

Broken Bread

Newsletter of Social Ministries for Peace & Justice, Des Moines Presbytery
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In this issue:

HUNGER ACTION

About 925 million people suffer from hunger worldwide. That's one out of every seven people. The need is great, problems are big, and injustice is overwhelming.

If 925 million is just too large a number to contemplate, think of your seven closest friends. One of them is desperate—poor, hungry and powerless. You want to help—but how?

We are God's tools of justice and love. Working together we can alleviate hunger and eliminate its causes.

This issue of *Broken Bread* offers some options for HUNGER ACTION for congregations, groups of all sizes, and individuals of all ages.

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WHAT DOES HUNGER FEEL LIKE?

From HUNGER NOTES an online publication of the World Hunger Education Service (WHES)

A HUNGER QUIZ

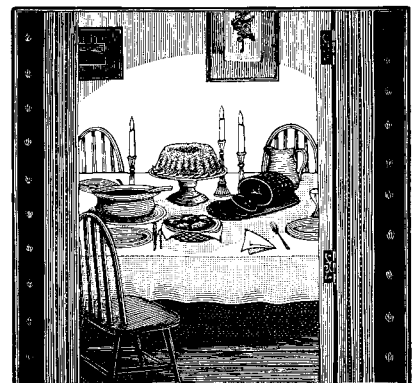
We have all felt the pangs of hunger. Going for a few hours or most of a day without food, we are aware of the keen signal that our body gives our mind that we are hungry—a sharp ache or pang that can drive out most other thoughts. But what is severe hunger like over a longer period? This is really unknown to us. Detailed information about people that have to go without food for long periods due to causes such as conflict and drought is not readily available. Yet it is important to get some idea of what long term hunger is like to help us understand people whose hunger is more acute and gone on much longer than that which we have experienced.

To help us understand hunger existing not for a day, but many weeks, we present, in abridged form, a description provided by Tony Hall (formerly a Congressman from Dayton, Ohio and

ambassador to the United Nations Food and Agriculture Organization) in his 2006 book, *Changing the Face of Hunger* (pp. 74—89). He undertook this fast to protest an action of Congress. He fasted from April 4 to April 26, 1993—three weeks and one day.

Being hungry for three weeks, in Hall's words:

Physically and psychologically, the first week of the fast was the hardest. I was horribly hungry—I could say 'in agony'—and getting weaker by the day. I thought constantly about what I would like to eat—that last meal of fried chicken, mashed potatoes, and Caesar salad; some future meals with some of my favorite foods, such as steak, roast beef, and key lime pie....



Family mealtimes were the worst. I couldn't go to the table because the food would be too tempting, and not being able to eat it would be agonizing. Janet, Matt, and Jyl would try to hide from me when they snacked between meals. I followed Dick Gregory's advice to fill up on water. I really poured it down. Since it was the only thing I was consuming, I paid a great deal more attention to it than I ever had before. I really noticed the difference in taste when drunk from the tap at home, the office, or someplace else. My sense of smell also heightened throughout the fast. I could tell what people had eaten because their bodies gave off aromas that I had never noticed before.

The hardest day of the fast came on Easter, which was my seventh day without eating. Janet and I had gone on a retreat in Maryland with some friends, and our friends prepared a typical big American holiday dinner—turkey, potatoes, dressing, pie, cake. It drove me nuts. I had to leave them, go outside and take a walk, to get away from those wonderful aromas. I decided that if I could get through this day, I would be over the hump. I did, and I was.

Just as Dick Gregory said, the sensation of hunger faded in about a week. It's as if the body gives up on getting food and stops demanding it. From then on, I could join my family at mealtimes and not be bothered a bit. It was a revelation about the poor and the hungry, to whom I came to

feel exceptionally close as the fast went on. I now fully understood, in a way I never had before, a strange phenomenon I had witnessed during famines: starving children who refused to eat when food was finally offered to them.



The absence of hunger pangs did not mean I wasn't feeling the physical effects of the fast, however. I'd wake up in the morning feeling fine. My head would be clear. I would think I had lots of energy. But after noon, I would fade. The energy would desert me and weakness would take over. I'd need to nap. Then, when I woke from the nap, I'd feel like I couldn't get up because I was so tired. Lacking the fuel of food, my body temperature apparently dropped, and I felt cold all the time. It also seemed my brain slowed down in the afternoon; I felt "dull." I thought of poor children who don't do well in school, who fall asleep in the afternoon, who become poor students because of poor nutrition. Remarkably, some of my vital signs—blood pressure, the results of blood tests—actually improved.

