

Hunger Awareness Month

St. John's Presbyterian Church

OCTOBER 2011

Feed the Hungry

Hunger manifests itself as a consistent lack of enough food to meet nutritional requirements. It can mean fewer meals each day and poor-quality food that is calorie-rich but nutrient-poor. In San Francisco, 197,000 people struggle each day to feed themselves and their families. 237,000 is the number of people who live at or below 185% of the federal poverty line in San Francisco.

39% of the households

who receive weekly groceries through the Food Bank include at least one working adult, while 18% of our clients are homeless. Hunger frequently strikes the most vulnerable people in our communities: 1 in 5 children do not have access to enough food to meet their nutritional needs on a regular basis.



Many lower-income residents of San Francisco earn too much to receive federal benefits, but not enough to get by without assistance.

Information from www.sffoodbank.org

Special points of interest:

- October 2 — *World Communion Sunday*
- October 6 — *St. John's Cinema double feature.*
- October 9 — *Interactive Sunday*
- October 16 — *Harvest Potluck on World Food Day*
- October 23 — *Heifer Project Back Sale sponsored by A.R.K. Sunday School Program.*
- October 30 — *Bring your penny jars!*

Inside this issue:

World Communion	2
Hunger Facts	2
Potluck	2
Hunger Challenge	3
Harvest	3
Collect Pennies	4
Recipes	4

Hunger Awareness Month

October marks the 11th anniversary of St. John's Harvest food pantry program. The Compassion Team that focuses on St. John's mission efforts is promoting October as Hunger Awareness Month. Throughout this

month, you will have an opportunity to learn, identify, and participate in hunger issues in our city. Inspired by the San Francisco Food Bank, take the Hunger Challenge. This is a great exercise for families as well as

individuals.

You can choose to participate in all events or pick and choose. Check out this flyer for all the details on Hunger Awareness Month.

October 2 – World Communion Sunday

In 1936, World Communion Sunday was started by the Presbyterian Church (USA) on the first Sunday of October. On this Sunday, we celebrate

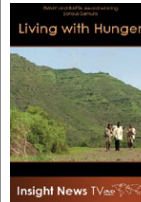


Communion with the rest of the world.

We will kick off Hunger Awareness month with international world music and breads from all over the world.

October 6 @ 6.30pm – St. John's Cinema

Living with Hunger



Sorious Samura set out to understand the real stories of people living on the edge of starvation in Ethiopia.

Food Stamped (2011)



Exploring the question of whether it's possible to eat healthily on government food stamps.

Hunger Facts

More than 44.6 million people are on food stamps in the US.

- ~6 million Americans receiving food stamps report they have no

other income.

- It takes \$59,808/year for a San Francisco family of four with one working parent to make ends meet: \$84,015

if both parents work. **A family of four is eligible for food stamps only if its gross annual income doesn't exceed \$29,055.**

- 5.1 million Californians are living below the Federal Poverty Line.
- The San Francisco Food Bank currently serves 31,000 households/week through our pantry

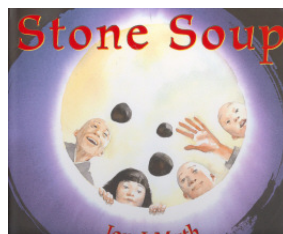
program.

- San Francisco Food Bank distributed more than **44 million pounds of food in the past year.**
- The government estimates that **every \$1 of food stamp money spent in California generates \$1.84 in business** for the state's economy.

October 16 – Harvest Potluck

October 16 is World Food Day. Right after worship, there will be a potluck lunch to celebrate our Harvest Food Pantry volunteers as well as featuring some recipes to use during the Hunger Challenge.

On October 9, we will hear



Stone Soup the story, **Stone Soup.** Inspired by the story, **bring a vegetable or ingredient from your kitchen.** These

ingredients will be used to make a soup for the potluck on October 16.

Come, eat, and get ideas for what you can make at home on a Food Stamped budget during the Hunger Challenge.

Harvest Food Pantry Program

St. John's Presbyterian Church with the San Francisco Food Bank, distributes supplemental groceries to about 300 families and individuals every Saturday. Since October 2000, the pantry has distributed over 250,000 pounds of food. We serve clients in the Richmond District.

