Hunger in God's World

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art by Kathy Mathis Findlay

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Seeds of Hope, Inc., is a private, independent group of believers responding to a common burden for the poor and hungry of God's world, and acting on the strong belief that biblical mandates to feed the poor were not intended to be optional. For 23 years, the group has sought out people of faith who feel called to care for the poor; and to affirm, enable and empower a variety of responses to the problems of hunger and poverty.

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Hunger in God's World

Instructions for a Workshop about Hunger

This workshop can be adapted to a variety of settings and groups. It has been presented to seminary classes, adult groups, youth groups and confirmation classes. It has been arranged in such settings as four weekly sessions for an all-church gathering, daily sessions during a youth camp and one afternoon session for professional women. The third part is based on Judeo-Christian principles and uses biblical references.

Part 1. Who is Hungry and Why?

Exercise 1. *Who's Got the Food?*

You will need:

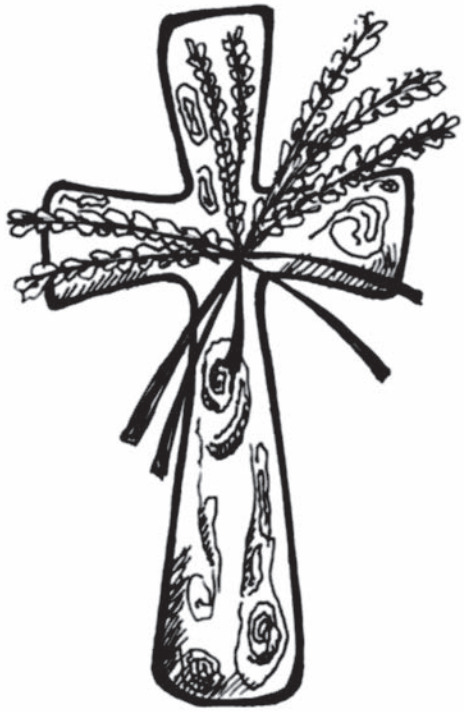
- a large bag (about 3 pounds) of black beans
- wooden or plastic bowls (5 cereal size, one family size)
- slips of colored paper
  - 2 purple, for North America
  - 3 green, for Europe
  - 5 blue, for Central and South America
  - 7 yellow, for Sub-Saharan Africa
  - 10 pink, for the Indian subcontinent

This breakdown is for a group of 30. If you have fewer people, give out one for each color until you have gone all the way through the regions, and then begin adding to the Sub-Saharan Africa and Indian subcontinent groups.

Before the session, pour all of the beans into the large bowl. At the beginning of the session, pass out the colored slips as people enter. When everyone is present and has a slip of paper, ask them to group in different corners or parts of the room. Give each group a bowl and tell them who they represent. Then parcel them out in this way:

- The Indian subcontinent gets half a small bowl.
- Sub-Saharan Africa gets three beans.
- Europe gets one small bowl.
- Central America gets half of a bowl.
- Give North America all of the remaining beans.

Ask the group what is wrong with this distribution and ask if there is anything they can do to make it better. Ask members of each group how it felt to be representing their region. Then explain that there is enough food to feed every person in the world, but they can now see how it is distributed. Initiate a discussion of what can be done to relieve this.



art by Erin Kennedy Mayer

Exercise 2. *Where Are People Hungry?*

You will need:

- a large map of the world (Make sure it is a more recent one, with the sizes of the continents in the correct proportion—where Africa is shown as bigger than North America, for instance.)
- about 20 small paper dolls, an inch tall or smaller, cut apart in "groups" of one, two and three
- cellophane tape or push pins

Before the session, display the map on the wall. Ask the participants where they think people are hungry. Give each of the volunteers one, two or three paper dolls, and ask them to place the dolls on the map where there is food insecurity. If they don't think about the local community on their own, give them hints. You can use the "Where Are People Hungry" tab on the Seeds website (www.seedspublishers.org) to get ideas. You can also go to the World Food Programme's Hunger Map page to get the latest information. (Go to www.wfp.org/content/hunger-map-2015 or search for "World Food Programme" and "Hunger Map.")

Exercise 3. *What's True and What's Not?*

You will need:

- the "true or false" page in the Part 1 documents section (There is also a key in this section.)

Before the session, print the "true or false" page and cut the myths into separate strips. Pass them out randomly and go through each one, referring to the key if you need to do so. You can use the "Hunger Myths" document in the Part 1 section for background information.

Part 2. Hunger Has a Face

You will need:

- the "Five Faces of Hunger in the United States" sheet in the Part 2 section

Before the session, print the "Five Faces of Hunger" sheet and cut the monologues into separate strips. Divide the participants into five groups, give them the strips and ask them to do a dramatic interpretation of their "faces." Encourage them to use props, if they are available. Give them about 10 minutes (this can be flexible) to prepare their "faces" and then ask them to present it to the group. If this is a separate session, given on a separate day, you might consider gathering props (like old clothes from a thrift store) to take with you to the session.

Part 3. What Does God Want from Me?

Exercise 1. *What Does the Bible Say?*

You will need:

- a number of concordances, topical Bible references and Bibles (one of each for every three or four people)
- the 68 Hunger Scriptures master list in the Part 3 section

Distribute the concordances and Bibles to groups of three or four. Ask the groups to find scriptures that refer to feeding the poor, orphans, widows, hungry people; and referring to justice (righteousness), etc. Give them 15 or 20 minutes to look and then ask them to share. Ask if they are surprised at the number of references to these subjects. Use the Hunger Scriptures Master List if you need it. It contains 68 references with notes identifying each passage. (You can also use the 40-day Hunger Calendar from Part 4 for this.)

Exercise 2. *More from the Bible*

This exercise would be good for Part 3 if you don't have time for the first exercise. If you do the first exercise, you may want to omit this exercise.

You will need:

- the "11 Hunger Scriptures" sheet from the Part 3 section

Before the session, print the "Nine Hunger Scriptures" sheet and cut the nine readings apart. *(Note: Some of the readings have more than one reader, and some are longer than others.)* Distribute the readings and ask the participants to read them aloud.

Part 4. What Can One Person Do?

You will need:

- Copies of the "ABCs of Responding to Hunger" sheet in the Part 4 section
- Copies of the "Seven Steps for Churches" sheet in the Part 4 section
- Copies of the 40-Day Hunger Calendar sheet in the Part 4 section (Note: This is a tabloid-size document, so it may take a little more effort to reproduce it. If you have trouble with this, you might consider emailing the pdf to the participants.)

Distribute these handouts and lead the group in a discussion about how they can do these things in their own setting.

You can check the "extra handouts" section for other helpful resources.

Note: You might consider following these sessions with a field trip, or series of field trips, to a local food pantry, soup kitchen, feeding program or homeless shelter (or another group that works to end hunger).

art by Sharon R. Rollins

True or False?

Note: Cut these myths into strips and distribute them randomly, and then discuss them. The key is on the next page.

1. People are hungry because there's not enough food in the world.

2. People just need to stop having so many babies.

3. Relief workers have discovered that women and girls are the key to development in poor countries.

4. The problem is too big and complex. We'll never solve it.

5. Texas leads the country in the number of food-insecure households.

6. One of the biggest problems in low-income neighborhoods in the US is obesity.

7. Global warming is causing food shortage.

True or False?

key

1. People are hungry because there's not enough food in the world.

False. There is enough food in the world for everyone to eat. The problem is that it is distributed badly, and a small percentage consumes three times more than their share.

2. People just need to stop having so many babies.

False. The reality is that the opposite is true. When the standard of living is raised in a given population, the number of offspring goes down significantly.

3. Relief workers have discovered that women and girls are the key to development in poor countries.

True. In the mid 1980s, word began to come back from the field that resources given to women were generally used for agriculture and the nurturing of families, whereas resources given to men were often used to gain power or wage war.