[On April 26, Hall ended his fast.] Because the fast had been a very public endeavor, I thought the breaking of it should be as well. I invited some reporters to my

office...and had a V-8. I hadn't eaten for twenty-two days, and that thick, salty vegetable juice tasted exceptionally good. Unfortunately I could only sip a little bit. Because my stomach had essentially been shut down for three weeks, I would have to coax it gradually back to use, maybe not being able to enjoy a full meal till the end of the week. I had lost twenty-three pounds—drop-ping from a robust 180 to a gaunt 157.

1. How long did Ambassador Hall fast ?

- One week
- Two weeks
- Three weeks

2. When did Tony Hall feel the hungriest?

- During the first week
- During the second week
- At the end

3. What explanation did he offer for when he felt the hungriest?

- I felt hungriest when my body most needed food
- Early on because later it seems like your body gives up on getting food
- Whenever I was around food

4. During the latter 2-3 weeks of the fast, the principal symptom that Hall described was?

- Acute hunger pangs that inhibited his thinking
- Weight loss
- Lack of energy

ANSWERS:

1. Three weeks
2. During the first week
3. Early on
4. Lack of energy

FOOD STAMP CHALLENGE

From the Food Resource and Action Center (FRAC), 1875 Connecticut Avenue NW, Suite 540, Washington, DC 20009

The Supplemental Nutrition Assistance Program (SNAP) makes a difference in the lives of millions of Americans across the country, but in many cases, the benefits received are too low to allow families to purchase enough nutritious food and to feed their families healthy meals on a consistent basis. After paying for housing, energy and health care expenses, many low-income households have little or no money remaining to spend on food without food stamp benefits. In addition, most food stamp households report that their benefits do not last the entire month. Many are forced to turn to food pantries and soup kitchens.

A SNAP / Food Stamp Challenge gives participants a view of what life can be like for millions of low-income Americans. Most participants take the Challenge for one week, living on the average daily food stamp benefit (about \$4 per person per day). Challenge participants find they have to make difficult food shopping choices, and

often realize how difficult it is to avoid hunger, afford nutritious foods, and stay healthy.



FRAC has supported and fostered SNAP Challenges to help educate the public and opinion leaders about what it means to live on a limited budget. With help from The Hatcher Group, FRAC developed a toolkit for Members of Congress. FRAC also has created materials to help organizations mount Challenges of their own.

The Challenge first captured public attention in 2006 when FRAC allies in Philadelphia, PA hosted one, followed by groups in Wichita, KS. The Challenge took the national stage in 2007 when four Members of Congress – Representatives James McGovern (D-Mass.), Jo Ann Emerson (R-Mo.), Jan Schakowsky (D-Ill.), and Tim Ryan (D-Ohio) – pledged to live for week on an average food stamp budget and blogged about their experiences.

Since then, hundreds – if not thousands – of people have taken the challenge, including Members of Congress, governors, state legislators, mayors, advocates for elderly persons and children, religious

and community leaders, reporters, and average citizens have taken the Challenge. They have educated themselves and their communities about SNAP/Food Stamps, bolstered the public's understanding of the Program, and often created new anti-hunger advocates.

While living on a food stamp budget for just a week cannot come close to the struggles encountered by low-income families week after week and month after month, it does provide those who take the Challenge with a new perspective and greater understanding.

CHALLENGE YOUR _____

Challenge members of your congregation, youth group, or service organization, elected officials or representatives, or television and newspaper journalists to a week on a SNAP budget. Ask those who participate to keep a journal or blog about their experience.



By hosting a Challenge, you can help raise awareness of hunger in your community and the need to keep SNAP strong. FRAC has developed a toolkit and sample materials for you to use in creating your Challenge.

frac.org/leg-act-center/advocacy-tools/

NOURISHING KIDS AND COMMUNITIES

www.farmtoschool.org

WHAT IS FARM TO SCHOOL?

Farm to School enables every child to have access to nutritious food while simultaneously benefiting communities and local farmers. In addition to supplying nourishing, locally grown and produced food in schools, Farm to School programs offer nutrition and agriculture education through taste tests, school gardens, composting pro-rams and farm tours. Such experiences help children understand where their food comes from and how their food choices affect their bodies, environment and community.



