

HUNGER FACTS

- 36 million Americans live below the poverty line and must often rely on food assistance programs to get enough to eat.
- 840 million people globally experience the crushing effects of hunger. That is about one-seventh of the global human family.
- Annually about six million children across the globe under the age of five die as a result of hunger and malnutrition.
- Globally, about 4.3 pounds of food is produced per person per day. There is plenty of food for everyone on the planet to have enough to eat.
- About 20% of the food commercially grown in the U.S. is left behind in farmers' fields to rot due to market forces or for cosmetic reasons.
- One in five people seeking emergency food assistance in American cities was turned away because there was no food to give them.
- Low income is the largest factor in food insecurity and hunger in the U.S. Hunger afflicts people living in every state of the union.
- Only 10% of those receiving emergency food assistance in the U.S. are homeless.
- Americans who face hunger must often make difficult choices. 45% of those receiving emergency food assistance had to choose between paying for food or paying for utilities or heating fuel. 36% had to choose between paying for food or paying for housing. 30% had to choose between food or medicine or medical care.

Family

A joint project of:

The General Commission on
United Methodist Men

The National Association of
Conference Presidents, United
Methodist Men

The Society of St. Andrew

Fast

a

meat

in

1 (one)

year



Family



Fast A Meal In 1 Year

**Families coming together
to eradicate hunger
in America**

A PROJECT SPONSORED BY:



Society of
St. Andrew

Fami1y

Fast A Meal In 1 Year

Why Fami1y?

Every time your family sits down to share a meal together, there are other families in our country who are unable to do so. In fact, 12.6 million American households do not always have access to enough food for an active, healthy life for all household members.



It doesn't have to be that way. After all, we live in a land where God has provided so abundantly that the amount of food we waste in the U.S. each year could feed every hungry American. The only reason there are hungry people in the U.S. is because we permit it.

Fami1y is a way for to help eradicate hunger in America. It is a way to become part of the growing anti-hunger movement in the U.S.

Fami1y is simple. Just pick one meal during the year that your family will forego. During that meal time, be intentional in your prayers for America's hungry and for those who minister to them. Then calculate how much the meal your family skipped would have cost. Send that amount to the National Hunger Relief Advocate Office in care of the General Commission on United Methodist Men who will use it to support the hunger relief ministries of the Society of St. Andrew.

SOCIETY OF ST. ANDREW

Established in 1979, the Society of St. Andrew is an ecumenical Christian hunger relief ministry that is dedicated to meeting both spiritual and physical hungers. The Society of St. Andrew feeds the hungry across the continental United States all year long by saving fresh produce that would otherwise go to waste and giving it to organizations that serve the needy. The major programs of the Society of St. Andrew are the Potato Project and field gleaning. The innovative and cost effective methods used in these programs enable them to provide food to America's hungry for about a penny per serving.

The Society of St. Andrew adheres to Christian principles of good stewardship that result in more than 95% of all funds raised by the ministry being spent on its programs that directly deliver food and services to the hungry.

Learn more at: <http://www.endhunger.org>

UNITED METHODIST MEN

United Methodist Men is a creative, supportive fellowship of men who seek to know Jesus Christ, to grow spiritually and to seek daily his will. Their primary purpose is to declare the centrality of Christ in the lives of men and in all their relationships.

Since 1986 United Methodist Men have supported the hunger relief ministries of the Society of St. Andrew through their *Meals for Millions* mission project. In 1998 this partnership was strengthened when the Hunger Relief Advocate Initiative was launched. The ultimate goal of the HRA Initiative is to feed America's hungry through the work of part-time HRA's in every conference plus volunteer advocates in each district and church.

Fami1y

Fast A Meal In 1 Year

INSTRUCTIONS

1. **PRAY.** Pray throughout the year for the eradication of hunger in your community, across the nation, and globally. Also pray for organizations and ministries that serve the hungry.
2. **DECIDE.** Have a conversation with your family about which meal you will fast together. Perhaps you will choose to fast during lunch on National Hunger Awareness Day, the first Tuesday of June. Maybe your family will decide to fast a dinner during Lent. Or possibly you will choose to fast a breakfast during the weekend before Thanksgiving. Whichever day and meal you decide, mark it on your calendar and be faithful in fasting the meal on the day you choose.
3. **CALCULATE.** After your family fasts, tally up what it would have cost everyone to have eaten the missed meal.
4. **GIVE.** Make your check payable to GCUMM and send your check in that amount to the National Hunger Relief Advocate Office at, 1000 17th Ave South, Nashville, TN 37212. Write Fami1y in the memo section of the check. Your donation will be used to feed the nation's hungry through the hunger relief ministries of the Society of St. Andrew along with assisting in the continued efforts of the Hunger Relief Advocates in education and hands on hunger ministries. For additional information visit our web sites at www.nacpumm.org and www.endhunger.org.