4. The problem is too big and complex. We'll never solve it.

False. People are making inroads all over the world. We cannot afford to become paralyzed or jaded. Each person can make a difference in the lives of many. The key is to find a way to "plug in" that suits each one of us. (See "The ABCs of Responding to Hunger" from Seeds of Hope on page 21.)

5. Texas leads the country in the number of food-insecure households.

True. Texas has stayed in the top five states for food-insecure households for the past 30 years. It often competes for that position with Mississippi and New Mexico.

6. One of the biggest problems in low-income neighborhoods in the US is obesity.

True. People in low-income neighborhoods have very little access to healthy foods, living in what are called "food deserts." The people live on high-calorie, low-nutrition foods, so, while they appear "well-fed," they are actually malnourished.

7. Global warming is causing food shortage.

True. One in six countries is experiencing food shortage because of global climate change. Added to violent conflict and spiking food prices (caused by rising fuel prices), this causes famine.

Hunger Myths

by Frances Moore Lappe and Joseph Collins

For us, learning had to begin with unlearning. Here we want to share five pervasive myths that prevented us from grasping how hunger is generated and how some countries are attacking the root causes of hunger to achieve food security.

Myth One

It's a well established fact that people are hungry because there's not enough food.

Hunger exists in the face of plenty; therein lies the outrage. Measured globally, there is more than enough to feed everyone. Considering only grain, enough is produced to provide everyone with ample protein and more than 3,000 calories a day, about the caloric intake of the average American. (A third or more of this grain is now fed to livestock.) And this 3,000-calorie estimate does not include many other foods—beans, root crops, fruits, nuts, vegetables and grass-fed meats.

But global estimates mean little except to dispel the widespread notion that we have reached the earth's limits. What really explodes the myth that scarcity is the cause of hunger is the fact that enough food is being produced even in countries where so many are forced to go hungry.

In India, while millions starve, soldiers patrol the government's 16 million tons of "surplus" grain. In the Sahelian countries of the early '70s, surveys by the United Nations Food and Agriculture Organisation, squelched by displeased aid-seeking governments, documented that each Sahelian country, with the possible exception of Mauritania, actually produced enough grain to feed its total population.

In Mexico, where at least 80 percent of the children in the rural areas are undernourished, livestock (much of it raised for export to the United States) consume more basic grains than the country's entire rural population.

In Bangladesh, one of the world's most densely populated countries, enough grain is produced to provide, theoretically, each person with more than 2,600 calories a day. Yet more than half the families living in Bangladesh consume less than 1,500 calories per person, the bare minimum necessary. Following the 1974 floods, millions in Bangladesh perished. But they did not die because of scarcity. One Bangladeshi describes what happened in her village: "A lot of people died of starvation here. The rich farmers were holding rice and not letting any of the poor peasants see. . .." Asked whether there was enough food in the village, she replied, "There may not have been a lot of

art by Rebecca S. Ward

food, but if it had been shared, no one would have died."

Nor should we ever forget that millions in the United States do not have enough to eat. Who would argue that this is because there is not enough food produced?

Hunger is real; scarcity is not.

Myth Two

The only thing that will help end hunger is to grow more food.

As a whole, food production per person in underdeveloped countries is higher than the level of 20 years ago. Yet in some of the most productive countries, there's more hunger than ever. How can we explain the apparent contradiction of more food per person and yet more hunger?

Wherever we find unlimited private control over resources pitted against individual producers, we find emerging extreme inequalities in control over resources. In such systems, those with even the slightest edge are able to expand at the expense of the others.

One measure of inequality in control is the fact that, according to a UN survey of 83 countries, approximately three percent of all landlords have come to control almost 80 percent of the land. Another measure of inequality is the access to credit. In most countries only five to 20 per cent of all producers have access to institutional credit. The rest must turn to landlords and moneylenders at usurious rates running as high as 200 percent.

When a new agricultural technology—such as hybrid seeds that yield more in response to irrigation, fertilizers and pesticides—is introduced into a social system shot through with such power inequalities, it inevitably benefits only those who already possess land, money, credit "worthiness," political influence or some combination of these.

Indeed, it is now well documented: strategies that have avoided the issue of who controls productive assets, attempting only to get more produced, have set into motion a catastrophic chain of events that actually worsens the plight of the poor majority. The potential productivity represented by the new technology attracts a new class of "farmers"—moneylenders, military officers, bureaucrats, city-based speculators and foreign corporations—who rush in and buy up land. Land values soar—up, for instance, three- to five-fold in only a few years in the "Green Revolution" areas of India. As land values rise, so do rents, pushing tenants and sharecroppers into the ranks of the landless. Seeing new profit possibilities, landlords evict their tenants and cultivate the land themselves with the new agricultural machinery. The percentage of rural workforce that is landless has doubled in India (now more than one-third) since the introduction of Green Revolution innovations.

And, while more landless are created by the expansion of the better-off growers, fewer jobs are available to them. The large commercial operators mechanize to maximize profits and avoid "labor management problems." With mechanization in the agricultural boom areas of northwest Mexico, the average number of days of employment for each laborer fell from 190 to 100.

In country after country where agricultural resources are still regarded only as a source of individual wealth, the narrow drive to increase production totals ends up excluding the majority of rural people from control over the production process. And, we have found, to

be cut out of production is to be cut out of consumption.

Take, for example, rice in the Thanjavur district in southern India. There, as a result of the introduction of new technologies, the rice yields are three times the national Indian average. Yet those who do the work are increasingly desperate. As land concentration increases, two-thirds of the agricultural laborers have become virtually landless. As much as 50 percent of the rice produced in Thanjavur leaves the district for export or for other districts where people can pay more. And for the Dalit agricultural laborers who work the Thanjavur rice fields, the main protein source is rats that in turn live off the stored rice crop.

Studies recently prepared for the International Labor Organization document that in the Asian countries—Pakistan, India, Sri Lanka, Malaysia, the Philippines and Indonesia—where the focus has been merely on getting total food production increased and where food production per capita has in fact risen, the rural poor are absolutely worse off than before.

This process of cutting rural people out of control over production is not confined to Third World countries. The same forces are operating in the United States. Here, as in the Third World, new agricultural technologies also abet the shakeout process.

Designed to be profitable only for the large operation, new machinery can cut production costs. But those who do not control enough land to make a new technology pay find it hard to compete with those who do. Witness the fate of small tomato growers in California. In the early 1960s tax-funded agricultural research developed tomato harvesters so large that only a small minority of the growers had enough land and capital to take advantage of them. While these operators reduced their labor costs and prospered, 3,400 of the 4,000 growers were driven out of business in only eight years.

Myth Three

Hunger is simply a contest between our world and theirs, rich against poor.

Terms like "poor world" and "hungry world" make us think of uniformly hungry masses. The terms hide the reality of stratified societies in both underdeveloped countries and industrially developed countries like the United States. Poverty and hunger afflict the lower rungs in both. Terms like "hungry world" make hunger into a place—and usually a place far away. Rather than being a result of a social process, hunger becomes a static fact, a geographic given.

Worse still, the all-inclusiveness of these labels leads us to believe that everyone living in a country has a common interest in eliminating hunger. Thus, we look at an underdeveloped country and assume its government officials represent the hungry majority. We then are tempted to believe that concessions to these governments, such as lower tariffs on their exports or increased foreign investment, automatically represent progress for the hungry. In fact, the "progress" may be only for the elite and their partners—multinational corporations.

