Find a copy of your church budget and review your congregation's financial commitments. How is your church connected to hunger? What percentage of your budget reaches people who are needy enough to struggle with hunger?
8. Learn what it is like to eat and feed your family while living in poverty. See the innovative "Poverty Diet" program of the Virginia Interfaith Center for Public Policy [www.virginiainterfaithcenter.org](http://www.virginiainterfaithcenter.org). A free, full curriculum including personal stories and statistics concerning hunger and poverty is available for download.

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## MORE HEALTHY EATING TIPS

1. Review Resources 2-2 through 2-6 for more healthy eating tips or continue the ones you tried last week.
2. Find out how much meat you eat this week by keeping a list of your diet. If you are not pleased with what you find out, see Resource 2-6 for suggestions on ways to reduce the amount of meat in your diet. This month, try one new vegetarian recipe each week.
3. Get acquainted with your own hunger this week. When you feel hungry for a snack, wait and live with your hunger for an hour or two. In Unit 6, we will reflect on fasting, but you may wish to try skipping a meal or fast for a day. Before you eat and while you are eating, ask yourself, "Am I hungry for this or am I just eating?" Our bodies know what we need and don't need if we learn to listen to them.

## Resource 6-1

# A FEW IDEAS FOR GROUP ACTIONS

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**Design a communion service** for your congregation incorporating ideas and experiences your group has had. Consider asking a local farmer to tell his or her story.

**Examine your communal food practices:** Do food and fellowship opportunities at your church invariably feature high calorie snacks? Consider a modest change. Add some nutritious options to the coffee hour menu, children and youth meal, or alternate feasts with humbler fare.

**Serve your congregation a meal** featuring new recipes you have learned to enjoy during this course. Have group members tell a little bit about their experiences and learnings. Explain why food is a faith issue. Present the meal as a gift you want to share, not a heavy-handed sales pitch.

**Start a weight loss group.**

**Advocate for change at a local grocery store:** Are there foods on the shelf that appall you? Are there nutritious foods you can't find? Are there organic and fair trade options? Make an appointment with the store manager and visit as a group. Explain what change you would like to see and why. Also pledge your commitment to buy the requested items if they are stocked.

**Organize a CROP WALK** or increase your congregation's participation in the CROP WALK in your area. For more information, call 1-888-CWS-CROP (1-888-297-2767) or visit [www.cropwalk.org](http://www.cropwalk.org).

**Adopt a local food pantry** or soup kitchen.

**Plan a more in-depth study** on one of the topics this curriculum covers, focusing on circumstances in your own community.

**Start a Congregation Supported Agriculture (CSA)** initiative at your church by finding people who wish to contract with a local farmer to provide fresh produce during the growing season.

**Plan a fellowship meal** using ideas from the optional group meals suggested in the leader's guide for this curriculum.

**Create a congregational cookbook:** Breathe new life into this tired genre by creating a cookbook that features healthful, locally grown food in season. Arrange recipes month by month, along with information on where to purchase the ingredients. Imagine having the wisdom of your whole church at your fingertips next August when nature rains zucchini in bushels!

**Buy fair trade coffee for coffee hour and for purchase:** Make this a church or workplace policy.

**Start a farmer's market** in your parking lot or a vegetable exchange table in your fellowship hall.

**Support each other** in the individual changes people have chosen to make. This is not a small thing!