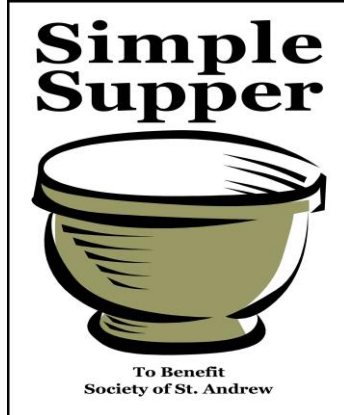


Society of St. Andrew

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 (October 6th) or World Food Day (October 16th). 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 or to request a speaker, a DVD, or an information packet from Society of St. Andrew, contact:

Chesley Vohden
Church Relations Director
434-299-5956
church@endhunger.org