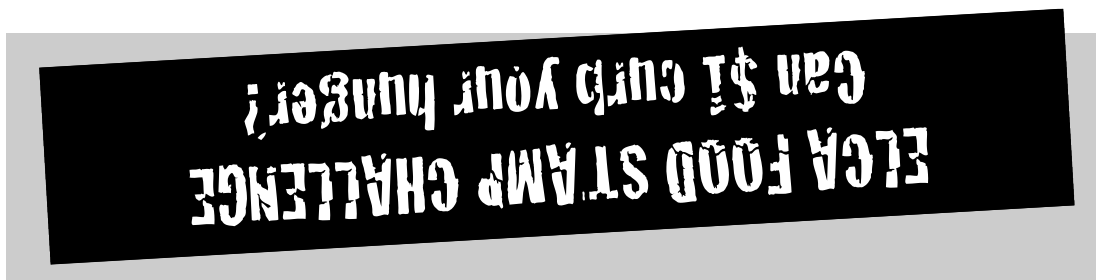


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curbyourhunger.
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Pray. Take time to pray for hungry people.
Share your gifts. Gifts to ELCA World Hunger support relief, development, education, and advocacy to help communities address the root causes of hunger and poverty. Our gifts become healthy food, clean water, gifts of animals, and so much more as we walk with neighbors near and far to share God's abundance. Send your gift to ELCA World Hunger Appeal, P.O. Box 71764, Chicago, IL 60694-1764.
Make your voice heard. This fall, 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 the per-meal benefit for the Food Stamp program is raised so low-income families can purchase healthy foods like fresh fruits and veggies. This can help local farmers, too! More and more farmers' markets are accepting payment with food stamps.

TAKE ACTION!



Discussion Questions

Currently the average Food Stamp benefit is \$1 per meal, per person. Should the Food Stamp benefit be raised?

Why are many healthy foods like fruits and vegetables more expensive per serving than “junk” foods like soda, French fries, or cookies?

How could we help our local farmers AND encourage each other in making healthy food choices?

What can we do as people of faith and as a church to help people break free of hunger and poverty?

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