



The Oregon-Idaho Annual Conference
The United Methodist Church

October is Hunger Awareness Month



As a congregation, take the ***Food Stamp Challenge***.

- Live for a week on \$21 per person.
- Assume you are beginning with only the most basic condiments. Plan, shop for, prepare and eat a week's worth of meals spending no more than that amount.
- Reflect on the experience with others who also participated. What were the hardest challenges? How would (or did) your experience differ if you had special dietary needs or restrictions? Work more than one job? Have limited access to transportation and/or affordable grocery stores?

At every meal, pray for those who are hungry, for those who provide your food, and for those working to eliminate hunger. What God is saying to you through this time of prayer and how you are being called to respond?

Learn about the realities of hunger in your state or your community. See the Bishop's Initiative website (www.umi.net) for resources.



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