

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 program: Food Stamps. The reality for many folks who participate in the Food Stamp program is that the average benefit of \$1 per-person, per-meal is not nearly enough and many healthy food choices are out of reach.

This fall, Congress will reauthorize or write a new U.S. Farm Bill. The Food Stamp program is part of the Farm Bill so now is our chance to make needed comprehensive reform happen. We can help family farmers and reduce hunger for millions of Americans!

Here's what you can do...

- **Take The Food Stamp Challenge:** Can \$1 curb your hunger? The challenge before you is to live for one week on the national average Food Stamp benefit of \$1 per-person, per-meal. Try serving a Food Stamp Challenge meal for your congregation or community. What will you eat? How will you feel? Is it healthy? **Are you hungry?**
- **Make Your Voice Heard:** Call or write your member of Congress and ask her/him to make sure that the per-meal benefit for the Food Stamp program is raised so low-income families can purchase healthy foods like fresh fruits and vegetables. This can help local farmers, too! More and more farmers markets are accepting payment with Food Stamps.
- **Share Your Gifts:** Help hungry neighbors around the world and close to home by giving generously to the ELCA World Hunger Appeal. Consider sharing the money you saved in food costs by participating in the Food Stamp Challenge. Give online at www.elca.org/giving or call 1-800-638-3522.
- **Pray:** Please remember those who are hungry in your prayers.

Food Stamp Challenge guidelines, FAQ's, leader guides, congressional contacts, meal planning, and educational resources available at www.elca.org/advocacy