Moreover, the "rich world" versus "poor world" scenario makes the hungry appear as a threat to the well-being of the majority in the industrially developed countries. In truth, however, hunger will never be addressed until average citizens in countries like the United States see that the hungry abroad are their allies, not their enemies. For the interests of the

majority of Americans are linked with those of the hungry majority in the underdeveloped countries through a common threat: the tightening of control over food—both within countries and on a global scale. Equally important to concentrated control over food-producing resources as a cause of hunger is the tightening of control over food processing and marketing. In the mid-1960s a Federal Trade Commission study estimated that fewer than 0.2 percent of all food manufacturers (or 50 out of almost 30,000 firms) had gained control over about 50 percent of all the industry's assets. Since then, large companies have been gobbled up by giant companies. The top 50 firms now capture close to 90 percent of the industry's profits.

Tight control means fixed pricing. The food processing groups, according to several studies, yearly overcharge American consumers $12 to $14 billion.

The parallels between the forces of hunger faced by people in the Third World and the forces of concentrated control over our food, suggested here and in our response to Myth Two, are only part of what make us allies. In addition to the parallel forces of economic concentration, there are powerful and growing interconnections between their plight and ours.

Many of the huge food corporations, having become giants nationally, are now expanding their operations into underdeveloped countries. Finding production sites in underdeveloped countries where land and labor can cost as little as 10 percent of those stateside, large food processors and marketers are seeking supplies and often shifting production of high-value items—vegetables, fruits, flowers and meat—out of countries like the United States. They find ready partners in foreign elites, who, by exacerbating the impoverishment of much of the local population, have depressed the domestic market for their production.

These multinational agribusiness firms are busily creating a Global Farm to serve a Global Supermarket. In the Global Supermarket food is auctioned off to the highest bidders wherever they might live. The tragic reality is that when the market rules, even America's 65 million dogs and cats can—and do—outbid the hungry people of the world. Thus, consumers in the United States unwittingly become a suction force, diverting food-producing resources in the underdeveloped countries away from meeting local needs. And increasingly the prime agricultural resources of countries like the United States will be made to produce, sometimes even under foreign control, for high-income consumers abroad.

The tightening of control over our food supply, embodied in the Global Supermarket, can also be measured by the degree of monopoly control of international trade in certain key commodities. A mere five corporations control 90 percent of all grain that is shipped across national borders. The multinational corporation Unilever, known in the United States as Lever Brothers, controls 80 percent of corn oil, soy oil, peanut oil and all other edible oils in world trade. Four corporations control 90 percent of world banana trade.

Since the beginning of colonial times, Third World agriculture has been viewed as a source of raw materials for the metropolitan countries. What then is different about the Global Supermarket being constructed today?

First, many of the items being imported by industrial countries had historically been grown by their own farmers. Today, for example, the United States imports from one-half

to two-thirds of the principal winter and early spring vegetables, largely from Mexico. Indeed, in 1977 the United States imported $13 billion in agricultural products. About one-half of these agricultural imports are commodities that the United States can and does produce—meat, sugar, vegetables, tobacco, wine and dairy products. Thus US farmers and food processing workers are threatened.

Second, as the people in the underdeveloped countries become increasingly impoverished, they can no longer make effective market demand even on staple food items. Poor people's foods, such as cassava in Thailand or beans in Chile, become booming exports.

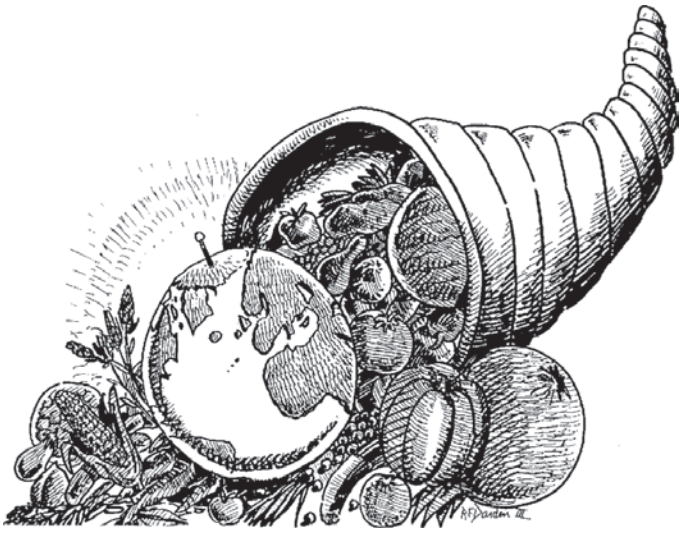
But do US consumers benefit by the global reach of the corporate food giants? No. There is no evidence that US consumers get cheaper food. Nor are foods bred for world travel more nutritious or better tasting. Who then does gain from the Global Supermarket? Only its creators. The return on equity in Third World operations is invariably higher than elsewhere, despite deliberate underreporting. Earnings for Del Monte's Philippine operations average four times those for their operations in the US.

While US citizens do not gain by the internationalization of food control embodied in the Global Supermarket, they are, nevertheless, made to underwrite its construction. Through the Overseas Private Investment Corporation (OPIC), for instance, more than $3 billion from the US Treasury now guarantees investments abroad by private US companies. Forty-one percent of OPIC insurance issued between 1974 and 1976 went to just eleven of the largest US multinational corporations. OPIC has insured Del Monte's pineapple processing plant in Kenya and Ralston Purina's fast food chains in Brazil.

Furthermore, taxpayer money going to the Agency for International Development is loaned to the Latin American Agribusiness Development Corporation (LAAD), an investment company whose shareholders are some of the world's largest agribusiness companies, including Cargill, John Deere, Ralston Purina, Borden and many more.

Under the banner of food "interdependence," multinational agribusiness corporations are now creating a single global agricultural system in which they would exercise integrated control over all stages of production from farm to consumer. If they succeed, they—like the oil companies— will be able to effectively manipulate supply and prices on a worldwide basis through monopoly practices already well rehearsed on a national basis in the United States.

The Global Farm and Supermarket are creating the type of interdependence no one needs. "Interdependence" in a world of extreme power inequalities becomes a smokescreen for the usurpation of food resources by a few for a few.



art by Robert Darden

Myth Four

You can't win. If you fight for justice to end poverty, you cut food production and people will go hungry.

To many people, large agricultural entrepreneurs appear to have all the

know-how and to have proven their efficiency by the simple fact of having gotten so big. Those with this view feel trapped: on the one hand, a food system increasingly controlled by a few cuts the majority out of land and jobs, making them hungry because they do not have access to the resources to secure food. On the other hand, if redistribution of control over resources were attempted, it is assumed that production would be undercut. People would then go hungry because there simply would not be enough food.

But this mental trap is an illusion.

First, concentration of control over productive resources leads to waste. In northeast Brazil, where the majority go hungry, large estates controlling most of the land actually cultivate only 15 percent. The rest is used as pasture or left completely unused. Worldwide, larger landholders consistently produce less per acre than small producers.

Moreover, rural economists have concluded that when a few control the land, credit and marketing systems in a village, as much as one-half to three-fourths of the value of agricultural production is siphoned out of the village. The value is not returned for the development of the area's agricultural resources.

Inequality in control also leads to the destruction of productive resources. When the land is worked by tenants, sharecroppers and day laborers, the soil is often depleted, not protected. People who don't know if they will be working the same piece of land next year are not concerned about conserving it.

It is not just the tenant for whom conservation must take lowest priority. Farmer-owners, deeply in debt, are pitted for survival against other farmers and are dependent on monopoly-controlled, high-priced inputs. They are forced to eke every bit of production out of the land each year, no matter what that means in the long run.

On the debt treadmill, farmers in the United States also are forced to plow up land that should be left as pasture; they fail to let overused land lie fallow. According to the US Soil Conservation Service, on much of the sloping land in Iowa two bushels of top soil are lost for every one bushel of corn produced. At that rate all the topsoil in Iowa will be gone in less than a century. Erosion is a major national problem.

Another inefficient use of resources resulting from their monopolization is simply what is grown. Those few land holders who control the majority of the farmland in the Third World grow what will bring the highest return. Most local people are too poor to be in the market. So, in Central American and Caribbean countries, as many as 80 percent of the children are undernourished, while almost half the cultivated land, invariably the best, is used to grow just five of the commodities primarily produced for export: coffee, bananas, cocoa, sugar and beef.

