



ELCA FOOD STAMP CHALLENGE

Can \$1 curb your hunger?

Each month about 25 million people in the United States participate in the nation's largest nutrition assistance program: Food Stamps.

Nutrition experts agree that people should eat a wide variety of fruits, vegetables, and low-fat, high-protein foods—the fresher, the better. Food Stamps should help low-income people eat healthy foods, but the current Food Stamp benefit—on average, \$1 per meal—puts many healthy food choices out of reach. Here are typical costs to provide three different healthy lunches:

Kid's Menu:

1/2 peanut butter sandwich
3/4 cup carrots
1/2 orange
hard-boiled egg
1 cup milk

Total Cost: \$1.19

Women's Menu:

1/2 turkey sandwich
2 cups spinach salad with dressing
apple
milk

Total Cost: \$2.40

Men's Menu:

1/2 tuna salad sandwich
1 cup fresh broccoli
1 cup grapes
1 cup milk

Total Cost: \$1.63

One dollar is not enough

to provide any of these meals. What would you leave out? What would you substitute? Would it be healthy to make such compromises every day, for every meal?

Make a difference for hungry families at
www.elca.org/advocacy/issues/farmbill

To learn more about the Farm Bill, visit

www.elca.org/advocacy

This year, Congress will reauthorize the U.S. Farm Bill. The Food Stamp program is part of the Farm Bill. Call or write your member of Congress and ask her/him to make sure that Food Stamp benefits are increased to help low-income families purchase healthy foods.

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Join the conversation
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<http://curbyourhunger.blogspot.com>

During our fellowship hour today we will gather and eat “Food Stamp Challenge” lunches. Each meal will contain only the portion of a healthy meal that can be purchased with one dollar. An offering will be collected to support the ELCA World Hunger Appeal. Everyone is welcome!