About 40 volunteers are needed each Saturday to distribute fresh produce and groceries. **We challenge all church members and kids to volunteer at Harvest one time in October.** The time commitment is 6.30-9.30 am. Contact John Templeton at harvest@stjohnssf.org. Those who do will get a sticker for their church name

tags so if you've never volunteered, ask someone with a sticker about it!"



Rules

Q: Are things already in my kitchen off limits?

A: You can choose to use items in your kitchen if you cost them out, but pre-Challenge leftovers should be factored into your costs.

Q: How do I calculate the cost of staples that I already had on hand?

A: Safeway.com is a good resource for calculating the prices.

Q: What if food is brought into my office? What about free coffee at my work place?

A: Sorry! A person on food stamps likely wouldn't have those opportunities. If people see you eating a lunch you packed from home, it's a great opportunity to talk about the Hunger Challenge with them.

Q: What if someone offers to

Hunger Challenge

First, choose a week in October to do the Hunger Challenge. Spend just \$4.72 a day or \$33.04 a week (per person) for your entire food and drink budget. This is the average amount that California food stamp recipients have to spend on food. The \$33.04 limit

includes any food and drink consumed inside or outside of your home, as well as any staples or condiments you have on hand (salt, pepper and tap water are considered "free"). Share your story on the St. John's blog. Email your experience to pastor Theresa (tcho@stjohnssf.org.)

take me out for a meal?

A: Not if you want to play fair. A person on food stamps probably wouldn't have that opportunity.

Q: What if I'm invited to someone's house for a meal?

A: If you want to stick strictly to the Challenge, take your own food — or suggest that you all plan the meal around a food stamp budget. It could be an interesting experience!

Q: I'm not so sure it would be healthy for my kids to participate in the Hunger Challenge. What do you think?

A: It can be a great opportunity to teach children about how less fortunate people live. If they ask for more, give it to them, but also ask them to imagine what it would be like if they couldn't have all the food they wanted.

St. John's spends about a dollar per family per week at Harvest. We are committed to serving about 300 families a week. October 9 during worship, you will have an opportunity to decorate a penny jar, where you can collect all the pennies lying around your house.



On October 30, bring your filled penny jars to church and help St. John's in our commitment to provide food in our neighborhood.



October 23, as a part of the Noah's Ark Lesson, the A.R.K.

Sunday School kids will be having a bake sale to raise money to buy an animal for Heifer Project International.



Recipes on a Food Stamped Budget

Lentil Soup

Prep time: 20 minutes - Cooking time: 1 hour - Yield: 6 servings

Ingredients:

1 onion, chopped
 1/4 cup olive oil
 2 carrots, diced
 2 stalks celery, chopped
 2 cloves garlic, minced
 1 teaspoon dried oregano
 1 bay leaf
 1 teaspoon dried basil
 1 (14.5 ounce) can crushed tomatoes
 2 cups dry lentils
 8 cups water
 1/2 cup spinach, rinsed and thinly sliced
 2 tablespoons vinegar (optional)
 salt to taste
 ground black pepper to taste

Directions:

1. In a large soup pot, heat oil over medium heat. Add onions, carrots, and celery;

cook and stir until onion is tender. Stir in garlic, bay leaf, oregano, and basil; cook for 2 minutes.
 2. Stir in lentils, and add water and tomatoes. Bring to a boil. Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach, and cook until it wilts. Stir in vinegar, and season to taste with salt and pepper, and more vinegar if desired.



Hummus and Veggie Wraps

Prep time: 15 minutes - Yield: 4 servings

Ingredients:

4 Whole wheat tortillas (large or burrito size)
 1 green pepper, sliced
 1 Tomato, sliced (1 container alfalfa sprouts - optional)
 For hummus:
 1-1/2 cups canned garbanzo beans, rinsed and drained
 1/2 cup nonfat plain yogurt
 1 tsp. minced garlic
 1 T. lemon juice
 1 tsp. cumin

Directions:

1. Puree in blender all ingredients for hummus. Refrigerate until ready to use.
 2. Spread hummus on tortilla
 3. Layer sliced veggies
 4. Roll up & eat!