WHY FARM TO SCHOOL?

One-third of U.S. children are obese or overweight.

The typical food item in the U.S. travels 1,500 to 2,400 miles from farm to plate.

For every dollar spent on local foods in schools, one to three dollars circulate in the local economy.

BENEFITS OF FARM TO SCHOOL:

The choice of healthier options in the cafeteria through Farm to School meals results in consumption of more fruits and vegetables with an average increase of 0.99 to 1.3 servings per day, including at home.

Schools report a 3 to 16 percent increase in school meal participation when farm-fresh food is served through Farm to School programs.

The major aims of the Farm to School approach are healthy children, healthy farms, and healthy communities. Farm to School programs are based on the premise that students will choose healthier foods, including more fruits and vegetables, if produce are fresh, locally grown, and picked at the peak of their flavor and if those choices are reinforced with educational activities.

Farm to School programs provide benefits to the entire community: children, farmers, food service staff, parents, and teachers.



GROW HEALTHY KIDS AND COMMUNITIES!

It takes a whole community to put nutritious foods from local farms on the menu in schools. How can you get involved?

KIDS eat up this program's delicious foods, creative hands-on lessons and field trips.

FOOD SERVICE STAFF improvise kids' diets by serving appetizing, healthy foods, while supporting the local economy.

PARENTS help Farm to School flourish by promoting programs, organizing field trips and volunteering in classrooms.



TEACHERS elevate the cafeteria into a classroom with lessons on nutrition, agriculture, and the environment.

LEGISLATURE supports healthy communities, farms and children with policies that encourage and enable schools to buy local.

FARMERS restore a connection to eaters and gain reliable new markets in schools.

IDEAS TO IMPLEMENT FARM TO SCHOOL IN YOUR SCHOOL DISTRICT:

Feature local foods in lunch, breakfast or snacks;



Offer a local foods salad bar as part of the National School Lunch Program;

Plan nutrition education activities, such as Harvest of the Month, featuring local foods;

Connect instructional school gardens and garden-based learning activities to the curriculum;

Use local foods as a healthy school fundraiser or featured at a special event;

Organize agriculture education opportunities such as farm tours or farmer's presentations.

HOW TO START FARM TO SCHOOL IN YOUR COMMUNITY:

RESEARCH: With Farm to School programs active in every state, you can learn from previous successes and challenges and begin to identify what you want and what would work best in your school. Visit farmtoschool.org to acquaint yourself with model Farm to School programs and connect with a network of experts in your area.

ORGANIZE: Coordinate a group of cross-sector stakeholders in the community for a meeting to discuss Farm to School (food service directors, parents, teachers, farmers, students, school administration, local non-profits, etc.). Inspire potential supporters with an activity such as a farm tour or a farm-fresh taste test.



ASSESS: Facilitate conversations with various stakeholders to determine the feasibility of the program in your area—discuss where to buy local foods, assess how to serve them at school, develop the budget, and identify staff or volunteers to support the program.



PLAN: Create a short description of your ideal program and then list specific first steps. Successful Farm to School programs are based on relationships of mutual respect and trust; taking the time to understand perspectives and capacities will insure a sustainable program.

BEGIN: Take small steps such as working with one or two products that are easy to process and popular among kids. Local apples, potatoes, or strawberries are a good choice when they are in season. Get comfortable with ordering, delivery, invoicing, and food prep before you scale up.



GIVE THEM SOMETHING TO EAT

Presbyterian Women Following Jesus' Mandate

By Cleda Locey, first moderator of Presbyterian Women (1988-1991), Horizons, November-December 2008



PRESBYTERIAN WOMEN

Each of the Gospels tells the story of Jesus preaching in a deserted area to a crowd of thousands who eventually become hungry. In Mark's version (6:30-44), the disciples express concern to Jesus about the crowd needing a break to find food. Jesus answers, "You give them something to eat." The disciples do just that, and feed 5,000 people with just five loaves and two fish.

People of faith long have followed Jesus' mandate; Presbyterians in the United States have made feeding the hungry a priority for nearly 40 years. Presbyterian women also have sought ways to follow Jesus' mandate to feed the hungry, both by developing new programs and supporting the work of others.

