



FOOD FOR THOUGHT

A Publication of the Presbytery of Middle Tennessee Hunger Program
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COULD YOU EAT THREE NUTRITIOUS MEALS A DAY WITH



Take the SNAP Hunger Challenge

The SNAP/Food Stamp Challenge is a discipline designed to draw attention to the realities of poverty and hunger in the U.S. and to open new opportunities for education, understanding, compassion and solidarity. The Challenge means choosing for one week to live on the average amount of food stamp support in your state. This means spending only the average allowance, per person, on everything that you eat, including breakfast, lunch, dinner, snacks, and drinks.

This Challenge is not only a call to hunger and poverty awareness, but also a call to action. We are called by God to be in the world and to seek to make it a better place. Changing hearts and minds are the starting point of building a movement and supporting policies that provide a much needed safety net for the most vulnerable members of our society.



What is the SNAP program?

SNAP (Supplemental Nutrition Assistance Program) offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is the largest program in the domestic hunger safety net. The Food and Nutrition Service works with state agencies, nutrition educators, and neighborhood and faith-based organizations to ensure that those eligible for nutrition assistance can make informed decisions about applying for the program and can access benefits. FNS also works with state partners and the retail community to improve program administration and ensure program integrity.



Host a Seed Exchange and Produce Give-Away at Your Church

Seeds swaps are opportunities for gardeners to exchange seeds. Seed swaps began originally as a way to share organic and heirloom plants; now more people want to grow their own food to provide fresh vegetables.

Seeds are collected from gardens and are made available free of charge. Hopefully the seeds from the "grown out" plants will be returned for next year's season and exchange.

Share the bounty

Set up a table in a high traffic area of your church where surplus vegetables from your gardeners can be shared with the congregation. And/or donate these vegetables with your local food bank or soup kitchen.



The Nashville Walk

Nashville CROP Walk was held at Fannie Mae Dees Park on Sunday, April 17. **\$4,484** was raised to help fight hunger locally, nationally, and globally.

Congratulations to Second Presbyterian Church for their outstanding efforts!

Beneficiaries were Community Food Advocates, Luke 14:12, Nashville's Table/Second Harvest Food Bank, and the hunger relief programs of Church World Service.

Support a Strong Child Nutrition Act

Congress reviews and reauthorizes federal child nutrition programs every five years. Passage of the 2015 Child Nutrition Reauthorization bill is overdue.

Now is the time to advocate for a strong Child Nutrition Act. Encourage your House representative to defeat the damaging proposals in the current version. These include undercutting the Community Eligibility Provision (CEP), raising the qualifying threshold from 40 percent to 60 to participate in the free lunch program.



September Is National Hunger Action Month

Your church can do something about hunger

Plan to have a special worship service at your church on one of the Sundays in September to bring awareness to your congregation about hunger in America.

- Pray for the hungry
- Learn about hunger in America
- Plan a class focused on the Bible and hunger
- Volunteer to work at a food bank
- Glean with the Society of St. Andrew
- Donate non-perishable food to a local organization
- Develop a "Back Pack" program with your schools
- Support the 4 Cents/5 Cents-a-Meal program
- Include a bulletin insert with information about local hunger issues
- Invite a speaker to talk about local food challenges

Go to <http://hungeractionmonth.org/> for details.