

The Sharing Way Annual Project

# HUNGER FOR CHANGE

Food for Life



Did you know that every 4 seconds a person dies from hunger? Yet our world is capable of producing more than enough food each year to feed every person.

"Food security exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life."  
(1996 World Food Summit)

Jesus taught his disciples to not only pray for daily bread, but that God's will be done on earth as in heaven. So we pray that not only might the hungry be fed, but that a new world order based on the values of the Kingdom of God might be realized.

**Today you can start to make a difference. Participate in *Hunger for Change. Food for Life.***

# Menu For Change

Are you hungry for change? It's easy to start. Besides supporting The Sharing Way's food security projects, browse this menu for practical things you can do. Choose one or two items. Make a commitment for a month. Each day calculate your contribution. Discuss your lifestyle change with others. Encourage them to make a change. Whenever suitable, set your money aside (daily, weekly, end of month). Forward your funds to The Sharing Way. See how quickly change can happen.

## Entrées

- Choose fresh & local! Check where your fruit and packaged goods come from. If it's from outside Canada, pay a travel tax of \$1 per item. For more info visit [100milediet.org](http://100milediet.org).  
**BIG IT UP!**: Choose healthy snacks. Pay a health tax of 25¢ per junk food item (pop, chips, candy, etc.).
- Go Vegan! For many people, meat and dairy products are a luxury. For each meat or dairy product you have, donate \$1 per item.  
**BIG IT UP!**: 1 in 3 people don't get enough food to eat each day. Give up one meal a week in solidarity with the world's poor. Donate what you would have spent. Use the meal time for prayer.

## Side Order

- Add a meal! Adopt a family member by shopping for one extra person. Donate this food to your local food bank or donate the money you would have spent.

## Beverages

- Buy fair trade coffee or give up coffee and donate the money you would have spent.
- Drink tap water. Donate money you would have spent on bottled water.

## Party Platters

Items for churches or groups (email [thesharingway@cbmin.org](mailto:thesharingway@cbmin.org) for suggestions and resources for your event)

- Have a Poverty Meal. Serve a special, simple meal (eg. rice & beans, soup), charge \$10-\$20 per plate and donate the money.
- Have a family movie, documentary or games night. Serve healthy snacks made from scratch. Donate the money you raise.

**The Sharing Way**<sup>®</sup>

Your partnership of hope  
with the poor  
[www.thesharingway.org](http://www.thesharingway.org)

You can donate to The Sharing Way's food security projects at [www.cbmin.org](http://www.cbmin.org) or by calling us at 905-821-3533.