A NETWORK TO ALLEVIATE HUNGER

In 1973, Women of the Church (the women's organization of the Presbyterian Church in the United States [PCUS]) dedicated half of its Birthday Offering to a project from the PCUS's Task Force on World Hunger. James A Cogswell, director of the Task Force on World Hunger, described the project in this way:

Briefly, the program has two prongs. First, to employ several "Hunger Action Specialists"...to stimulate and facilitate action against hunger at the grassroots level by Presbyterian men, women, youth and church courts... [These persons will] work with church courts, congregations, and groups, helping them to find the handle by which they can get at root causes of hunger, in the name of Christ and as a witness to Him.

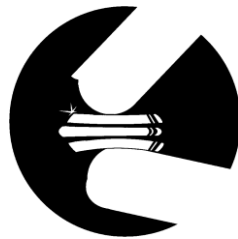
The second prong is to fund carefully selected hunger action projects locally, nationally, and world-wide. In the Task Force we call these "model programs." These are programs that will serve as examples of what can be done when Christians really put their minds and their hands to the Task.

Now known as Hunger Action Enablers (HAEs) these advocates work in synods and presbyteries, educating church members about hunger and its root causes, as well as facilitating local, long-term action to end hunger. Currently 83* HAEs, named by and associated with presbyteries and

synods, lead the PC(USA) in alleviating hunger and eliminating its causes.

*NOTE: As of 2012, there are 33 active HAEs.

Diane Hockenberry, former associate for education and resourcing for the hunger program, commented, "The Hunger Action Enablers are a dedicated, compassionate and diverse group. Each HAE shares his/her special talents and gifts while working with others. Some receive grants, some are volunteers, some have a stipend—and always put in many more hours than they have agreed to provide!"



A FEW CENTS TO END HUNGER

Presbyterian women were instrumental in establishing another anti-hunger program in the Presbyterian Church, too—Cents-Ability (formerly known as Two-Cents-a-Meal). In November 1975, Rosellyn Calvert realized that if families donated what they were able—even as little as two cents a meal—they could reduce the number of hungry people in the world. Her family began sending small monthly checks to the hunger office of the Presbyterian Church in the United States. Then in April 1976, Rosellyn presented an outline of what she and her family were doing to the

Northeast Florida Spring Presbyterial (women's meeting in the presbytery). Her idea became a formal offering and spread around the country.

Today, men, women and children offer a few cents at every meal as an expression of gratitude for what they have been given, and as a commitment to share what they have with others. Contributing two cents a meal, a 200-person congregation can raise \$2,160 a year. Many congregations or PW groups who participate in Cents-Ability give a portion of their offering to local anti-hunger programs and donate at least half of their collection to the Presbyterian Hunger Program, which awards grants to programs around the world that address hunger.

Presbyterian Women also works in partnership with various other denominational agencies and organizations to end hunger. PW is one of four partners in Presbyterian Hunger Program's Enough for Everyone ministry—a program that addresses global poverty, one of the root causes of hunger. Enough for Everyone sponsors projects such as the Presbyterian Coffee Project and Sweat-Free Ts to ensure responsible consumerism and fair wages for workers.

ECUMENICAL, NATIONAL AND INTERNATIONAL WORK TO FIGHT HUNGER

Presbyterian women also support anti-hunger initiatives outside the denomination, including



breadfortheworld
HAVE FAITH. END HUNGER.

BREAD FOR THE WORLD (www.bread.org), a Christian anti-hunger advocacy group that works toward public policy changes to address the root causes of hunger and poverty.



THE SOUPER BOWL OF CARING (www.souperbowl.org), a national ecumenical movement (started by Brad Smith, a Presbyterian minister) that gives youth an opportunity to collect funds for local hunger programs on Super Bowl Sunday.



WORLD FOOD DAY (www.world-foodayusa.org) a worldwide, annual event on October 16 to increase awareness of hunger and promote informed, year-round action to alleviate hunger.



HEIFER
INTERNATIONAL

HEIFER INTERNATIONAL (www.heifer.org), an organization that offers a long-term, sustainable answer to hunger, in the form of livestock, trees and bees, and training in agriculture and animal husbandry.

Concern for the intertwined issues of food and poverty also shapes policies outside Presbyterian Women and the Presbyterian Church (USA). All 192 member states of the United Nations have pledged to achieve eight Millennium Development Goals—goals related to poverty and hunger—by 2015. The first goal is to “halve the proportion of people whose income is less than \$1 a day” and to “half the proportion of people who suffer from hunger.” In 2007 the Churchwide Coordinating Team of Presbyterian Women urged PW to consider the Millennium Development Goals and discover ways to achieve them. Groups around the country are educating themselves, and looking for national and international opportunities to end hunger and poverty.