A final measure of the inefficiency of a food system where a few are in control is that it leads to the degradation of our food itself. Today we Americans are paying twice what we paid 10 years ago for food—yet we get less.

Food prices lead the inflation index. Seventy percent of the increase in our food costs over the last 25 years has gone to the processing-marketing sector where four or fewer corporations share monopoly control over many food lines including cereals, butter, cheese, sugar, vegetable oils, coffee and frozen foods. With such tight control, these corporations can cut costs and raise profits. They increase what we spend on food, and their profit margins, by getting us to want more and more highly processed food.

Myth Five

Peasants are so ignorant of the forces oppressing them that they become passive and can't mobilize themselves.

Though bombarded with pictures showing the poor as weak and hungry, we should not lose sight of the obvious fact that they often must exert themselves tremendously just to stay alive—traveling long distances and working 10 to 14 hours a day. At least in that sense, the poor are hardly passive. They represent great potential energy that, once released, could be applied to their own development.

Many living and working with the poor in underdeveloped countries have been astonished at how well they comprehend the forces oppressing them. A report for the UN Asian Development Institute concluded that the poor "have an understanding of the working of the economic system and can describe in detail the processes (wage exploitation, money lending, bribery and price discrimination) through which exploitation takes place."

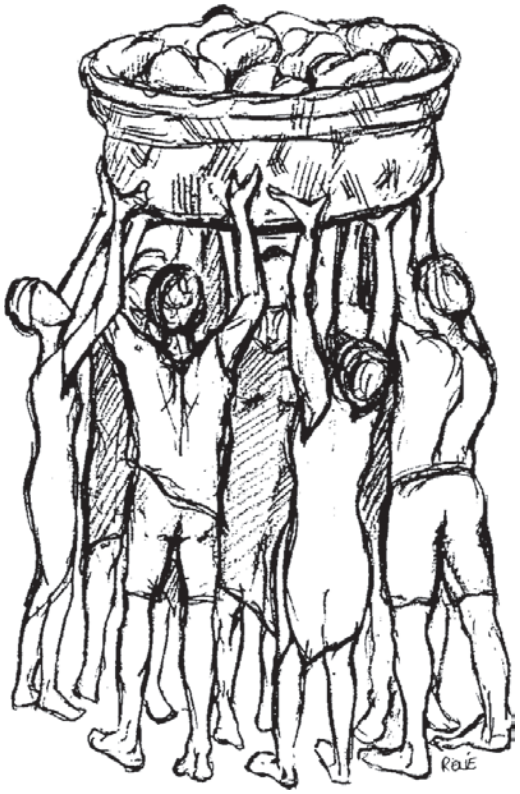
But stressing both the powerful structure of control over the lives of the poor and their understandable fear can cause us to ignore the fact that in every country in the world where people are hungry there is a struggle going on right now over who controls food-producing resources.

Many who would question what peasants can do seem unaware that there are countries where, after decades of intense struggle, by peasant-based organizations, independence has recently been won. Now these people are turning their energies toward eradicating hunger and building the basis of genuine food security.

Events often come to us filtered through a lens that causes us to identify not with people like us, but with the governing elites in underdeveloped countries. We once read, for example, a news account of the depressed economy of Senegal, ruined by a fall-off in production of their main crop, peanuts. Simply presented this way, our natural response was to ask, "What can be done to spur the lagging production of this crop?' The real story was that many Senegalese peasants had deliberately spurned cash-cropping to grow food for themselves.

The first step toward ending hunger is to break through the powerful myths that have kept us divided and fearful and to begin to realize that we can be part of a worldwide movement, allying ourselves with hungry people everywhere.

Frances Moore Lappe wrote Diet for a Small Planet *and, with Joseph Collins,* Food First. *This article appeared in* Seeds Magazine *in 1984. Sadly, these realities have not changed much, nor have the perceptions of most North Americans.*



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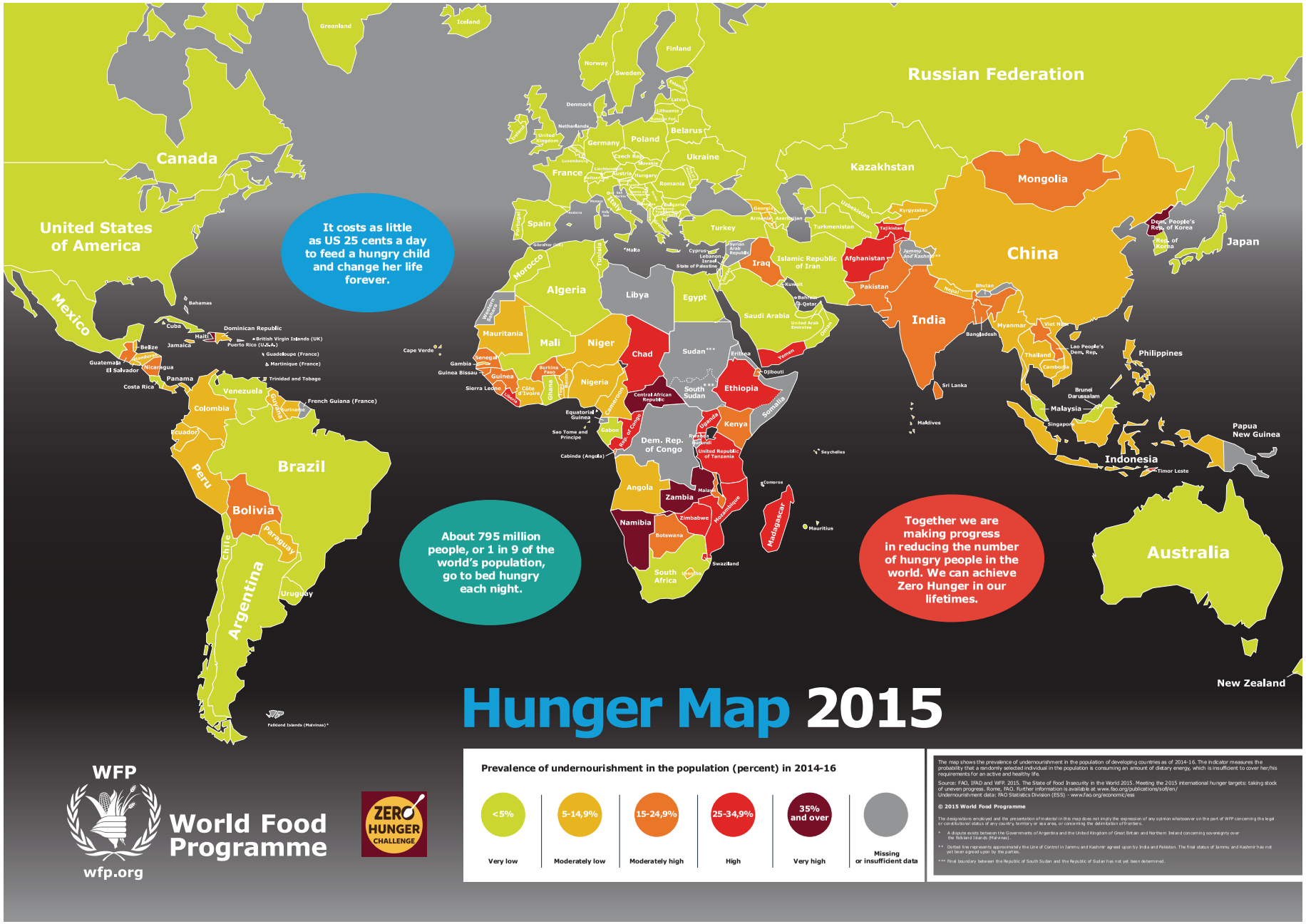
Hunger Map 2015
It costs as little as US 25 cents a day to feed a hungry child and change her life forever.
About 795 million people, or 1 in 9 of the world's population, go to bed hungry each night.
Together we are making progress in reducing the number of hungry people in the world. We can achieve Zero Hunger in our lifetimes.
Prevalence of undernourishment in the population (percent) in 2014-16
<5%
Very low
5-14,9%
Moderately low
15-24,9%
Moderately high
25-34,9%
High
35% and over
Very high
Missing or insufficient data
The map shows the prevalence of undernourishment in the population of developing countries as of 2014-16. The indicator measures the probability that a randomly selected individual in the population is consuming an amount of dietary energy, which is insufficient to cover her/his requirements for an active and healthy life.
Source: FAO, IFAD and WFP. 2015. The State of Food Insecurity in the World 2015. Meeting the 2015 international hunger targets: taking stock of uneven progress. Rome, FAO. Further information is available at www.fao.org/publications/sofi/en/
Undernourishment data: FAO Statistics Division (ESS) - www.fao.org/economic/ess
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The designations employed and the presentation of material in this map does not imply the expression of any opinion whatsoever on the part of WFP concerning the legal or constitutional status of any country, territory or sea area, or concerning the delimitation of frontiers.
* A dispute exists between the Governments of Argentina and the United Kingdom of Great Britain and Northern Ireland concerning sovereignty over the Falkland Islands (Malvinas).
** Dotted line represents approximately the Line of Control in Jammu and Kashmir agreed upon by India and Pakistan. The final status of Jammu and Kashmir has not yet been agreed upon by the parties.
*** Final boundary between the Republic of South Sudan and the Republic of Sudan has not yet been determined.
WFP
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ZERO HUNGER CHALLENGE
Russian Federation
Canada
United States of America
Mexico
Brazil
Argentina
China
India
Indonesia
Australia
New Zealand
Japan
Mongolia
Kazakhstan
Algeria
Libya
Egypt
Sudan
South Sudan
Chad
Niger
Mali
Mauritania
Nigeria
Ethiopia
Kenya
Somalia
Dem. Rep. of Congo
Angola
Zambia
Namibia
Botswana
South Africa
Madagascar
Iraq
Turkey
Saudi Arabia
Islamic Republic of Iran
Afghanistan
Pakistan
Myanmar
Thailand
Philippines
Papua New Guinea

