

## 30 Day Hunger Challenge

**The purpose** is to stimulate awareness for you, your family, and your friends on hunger. It is to remind you that you probably have enough in your cupboards to sustain you for a month, while many don't have enough to sustain them through the day. This idea comes out of Jeff Shinabarger's book *More or Less*. It is to remind us the value of food, and to not let anything go to waste. But it is also to spend 30 days in prayer or meditation on global hunger. This is a great experiment to involve your whole family in! Sometimes kids have the most interest in social justice and awareness. Have them get involved in the process.

Each household can decide their timeframe, exceptions, and methodology for the challenge. Some may choose to go until they run out of food, others for exactly 30 days.

### **The details:**

*Pray* for global hunger to diminish, for awareness to increase, and for hearts to change.

*Meditate* on the question: If there is more than enough food to go around, why are so many people hungry? (Other ideas are to meditate on scripture passages about hunger: Hagar in the wilderness—Genesis 21, Jesus in the wilderness—Matthew 4, Israelites manna in the desert—Exodus 16, etc)

*Read* about global hunger today, the United Nations hunger eradication goal, and research ways that you can help end hunger in your region and in the world.

*Journal* about your experience, or answer any of the following questions. How much money did you save? How much is enough? What does it feel like for everything not to be perfect? What areas of your life did this bump into? What was the hardest part? What was the easiest part? How would you define hunger? Has that changed over the course of the experiment?

*Invite* a couple of friends to join you in this challenge. It is hard to do this challenge alone if you don't have the support of friends and family. It is particularly difficult if you regularly go out with friends. Watching them eat out while you abstain for 30 days and bring your own lunch, probably will not last if you are doing it alone.

*Post* on social media that you are doing this to both raise awareness on issues of hunger and to get others involved in the journey. #30dayhungerchallenge

*Take further action* in your community. Is food insecurity an issue for some in your immediate community (school, town, church, etc)? How about in your greater region, your county, regional municipality, or the closest big city? Call a food bank and ask for ways you can get involved. Consider volunteering at a food bank, at a community garden, plant your own community garden, volunteer to teach a class on healthy eating, etc. Be creative in taking action.

### **The exceptions:**

Our exceptions were that we still get a farm share each week (normally a small box of produce). We also allowed trading/bartering for things, and made an exception for our anniversary dinner. You can go stricter than this, or create more exceptions to fit the purposes of your household.