The PW Purpose encourages us to support the mission of the church worldwide and to work for justice and peace. Let us learn more about mission and justice possibilities around hunger, so that

we can answer Jesus’ call to feed his sheep

**A PRAYER FROM
ART SIMON**

President, Christian Children’s Fund

From “for they shall be fed” edited by Ronald J. Sider

Merciful Lord,
Hunger seems so massive, so intimidating, that we feel helpless. Because there is so much we cannot do, please save us from concluding that, therefore, we can do nothing. Help us, like children learning to walk, to take one small step to assist the hungry. Then show us how to take another step...and another. Free us from the captivity of seeing only what cannot be done, and enable us to see what we can do. Then give us the courage and the love to do it. And help us to do it, Lord, not as an unwanted burden, but as an opportunity to celebrate life more fully and reflect your love more completely. We ask it in the name of your Son, Jesus Christ, who came to save us from sin and death; yes, and to save us also for a life devoted to deeds of love. Amen.

**CROP HUNGER
WALKS**

**IF YOU’RE AN IOWA
COLLEGE STUDENT, RAISING
\$50,000 TO FIGHT HUNGER
AIN’T HAY!**

*Church World Service / CROP,
September 4, 2012*



DeWitt, Iowa, college sophomore Joshua Willey is determined to do his part to end hunger in his lifetime, and he's not deterred by the looming obstacles: the global food crisis, the 1 billion hungry people in the world, this summer's unprecedented droughts or the still sluggish economy that is taking a toll on the budgets of many Americans. Those challenges just make the 19-year-old more determined.

But, then, Willey has been raising money to fight hunger at home and abroad since he was 3 years old, sitting on his grandfather's shoulders in their community's CROP Hunger Walk.

By age 6, Willey was knocking on doors and collecting donations on his own for CROP Walks--the only charity walks in the U.S. that raise funds to fight both local and global hunger.

Over the years, the young humanitarian has raised more than \$50,000 to help fight hunger. Willey received the Iowa Governor's Volunteer Award for his efforts in 2008.

Sponsored by humanitarian agency Church World Service, CROP Hunger Walks are "viewed by many as the granddaddy of charity walks" in America, according to the Los Angeles Times. Part of all CROP Hunger Walk funds raised go to help local hunger relief programs and the rest go to help fund sustainable agriculture, food and nutrition security, water resources and livelihoods programs for poor

people in developing countries.

Since the first CROP Hunger Walk in 1969 in Bismarck, North Dakota – 10 years before the UN designated a World Food Day – CROP Hunger Walks have drawn a loyal following of organizers, volunteers, participants and donors of all ages and stripes. Participants come from local church, interfaith, school, business and other community groups.

Now, more than 2,000 communities participate in some 1,600 CROP Hunger Walks each year, raising \$15 million annually.

The Dewitt fundraiser will be one of 881 CROP Hunger Walks scheduled nationwide this fall around the Oct. 16 commemoration of World Food Day.

Right after Labor Day and in advance of DeWitt's Oct. 7 CROP Hunger Walk, Willey, who is a sophomore at Clinton Community College studying to become an emergency medical technician, will begin collecting money and pledges from longtime supporters and new people he has met.

He still does it the old fashioned way: by knocking on hundreds of doors and making hundreds of phone calls each year.

Willey says he is "just doing what has to be done."

At least 1 in 5 children in the U.S. are hungry. While advances have been made

over the past decade, according to the World Food Program 10.9 million children under 5 in developing countries die each year, most from malnutrition and hunger-related diseases.

"It's not right, it's not acceptable, and it doesn't have to be this way," Willey said.

He said it has been difficult seeing this season's extreme droughts and crop failures in Iowa. "We know that other parts of the world are having terrible droughts, crop failures and hunger, too, like in the Sahel region of Africa. So many children are severely malnourished and their lives are at risk. But people can help themselves and they can feed their children, with a little help from us."

With many families in the U.S. still struggling in the slowest recovery and worst economic times since the Great Depression, Willey and other CROP Hunger Walk organizers believe Americans will keep coming through to help their neighbors at home and their poorest neighbors globally.

