



Hunger Solidarity Challenge

As a way of standing in solidarity with people who are hungry throughout the Archdiocese of Cincinnati, Weavers of Justice, the social justice collaborative of Dayton-area parishes and organizations, encourages the community to a Hunger Solidarity Challenge in finding and buying groceries for a week this Lent.

Finding and fixing meals is not easy for people who live on a limited income with no transportation. If a person has to walk to get groceries in some urban neighborhoods, the shopping choices are often a gas station, a pharmacy or a dollar-type store.

The “footsteps” of the Challenge are simple:

- The Challenge will occur March 22-28 (Sunday to Saturday)
- Limit cost of food and beverages to \$4.50 per person per day, \$31.50 per person per week. In 2014 the average Ohio Supplemental Nutrition Assistance Benefit was \$4.39 a day.
- All food purchased and eaten during the Challenge week, including dining out, should be included in the total spending. If you eat food that you already have at home or that is given to you, account for it in your budget.
- Ideally food for the meals should be purchased at a gas station, a pharmacy, or a dollar-type store. Walking to get your food is the preferred transportation, because people on low incomes have to do just that.
- Keep track of your spending, take note of your experiences throughout the week, share your experience and invite others to join you.
- Donate the money you save to CRS Rice Bowl, your church’s hunger program or food pantry, Catholic Social Services of Miami Valley Food Pantry, the Dayton Foodbank, Second Harvest Food Bank or Caritas Internationalis
<http://www.caritas.org/>
- Share your experiences through social media (yours, your parish’s, or the Archdiocese of Cincinnati Social Action Office’s Facebook page).

Take this opportunity to get a glimpse into some of the struggles faced by low-income people as they struggle to avoid hunger, eat nutritious foods, and stay healthy with limited resources.

Invite others to join you in this challenge – your friends, family, co-workers, social justice committee, pastoral council, pastoral staff, parishioners!!!