Five Faces of Hunger in the United States

Before the session, print this sheet and cut the monologues into separate strips. Divide the participants into five groups, give them the strips and ask them to do a dramatic interpretation of their "faces." Encourage them to use props, if they are available. Give them about 10 minutes (this can be flexible) to prepare their "faces" and then ask them to present it to the group.

READER 1: I am 10 years old. I live in New Orleans. My mother works all night, and my brothers and sisters are afraid a lot. We hear guns going off all the time, and there are guys right outside our door selling drugs. I try to take care of the family when Mom's not around, but those guys are scary. I hope Mom brings us something to eat when she comes home.

READER 2: I am 80 years old. I live alone in the house in Eastern Kentucky where I was born, and where I lived with my husband until he died. We have always been farmers, and we grew our own food. But now I'm too weak to plant anything, and all my friends have moved away. I'm lonely, and I don't know where my next meal is going to come from.

READER 3: I am 5 years old. My mother is in prison, so I live with my grandmother in Detroit. She is old, and can't get around very well. She has to get food stamps to have enough food for us. When food stamps run out, she takes me to a place where we wait a long time, and then they give us groceries to take home.

READER 4: I am 16. I'm from Bakersfield, California, but now I'm living on the street in Los Angeles. I ran away from home because my father roughed me up a lot, and now I don't know where to go. All the other kids on the street are working as hookers and dealers, and I don't want to get into that scene. But I'm hungry.

READER 5: I am 48 years old. I live in New York City. I was a soldier in Afghanistan, and ever since I came back, things have just been wacky. I can't seem to keep a job, and I don't have any place to live, except this cardboard box. It gets cold sometimes, and it's hard to find enough to eat.

art by Kim Harrison

11 Scriptures about Hunger

1. When you reap the harvest of your land, you shall not reap to the very edges of your field, or gather the gleaning of your harvest. You shall not strip your vineyard bare, or gather the fallen grapes of your vineyard; you shall leave them for the poor and the alien; I am the Lord your God. *Leviticus 19:9-10*

2. Whoever is kind to the poor lends to the Lord, and will be repaid in full. *Proverbs 19:17*

3. The Spirit of the Lord God is upon me, because the Lord has anointed me; God has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captive, and release to the prisoners; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion—to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called oaks of righteousness, the planting of the Lord, to display God's glory. They shall build up the ancient ruins, they shall raise up the former devastations; they shall repair the ruined cities, the devastations of many generations. *Isaiah 61:1-4*

4. *This* was the guilt of your sister Sodom: she and her daughters had pride, excess of food and prosperous ease, but did not aid the poor and needy. *Ezekiel 16:49*

5. FIRST VOICE: "With what shall I come before the Lord, and bow myself before God on high? Shall I come before God with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

SECOND VOICE: God has told you, O mortal, what is good; and what does the Lord require of you but to do justice and to love kindness, and to walk humbly with your God? *Micah 6:6-8*

6. I hate, I despise your festivals, and I take no delight in your solemn assemblies. Even though you offer me your burnt offerings and grain offerings, I will not accept them; and the offerings of well-being of your fatted animals I will not look upon. Take away from me the noise of your songs; I will not listen to the melody of your harps. Instead, let justice roll down like waters, and righteousness like an everflowing stream. *Amos 5:21-24*

7. Is this not the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin? Then your light shall break forth like the dawn and your healing shall spring up quickly… Then you shall call and the Lord will answer; you shall cry for help, and God will say, "Here I am." *Isaiah 58:6-9*

8. Come now, you rich people, weep and wail for the miseries that are coming to you. Your riches have rotted, and your clothes are moth-eaten. Your gold and silver have rusted, and their rust will be evidence against you, and it will eat your flesh like fire. You have laid up treasure for the last days. Listen! The wages of the laborers who mowed your fields, which you kept back by fraud, cry out, and the cries of the harvesters have reached the ears of the Lord of hosts. You have lived on the earth in luxury and in pleasure; you have fattened your hearts in a day of slaughter. You have condemned and murdered the righteous one, who does not resist you. *James 5:1-6*

9. FIRST VOICE: When the Son of man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left.

SECOND VOICE: Then the king will say to those on his right hand, "Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison, and you visited me."

FIRST VOICE: Then the righteous will answer him, "Lord, when was it that we saw you hungry and gave you food, or thirsty, and gave you something to drink? And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing? And when was it that we saw you sick or in prison and visited you?"

SECOND VOICE: And the King will answer them, "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me. *Matthew 25:34-40*

10. We know love by this, that he laid down his life for us—and we ought to lay down our lives for one another. How does God's love abide in anyone who has the world's goods and sees a brother or sister in need, and yet refuses to help? Little children, let us love, not in word or speech, but in truth and action. *1 John 3:16-18*

11. Now the whole group of those who believed were of one heart and soul, and no one claimed private ownership of any possessions, but everything they owned was held in common. With great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all. There was not a needy person among them, for as many as owned lands or houses sold them and brought the proceeds of what was sold. They laid it at the apostles' feet, and it was distributed to each as any had need. *Acts 4:32-35*

art by Peter Yuichi Clark

68 Scriptures about Hunger

Luke 10:29-37—*Good Samaritan*

Micah 6:6-8—*do justice*

Romans 12:9-21—*feed your enemies*

Isaiah 61:1-4—*spirit of the Lord*

Matthew 6:25-34—*Seek ye first*

Jeremiah 22:13-16—is this not to know me?

