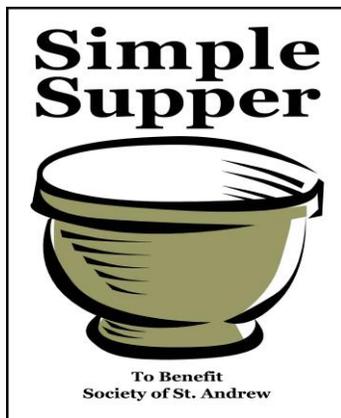


# Society of St. Andrew

GLEANNING AMERICA'S FIELDS ~ FEEDING AMERICA'S HUNGRY



A **Simple Supper** is a great way to:

- Promote awareness and action for those who struggle with hunger and food insecurity
- Raise awareness of the need for nutritious diets for people in our communities
- Support the work of the Society of St. Andrew

A **Simple Supper** is a very basic meal that consists of very few food items. It's designed to raise awareness of the experience of many people in our communities. Often, meats, vegetables, and side dishes are luxury items that families struggling with hunger cannot afford.

Many groups choose to plan their events to coincide with World Communion Sunday (The first Sunday in October), World Food Day (October 16<sup>th</sup>), or National Food Day (October 24<sup>th</sup>). You can host it on any day you choose.

Here's how it works:

- Select the date for your event.
- Invite a few volunteers to help you plan, prepare for, and host this event.
- Choose your meal type:
  - Rice & Beans
  - Potato Bar
  - Soup & Bread
- Contact your Regional Office of the Society of St. Andrew and request information and materials relating to hunger and food insecurity.
- Plan to have a speaker come and present about hunger and food insecurity in your community. (This can be representative of a local hunger relief organization or from the Society of St. Andrew.)
- Place jars or baskets on a table with the produce, for love offerings. We recommend suggested donations of \$10 per person or \$25 per family. (Some simply ask people to donate what they would have spent on a restaurant meal.)
- Count the day's offerings and turn the monies into your congregation's treasurer. After the event, ask your treasurer to send a check to the Society of St. Andrew for the total amount of the love offerings collected.

**For more information, visit:** [www.EndHunger.org/simple-supper](http://www.EndHunger.org/simple-supper)

Sincerely,

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## MENU PLANNING TIPS

A Simple Supper is a very basic meal that consists of very few food items. It's designed to raise awareness of the experience of many people in our communities. Often, meats, vegetables, and side dishes are luxury items that families struggling with hunger cannot afford.

The most frequently asked question is, "What are we supposed to serve?"— We encourage you to keep the menu simple but feel free to be creative.

Below are some simple explanations of the three primary meal types used for these events:

### — **Rice & Beans**

Many groups serve a simple supper of rice and beans. They try to exclude using meats and/or vegetables as these are often not included in the meals of families and individuals. Other groups ask a few volunteers to prepare various versions of Rice & Beans meals. These might include Red Beans & Rice, Black Beans & Yellow Rice, etc.

### — **Potato Bar**

Some groups prefer to serve potatoes as these are also affordable, able to be made in large quantities, and are commonly shared by families and individuals struggling with hunger. These groups make lots of plain baked potatoes (some include sweet potatoes) and then have a feeding line of condiments, dressings, and toppings. These might include ranch dressing, butter, seasonings, cheese, etc.

### — **Soup & Bread**

Other groups have used various soups and breads to demonstrate a simple and low-cost meal that many families eat on a regular basis. They serve slice or loaf bread (some even toast it) and have it accompany some simple soup recipes. These might include tomato soup, cream of mushroom soup, chicken noodle soup, etc.

The purpose of the food is to illustrate how many families in the community exist on eating very simple meals, on a regular basis. It's encouraged to have enough food for everyone to eat. We also strongly encourage you to invite people from within and without your church body.

*(You can make the donation optional if someone just needs to attend to enjoy a free, hot meal.)*