How does he think he'll fare this World Food Day season? "I'll make what I can and see what happens," he said.

And what do Willey's peers think of his charitable work? "They think it's pretty cool. They know how much I've made over the years. At one point some of our friends who were attending another school organized a CROP Walk there.

It worked out well, and they continued doing it.”

“The majority of Iowa's CROP Hunger Walk coordinators have been organizing their communities for many years. They and members in local congregations are the heart of leadership throughout the state,” said the Rev. Russell Melby, Iowa director for CWS. “Josh Willey, at age 19, is unique among them based on his age and individual fundraising skills.

“He represents the new generation that will take the baton to assure a future where there is enough food for all.”

Scheduled each year on Oct. 16 by the Food and Agriculture Organization of the United Nations, this year's World Food Day theme is “Agricultural co-operatives -- key to feeding the world.” CROP Hunger Walk sponsor Church World Service supports food cooperatives and sustain-able development programs in its work around the globe.

For locations and dates for fall 2012 CROP Hunger Walks throughout the U.S., for more information, or to make a donation to CROP Hunger Walks:

www.cropwalk.org

or contact a Church World Service / CROP Regional Office, toll-free at 888-CWS-CROP (888-297-2767).

JUST.GOOD.FOOD

From Sarah Moore-Nokes, Associate Executive Presbyter, Winnebago Presbytery, Project Coordinator

There is a new project being introduced in three Upper Midwest Synods of the Presbyterian Church (USA). just.good.food is a way for individual congregations to collaborate with local organizations by growing and distributing food to those who do not have enough. The 2012-2013 pilot will target 100 congregations as participating partners.

The project touches on a number of key issues that are “hot topics” right now—increasing poverty, lack of access to nutritious food, collaborating with local economies as well as the whole movement around sustainability, organic food, and community building.

WHO IS INVOLVED?

The Synods of Lakes and Prairies, Lincoln Trails and Mid-America, located in ten Upper Midwestern states (North Dakota, South Dakota, Minnesota, Wisconsin, Iowa, Nebraska, Kansas, Missouri, Illinois and Indiana).



WHY IS THIS IMPORTANT?

Poverty in the United States has risen to its highest level in 20 years. 15.3% of the population in the Midwest lives at or below the poverty line and access to high quality food is decreasing in so called “food deserts.” There is no evidence that increasing poverty and decreasing access to high quality food will change anytime soon. As a region known for its agriculture, the Upper Midwest has the resources to provide enough for everyone. **This project is a small step toward a big mission - feeding people and strengthening communities.**

HOW WILL IT WORK?

Churches who participate in the pilot year agree to the following:

1) Receive curriculum. There will be two sets of curriculum—one in the fall consisting of stewardship / creation / theology of abundance / connecting in the community themes, and one in the spring consisting of how-to / hands-on information about planning and planting gardens, and distributing food.

2) Plant a garden. Or use a garden or part of a garden that is already planted to grow food for people who need it.

3) Distribute the food locally. Through food pantries, community suppers, giving gardens or some other similar community effort.

4) Report what you do. The reporting will be minimal. Project coordinators hope to know how many people participated. How many pounds of food you grew and to whom it was distributed. They will make it easy with either online reporting or simple forms.

Each congregation will be responsible for intentional collaboration with local human services organizations such as food pantries, community dinners, after school programs, schools, shelters, etc. that need resources to distribute to people who need food. This is neither a new organization nor a one size fits all program. Congregations will have flexibility to engage and sustain partnerships that make sense in their own contexts. What will be effective and helpful in Kansas City may not work for Kearny, NE and it is important that congregations have flexibility to work independently to build these relationships. If your congregation does not have a relationship with a pantry in your area, check out amleharvest.org - a non-profit campaign whose purpose is to connect gardens with pantries.

Many mainline congregations are struggling to find ways to be relevant in the communities in which they serve. Local food, sustainability, organic growing, and building community are areas of interest for many people regardless of their faith affiliation and just. god.food seeks to offer a way for congregations to do mission locally while engaging the community around them.

INTERESTED?

If you and your congregation would like to be involved, contact either Sarah Moore-Nokes or Duane Sweep at sarah@winnebagopresbytery.org or dwsweep@lakesandprairies.org for more information and a starter packet.