Luke 9:10-17—*12 baskets*

Job 22:5-12—*no end to your iniquities*

2 Corinthians 8:12-15—*send help to Macedonia1*

Isaiah 65:17-25—*new heavens and new earth*

Galatians 6:7-10—*weary in well-doing*

Deuteronomy 15:8-11—*open your hand*

1 John 3:16-18—*how does God's love abide*

Proverbs 31:8-9—*speak out for the needy*

Matthew 25:31-41—*sheep & goats*

Jeremiah 7:5-7—*mend your ways*

Luke 16:19-31—*rich man & Lazarus*

Amos 8:4-7—*trample the needy*

Acts 4:32-35—*sharing of the goods*

Isaiah 10:1-4—*boy, is God mad*

Matthew 6:19-24—*treasures on earth*

2 Kings 4:42-44—*Elisha feeds 100 people*

Luke 12:48—*much will be required*

Psalm 140:12—*the cause of the needy*

1 Timothy 6:17-19—*do not be haughty*

Job 31:16-28—*withheld anything from the poor*

Mark 10:17-21—*rich young ruler1*

Leviticus 25:8-17—*year of Jubilee*

Matthew 19:16-22—*rich young ruler2*

Isaiah 1:12-17—*I hate your festivals*

Luke 12:16-21—*bigger & better barns*

Psalm 68:4-10—*father of orphans & protector of widows*

James 1:27—*pure religion*

Ezekiel 16:48-49—*your sister Sodom*

James 5:1-6—*riches have rotted*

Job 5:8-16—*God saves the needy*

2 Corinthians 9:6-10—*send help to Macedonia2*

Amos 2:6-8—*I will not revoke the punishment*

Luke 14:15-24—*God's dinner*

Isaiah 3:13-15—*what do you mean by crushing my people*

Matthew 22:34-40—*the greatest commandment*

Zechariah 7:8-12—*great wrath*

James 2:1-8--*favoritism*

Isaiah 58:6-10—*the fast I choose*

Luke 19:1-10—*Zacchaeus*

Proverbs 19:17—*whoever is kind to the poor*

Galatians 2:1, 9-10—*that we remember the poor*

Deuteronomy 10:12-19—*what does the Lord require*

Romans 15:25-27—*sending help to Jerusalem*

Ezekiel 18:5-9—*if a man is righteous*

John 6:1-14—*loaves & fishes, boy*

Deuteronomy 24:10-22—*do not withhold wages, gleaning*

Mark 12:38-40—*devour widow's houses*

Exodus 22:21-27—*do not wrong an alien*

John 21:1-17—*breakfast by the sea*

Psalm 107:31-43—*God's new place for the hungry*

Luke 7:17-23—*cousin John's question & Jesus' answer*

Malachi 3:5—*those who oppress workers, widows, aliens*

Colossians 3:9-17—your new selves, live in love

Proverbs 14:31—*those who oppress the poor*

Philippians 2:1-4—*the interests of others*

Isaiah 32:1-8—*wicked devices to ruin the poor*

Hebrews 13:1-5—*hospitality to strangers*

Psalm 82:1-4—*Give justice to the weak*

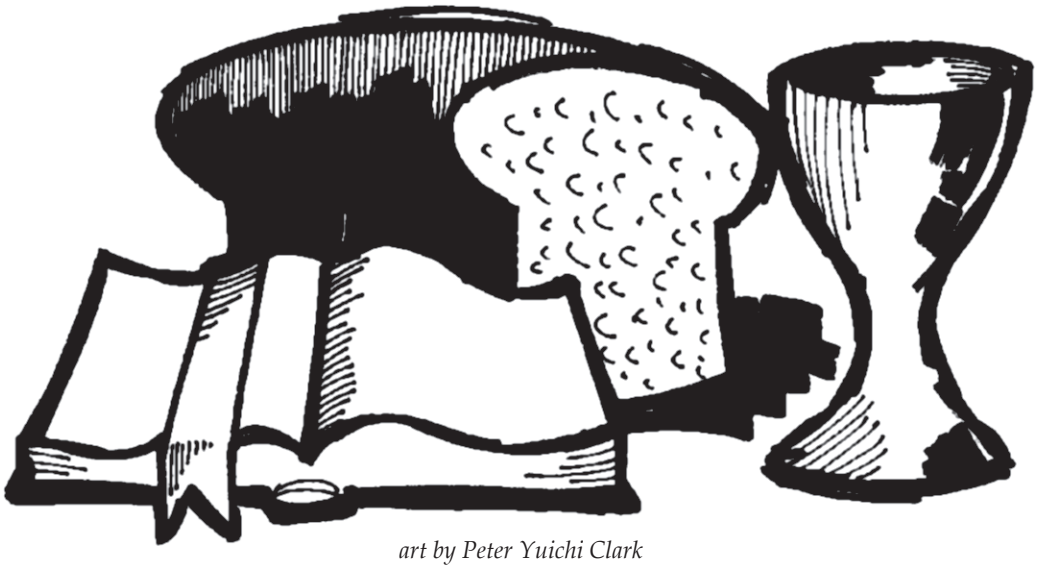
Luke 4:16b-21—*Jesus reading Isaiah*

Leviticus 23:22—*Gleaning law*

Philippians 4:1-13—*I can do all things*

Matthew 10:40-42—*whoever welcomes you welcomes me*

Luke 1:46-55—*Magnificat*



art by Peter Yuichi Clark

The ABCs of Responding to Hunger

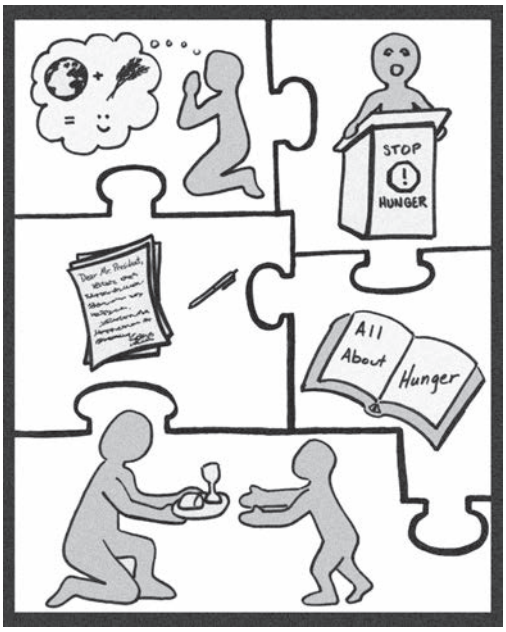
The many biblical mandates to care for poor and helpless people do not seem to be optional, but what can the average Christian do in the face of such overwhelming need?

A **Anchor yourself in prayer.** After you have become aware of hunger issues and the biblical call to respond to them, the first thing you should do is **pray and/or meditate**. Pray for hungry people and for those who labor to help them. Spend time in silence to center yourself and allow God to lead. Make sure that your personal and corporate worship times always include a remembrance of poor and hungry people. People who do not balance their ministry activities with contemplation are destined to "become weary in well doing." (See "C" for resources that will enhance this kind of worship.)

B **Be knowledgeable about hunger issues.** Stay informed about where hunger and poverty exist and what people are doing to heal them. Find sources who can help you stay on top of hunger realities around the world. Read the newspaper; watch television news. Find a periodical that deals with hunger and justice issues. *Hunger News & Hope* (a Seeds of Hope quarterly publication) covers these issues. (Sign up for free electronic copies; email seedseditor1@gmail.com and say you'd like to be on the list.) You can also find a wealth of information on the Internet. The Food Research and Action Center (www.frac.org) is a good source of information about hunger in the United States.

C **Challenge the people around you.** Keep those around you—particularly your faith community—informed. Share the resources you found under "B" with your congregation. Get your church to subscribe to *Sacred Seasons*, the Seeds of Hope worship resource periodical—and make sure the various materials get to the persons who could use them most. Arrange for a group tour of your local shelter or soup kitchen. Invite guests to speak to your church about hunger issues.

