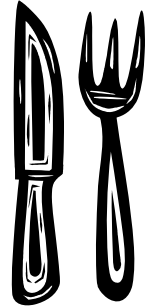


ELCA FOOD STAMP CHALLENGE

Can \$1 Curb Your Hunger?

The challenge before you is to live for one week on the allotted Food Stamp allowance of \$1 per-person, per-meal. That means each person has \$21.00 to spend on food during your Food Stamp Challenge week.



Below are a few guidelines to help you prepare.

ELCA Food Stamp Challenge Guidelines

- √ All food and beverage purchased and consumed during your week of the Food Stamp Challenge must be included in your weekly allowance. Try and purchase food only at places that accept Food Stamps.
- √ During the challenge, only eat food that you purchased for the project. Do not eat food that you already purchased; start with an "empty cupboard". NOTE: You do not have to include the cost of spices and condiments in your weekly total.
- √ Try to avoid accepting free food from friends, family, or work.
- √ Here are some items that you cannot buy with Food Stamps: beer, wine, liquor, cigarettes, pet food, household supplies, vitamins, medicine, and hot food (prepared items).
- √ If you feel ill or begin to have health effects, discontinue your participation.

- √ During your Food Stamp Challenge, contact your member of Congress and ask her/him to make sure that the per-meal allowance for the Food Stamp program is raised so low-income families can purchase healthy foods. Congressional contacts and helpful talking points are available at www.elca.org/advocacy
- √ Let us know if you or your congregation take the Food Stamp Challenge! E-mail us at hunger@elca.org
- √ Consider donating the money you saved by participating in the ELCA Food Stamp Challenge to the ELCA World Hunger Appeal. Give through your congregation, visit www.elca.org/giving or mail a check to:
ELCA World Hunger
P.O. Box 71764
Chicago, IL 60694-1764
- √ During your week on the ELCA Food Stamp Challenge, find an opportunity to share your experience with the entire congregation. Give a temple talk during worship or host a forum/class about the Farm Bill and Food Stamps.
- √ Involve whole congregation in the ELCA Food Stamp Challenge. One great way to engage your entire community would be to host a Food Stamp Challenge meal. Ideas can be found at www.elca.org/advocacy.

Online orientation sessions available!

Saturday, July 28th @ 1PM EST/10AM PST

Thursday, August 2nd @ 1PM EST/10AM PST

Wednesday, August 15th @ 7PM EST/4PM PST

Monday, August 20th @ 12PM EST/9AM PST

To learn more or sign up, e-mail christopher.carpenter@elca.org