SAVE THE DATE

HOPE FOR THE HUNGRY

November 10, 2012

9:00 am – 3:00 pm

St John's Lutheran Church
600 – 6th Avenue, Des Moines

Yogesh Shah, M.D., Associate Dean. Global Health, Des Moines University, will deliver the keynote address: **What Does Hunger Look Like?**

We'll watch the video, **Hunger Hits Home**, followed by a panel discussion.

Local experts will share their experience in three break-out groups:

What does childhood hunger look like... in the school? at home? for the community?

Break-out groups will plan what they will do in 2013 toward alleviating childhood hunger by 2015: hear from experts; identify obstacles; discuss solutions; establish goals; engage committed volunteers.

The Bridge, an ecumenical group of downtown Des Moines churches will provide

lunch. A free-will offering for lunch will support the Bridge's downtown Connection Café, which serves free lunch five days a week to people in need.

The Social Ministries Task Force of the Presbytery of Des Moines is a supporting co-sponsor of the 2012 Hope for the Hungry Symposium.

Registration forms can be downloaded at

http://www.dmreligious.org/use_docs/knowledgecenter/H4H_Registration_Form.pdf

CHILDHOOD HUNGER IN IOWA

From an article by Loretta Baker for "Iowa Connections", the newsletter of the Episcopal Diocese of Iowa

In Iowa we care about our neighbors. *In Iowa one of five children goes to bed hungry.*

In Iowa we grow food for all the world. *In Iowa one of five children goes to bed hungry.*

In Iowa we enjoy a good quality of life. *In Iowa one of five children goes to bed hungry.*



In Iowa we have one of the country's best school systems. *In Iowa one of five children goes to bed hungry.*

In Iowa we've the highest literacy rate in the country. *In Iowa one of five children goes to bed hungry.*

In Iowa we don't have extremes of wealth and poverty. *In Iowa one of five children goes to bed hungry.*

In Iowa we've the best place to raise children. *In Iowa one of five children goes to bed hungry.*

In Iowa we don't have big city problems. *In Iowa one of five children goes to bed hungry.*

In Iowa there is the World Food Prize Center. *In Iowa one of five children goes to bed hungry.*

In Iowa farms are among the world's most productive. *In Iowa one of five children goes to bed hungry.*

In Iowa corn annually overflows the grain bins *In Iowa one of five children goes to bed hungry.*

But still...*In Iowa one of five children goes to bed hungry.*
-Statistics from Food Bank of Iowa

HOW TO LIVE ON \$100 A YEAR

A 10-minute drama from "Hunger – Understanding the Crisis through Games, Drama and Songs" by Patricia Sprinkle

This skit requires no props, no costumes, and no set. It has only two characters, and can be performed in a chancel, in a family room or in a classroom. (For youth groups, use dialog in parentheses where necessary.)

(Two people meet. B looks downcast.)

A: Hey, friend, you look troubled. What's your problem?

B: Money.

A: Can't make ends meet, huh?

B: Meet? I can't even get them in shouting distance. The way prices are going up...



A: *(interrupts)* Friend, have I ever got the program for you! It's called "How to live on one hundred dollars a year.

B: One hundred dollars a year? Is that possible?

A: Sure. Half the people in the world do it all the time.

B: How do I start?

A: First, get rid of all your furniture except one table and one chair. That cuts down not only on payments, but also on cleaning supplies.

B: Cuts down on guests, too. But where do I sit to watch TV?

A: No TV, no radio, no books, or magazines. You're cutting down, remember?

B: Yeah, but...well, I guess I go out for my entertainment?

A: If you like. But give away all your clothes except one outfit – your oldest. And keep one pair of shoes for the head of the family.

B: You mean everybody else goes barefoot? The kids (I) might like that for a while, but I don't know about making it a regular practice. What else?

A: Shut off your electricity, water, and gas. Think of all the money you'll save! And disconnect the phone – don't forget that.

B: How will we run the dishwasher, toaster, hairdryer?

A: Send those to Goodwill. You can't afford them on one hundred dollars a year. And as for baths, use the rain.

B: How will we cook?

A: Gather scraps of wood and things that will burn. It's amazing how much waste wood you can find if you try. But donate most of your food to a crisis center. Keep only a small bag of flour, some sugar and salt, a few moldy potatoes, a handful of onions, and some dried beans. Meal planning becomes a breeze!

B: *(doubtfully)* Is that a balanced diet?