D **Develop an understanding of advocacy.** Even though many of us abhor the idea, we must all at least be aware of public policy. Systemic injustice and destructive policies can undo in one moment all of the good work that thousands of people do at soup kitchens and feeding programs have done every day for years. Christian lobby groups like Bread for the World can help you understand the political ramifications of hunger issues—in light of biblical teachings. They can also teach you to communicate effectively with your elected representatives. Go to www.bread.org for more information. Ask about their Covenant Churches program and the annual Offering of Letters campaign.



art by Sharon Rollins

E **Explore individual service opportunities.** This is absolutely crucial. We must each get involved on a personal, individual level. Check out your local feeding programs, shelters, soup kitchens and similar organizations for the place that fits your talents and interests. Establishing and maintaining actual, personal contact with poor people is vital to our spiritual health.

Once you've done these five things, you've made a significant beginning toward a meaningful response to the presence of hunger in your world.

Responding to Hunger in God's World

seven steps for churches

1 **Study the Bible.** The essential first step for any congregation in responding to hunger issues is to establish, within the worship and study life of the congregation, the connections between hunger and biblical imperatives. This means exploring together how the Bible and other teachings of our faith relate to the world we live in today. Get out your concordances. Look up the verses together. Use the words "poor" and "hungry."

2 **Find out what your denomination is doing.** Most major denominations have channels for donations, as well as excellent materials for hunger education.

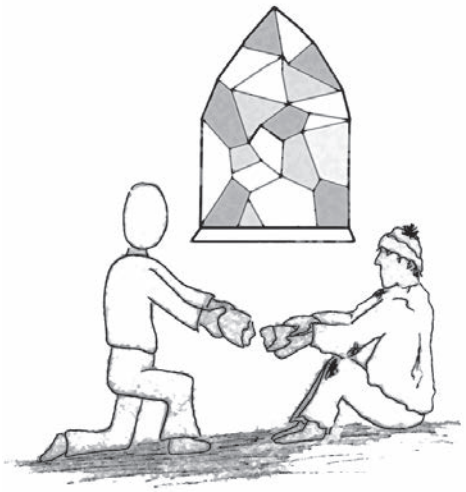
3 **Study your own community.** What are the needs in your city or county? What are local churches and groups already doing? Where can your congregation's energy best add to the work being done? *(The Waco Regional Baptist Association Hunger Ministry has great resources for evaluating what your congregation can do. Go to www.wacobaptists.org and click on the "Ministry" tab, and then find "Hunger Ministry Resources." For current information about hunger and poverty in your area, go to www.feedingamerica.org, click on the "Hunger in America" tab, and then click on "Our Research." This will enable you to look at your own county.)*

4 **Involve the whole congregation.** Devise a plan to work hunger concerns into the structural life of the church. What is the role for the official board or body of elders? What about women's organizations, youth groups, church school leaders, education committees or missions committees? How can concern for the hungry find an appropriate place in worship? We all need to move from seeing the hunger issue as "belonging" to only a small group within our churches to seeing it as involving everything we do.

5 **Enlist disciples.** All of the above steps should lead toward locating those people who will respond with faith and enthusiasm to hunger work. Avoid thinking of the same people year after year. Don't be afraid to issue a call. It is good news that God calls each of us to the exciting work of building a better, more just world.

6 **Form a planning group.** Having done this groundwork, gather your group together to plan goals and strategies. This group can include as few as three people or as many as a dozen. Continue to involve other committees and groups as your work touches their areas of emphasis, but keep the planning group together as a steering committee.

7 **Act!** Finally, you're ready to begin the direct work on the project. Don't wait until you're sure you have the "perfect" action. Probably no such thing exists. We learn by doing, and then we study, pray, reflect and figure out what to do next. Don't worry about the scope of your first actions. Just begin.



art by Sharon Rollins & Katie Cook

Hunger Around the World

compiled by Kristin Waites for 2014

The vast majority of hungry people (98 percent) live in developing countries, where almost 15 percent of the population is undernourished. Around three-quarters of these undernourished people live in low-income rural areas, principally in higher-risk farming areas. —World Food Programme (WFP)

Approximately 805 million people in the world do not eat enough to be healthy. That means that one in every 10 people on Earth goes to bed hungry each night. However, there is hopeful news: the number of people living with chronic hunger has declined by 200 million people over the past 20 years. —United Nations Food and Agriculture Organisation (FAO)

Hunger is number one on the list of the world's top 10 health risks. It kills more people every year than AIDS, malaria and tuberculosis combined. —Joint UN Program on HIV/AIDS (UNAIDS)

Nearly half of all deaths in children under the age of 5 are linked to poor nutrition. Some studies estimate this to include 3.1 million children. —WFP, UN Inter-Agency Group for Child Mortality Estimation (IGME)

The first thousand days of a child's life, from pregnancy through age 2, are the critical window in which to tackle under-nutrition. A proper diet in this period can protect children from the mental and physical stunting that can result from malnutrition. —IGME

It costs just US$0.25 per day to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy. —WFP

If women in rural areas had the same access to land, technology, financial services, education and markets as men, the number of hungry people could be reduced by 100 to 150 million. —FAO

Countries in the Asia-Pacific region (the part of the world in or near the Western Pacific Ocean) have some 563 million food-insecure people, which equals about two thirds of the total worldwide number. —WFP

One out of six children in developing countries is underweight. —WFP

About 180 million children under the age of 5 suffer from stunting and are not reaching their potential. About 80 percent of these children live in just 20 countries. —WFP, UNICEF

Across the developing world, 66 million primary school-age children are hungry when they attend classes, with 23 million in Africa alone. US$3.2 billion would feed all of the hungry school-age children in the world for one year. —WFP

There is enough food to provide everyone in the world with at least 2,720 kilocalories (kcal) per person, per day. The principal problem is that many people in the world do not have sufficient land to grow, or income to purchase, enough food. —FAO

adapted from art by Susan Daily, IBVM

Hunger in the US

updated by Kristin Waites for 2014

Nearly 49 million people in the United States live in food-insecure households or a household where the members are unable to consistently access the adequate amount of nutritious food necessary for a healthy life. — United States Department of Agriculture (USDA)

A key cause of food insecurity in the United States is the lack of sufficient resources to cover the cost of food in addition to meeting other basic needs. —Feeding America

Ninety percent of all counties in the US have a majority of food-insecure children living in households with incomes at or below the federal poverty line. —Feeding America

One in six people in America faces hunger. —Do Something *(An organization for youth volunteering opportunities)*

Households with children reported a significantly higher food-insecurity rate than households without children. —Do Something

Food insecurity exists in every county in America. —Do Something

In the US, hunger isn't caused by a lack of food, but rather the continued prevalence of poverty. —Do Something

One in seven people is enrolled in Supplemental Nutrition Assistance Program (SNAP). Nearly half of them are children. —Do Something

Forty percent of food is thrown out in the US every year, or about $165 billion worth. All of this uneaten food could feed 25 million Americans. —Do Something

More than one in five children are at risk of hunger. Among African-Americans and Latinos, nearly one in three children is at risk of hunger. —USDA

Of the more than 20 million children who receive free or reduced-price lunch each school day, less than half receive breakfast and only 10 percent go to summer feeding sites. —USDA

About half of all American children will receive SNAP benefits at some point before age 20. —Bureau of Labor Statistics

Low-income households spend a greater share of their income on food. Food accounts for 16.4 percent of spending for households making less than $10,000 per year, compared to the US average of 12.7 percent. —Bureau of Labor Statistics ■

Hunger around the World,

continued from page 23

As of 2008, the World Bank has estimated that there were an estimated 1,345 million poor people in developing countries who live on $1.25 a day or less. — World Hunger Education Service (WHES)

Under-nutrition among pregnant women in developing countries leads to one out of six infants being born with low birth weight. This is not only a risk factor for neonatal deaths, but can also cause learning disabilities, mental retardation, poor health, blindness and premature death. —WHES

By causing poor health, low levels of energy, and even mental impairment, hunger can lead to even greater poverty by reducing people's ability to work and learn, thus leading to even greater hunger. —WHES

One out of three people in developing countries is affected by vitamin and mineral deficiencies. —World Health Organization (WHO)

A child dies from hunger-related causes every 13 seconds. That's as many as 7,000 children younger than 5 killed every day. —30 Hour Famine ■

Hunger Quiz

by Kristin Waites

Think you know about hunger issues? Take this quiz to test your knowledge!

Once you have answered all of the questions, unscramble the letters of the correct answers to discover the secret word! (Check your answers below or on the hunger statistics page if you aren't sure.) Once you've discovered the word, do some research to see why it's important in ending hunger and what you can do to help. (Hint: the secret word is also one of the terms in the word search!)

1. One in ___ Americans does not have enough food.

D. five E. two F. six G. eight

2. True or False: The lack of adequate nutrition during early childhood can affect cognitive, physical and behavioral development.

S. True T. False

3. Approximately how much of the population in developing countries is undernourished?

O. 15 percent P. 20 percent Q. 10 percent R. 5 percent

4. How many US dollars does it cost per day to provide a child with all of the vitamins and nutrients he or she needs to grow up healthy?

A. $1.30 B. $5.75 C. $0.25 D. $7.50

5. How many people in the world do not have enough to eat?

A. 50 million B. 100 million C. 500 million D. 805 million

6. 1.345 billion people in developing countries live on ____ per day or less.

N. $0.40 O. $1.25 P. $1.00 Q. $0.75

7. 80 percent of the stunted children in the world live in just __ countries.

S. 47 T. 8 U. 20 V. 14

8. One in _____ people will go to bed hungry tonight.

C. eight D. six E. ten F. five

9. True or False: There is enough food in the world to provide everyone with enough nourishment.

E. True F. False

10. How many people live in food-insecure households in the United States?

Q. 30 million R. 49 million S. 12 million T. 73 million

Correct answers: 1-F, 2-S, 3-O, 4-C, 5-D, 6-O, 7-U, 8-E, 9-E, 10-R
Secret Word: Food rescue

Hunger Word Search

by Kristin Waites

Instructions: Circle the terms from the list in the word search to the right. They may be forwards or backwards, as well as up, down, or diagonal. Once you've found all of the words, look up the ones you don't know in the hunger glossary online at seedspublishers.org.

Q	U	D	P	P	C	B	H	Y	U	F	Z	J	U	H			
T	S	Y	O	S	S	E	B	S	C	E	H	K	X	K			
P	Y	B	M	A	L	N	U	T	R	I	T	I	O	N			
L	T	W	I	F	O	O	D	D	E	S	E	R	T	E			
B	I	D	J	X	O	Z	N	G	J	V	Z	C	Y	C			
Q	R	Q	T	L	C	G	H	K	Y	E	S	F	W	F			
N	U	E	Z	P	H	U	H	F	K	S	S	B	K	Z			
R	C	Y	A	B	N	T	G	A	C	G	O	F	K	I			
W	E	N	M	G	S	N	I	T	N	Y	F	T	U	X			
L	S	V	E	V	G	A	R	D	E	N	I	N	G	K			
B	D	R	X	F	W	A	S	T	I	N	G	I	S	D			
Y	O	T	G	T	H	H	G	O	A	V	M	K	P	O			
U	O	H	M	N	G	N	I	T	N	U	T	S	W	N			
S	F	H	E	U	C	S	E	R	D	O	O	F	Q	L			
C	B	T	H	G	I	E	W	R	E	D	N	U	P	Y			

FOOD DESERT
FOOD RESCUE
FOOD SECURITY
GARDENING
HUNGER
MALNUTRITION
SNAP
STUNTING
UNDERWEIGHT
WASTING

—Kristin Waites, a native of Rowlett, TX, who compiled the material on pages 23-26, is a Professional Writing student at Baylor University and a former Seeds of Hope intern.

The Rice Bag Treatment

An Activity for Children and Others

text: 1 John 3:16-18

This is an activity that will help your children to realize that many people in the world don't have enough to eat. They will also be able to share this knowledge with the adults in your congregation.

You will need enough to rice to make bags of two ounces each for every family in attendance on, say, a Wednesday evening or a Sunday morning. You will also need enough plastic recloseable "baggies" for each. (The "snack" size works best.) Bring several one-fourth-cup measuring cups and several large bowls.

You will also need cards or pieces of paper printed with something like the following:

The average American eats up to five pounds of food daily and throws away enough to feed another family every year. If we were to join the ranks of the 870 million hungry people in the world, many of them children, our daily diet might consist of this small bag of rice. Go to [your information here] or see [your hunger leader] to find out how you can make a difference.

You might want to add something about supporting a hunger project in your church or denomination, with contact information.

(If that is not applicable, you might suggest that they support one of the development projects such as Church World Service or Oxfam, or get involved in the local CROP Hunger Walk, or simply that they go to the Seeds of Hope website for more information.

You might also consider asking the children to write notes on the cards, encouraging folks to help hungry people. Have the cards or pieces of paper ready when the activity begins.

Empty the rice into the large bowls, separate the children into teams and ask them to measure it into the snack bags. Ask them to put one-fourth cup (two ounces) in each bag. Once they've done that, ask them to insert a card in each bag, or attach a card to each.

While they are working (you could also do this before or after), discuss with the children about how Jesus talked a lot about giving food to hungry people.

Read the passage from 1 John 3:16-18 to them. Explain that these bags are to remind all of us of the hungry people we have been asked to help, so that none of us forgets our responsibility as Christians.

When all the bags are ready, plan a time for the children to distribute these bags to the adults. You might consider asking one of the children to explain what the project is about. The impact should be significant.

—This activity was inspired by CROP Hunger Walk materials produced by Church World Service (www.churchworldservice.org.)

Note: Below is a sample of the "blurbs" you might use in making rice bags. A full page of these blurbs will be available in your workbook. The QR code takes the viewer to the Seeds of Hope website.

The average American eats up to five pounds of food daily and throws away enough to feed another family every year. If we were to join the ranks of the 870 million hungry people in the world, many of them children, our daily diet might consist of this small bag of rice. Go to www.seedspublishers.org to find out how you can make a difference.

Hunger in God's World
checklist

checklist

Part 1. Who Is Hungry and Why?

Materials needed:

- a large bag (about 3 pounds) pounds of black beans
- wooden or plastic bowls (5 cereal size, one family size)
- slips of colored paper
  - 2 purple, for North America
  - 3 green, for Europe
  - 5 salmon, for Central and South America
  - 7 yellow, for Sub-Saharan Africa
  - 10 pink, for the Indian subcontinent
- large world map
- about 20 small paper dolls, an inch tall or smaller, cut apart in "groups" of one, two and three
- cellophane tape or push pins

Documents: true-false sheet and key, Lappe myths

Part 2. Hunger Has a Face

Document: "Five Faces of Hunger in the United States"

Part 3. What Does God Want from Me?

Materials needed:

- concordances, topical Bible references and Bibles

Documents: Hunger Scriptures Master List, "11 Scriptures" sheet

Part 4. What Can One Person Do?

Documents: ABCs, Seven Steps, Sacred Seasons *Hunger Calendar, Breakfast poster*
Note: If you are receiving this packet in pdf form, the Hunger Calendar and Breakfast poster are separate pdfs. They are formatted for 11 x 17 paper.

Other handouts:

- Hunger statistics & hunger quiz from the most recent *Sacred Seasons* Hunger Emphasis packet
- Rice bags