A: Friend, on one hundred dollars a year, you can't have everything.

B: But what if I get sick? I can't even call a doctor – no phone.

A: Use the midwife in a clinic about ten miles away. Half the world does. And if you need a doctor, there's one farther down the road.

B: How long would it take to get to a doctor – driving, I mean.

A: Driving? Oh – I forgot. You'll need to give up your car. They eat up your income.

B: (*sarcastic*) What'll we do with the garage – rent it out?

A: No, live in it. Get rid of the house, too. Of course your garage is larger than the ordinary house allowed in this program, but since you don't have a toolshed...

B: Hey, this isn't living, it's... What do I do about my job (school)? I can't walk there on an empty stomach, in my oldest clothes without a bath, and expect them to let me stay very long. I suppose this program thought of that, too?

A: Sure. Your best bet is to become a tenant farmer. With three acres and a good year, you can expect from one to three hundred dollars' worth of cash crops. Pay the landlord a third and the money lender ten percent, and you get what's left.

B: Money lender? Oh, com on. Why do I need a money lender?

A: Well, some years there'll be a drought, or maybe a flood. Then you won't get a hundred dollars. And you *need* a hundred dollars to live on this program effectively.

B: Yeah, I can see I do. What about saving for my old age?

A: Well, there's bad news and good news. You can't afford insurance, pension plans, or savings accounts, which is bad news. But the good news is that you won't need them.

B: Yeah? Why not?

A: Because under this program you can count on living twenty-five to thirty years less.

B: Oh, that's great. Hey, look forget it, okay? I appreciate your trying to help and all, but suddenly I don't think I need help after all. My bills look pretty small. (*starts to walk away and mutters to self*) That's not living. It's barely existing. In fact, I'm not sure people *could* live like that. (*exits*)

A: (*turns from B to audience and addresses them*) Millions do. As I said before, half the people in our world live on this program year in and year out. They didn't choose it, but they're stuck with it.

In our economy we can't really live on a hundred dollars a year. But could we live on a hundred dollars a year *less*? That's about nine dollars a month, or two dollars a week. Would that require sacrifice? Would we even miss it? Yet think what could be done for

the world's hungry if each person or even each family in this room gave a hundred dollars a year to fight hunger. Shall we?



PRESBYTERIAN HUNGER PROGRAM

PHP provides educational, mission and action programs for Presbyterians passionate about living out God's call to do justice, love mercy and walk humbly. PHP staff coordinate each of the following programs which address hunger issues in a variety of ways:

Joining Hands Against Hunger

Enough for Everyone

Campaign for Fair Food

Food and Faith Initiative

Congregation-based
Community Organizing

www.pcusa.org/hunger



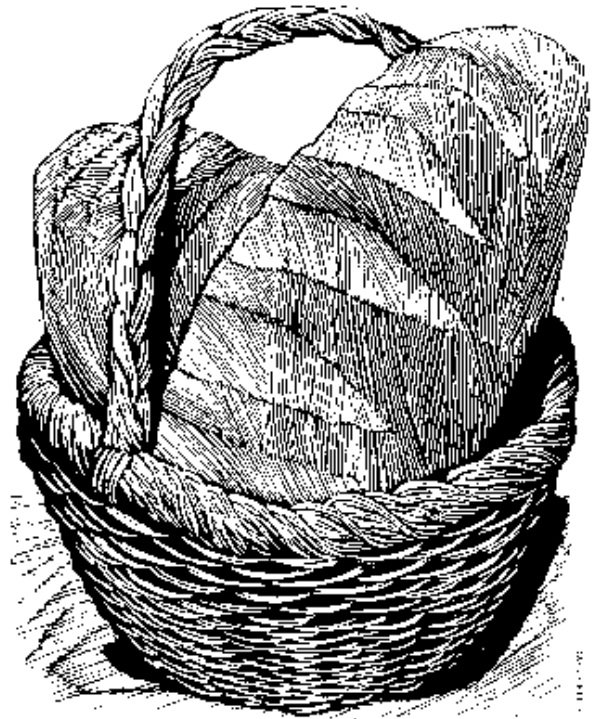
GRAINS OF TRUTH



Words are sweet,
but they never
take the place
of food.

IBO PROVERB

*When people were
hungry,
Jesus didn't say,
"Now is that political
or social?"
He said,
"I feed you."
Because the good
news to a hungry
person is bread.*



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