

Moment for Mission: Grocery Bill Challenge: End Hunger with a Match

Materials needed:

Grocery bag filled with a grocery receipt, sample junk food and a small bag of rice.

Speaker: (Hold up a grocery bag.) See this grocery bag I'm holding? When you need food for dinner or to restock the fridge, you grab your grocery bags, drive to the store and buy what you need, right? How often do you go to the store?

Monthly? Weekly? Daily?

What about when you have a holiday coming up? When you go to the store to stock up for Easter Dinner, what do you put in that grocery bag? Ham, a roast, potatoes, veggies, pies? (Pull out sample junk food.) How much of your grocery bill goes to buying snacks or just-for-fun foods? Stop and think, how much do you spend each shopping trip? (Show a receipt.)

The average grocery bill for a family of four in the United States is about \$965 per month.\* That equals about \$223 a week. For some with small children it will be less. If you have two teenage boys it will be more – much more! But \$223 is the average. (Pause) Now consider the fact that half of the world's population – half of the world – earns an income of \$18 a week or less.

(Pause) Putting these side by side is like comparing our full grocery bag to this little packet of rice. (Show packet of rice – holding it in one hand and the bag in the other like a balance.)

The Holland/Zeeland CROP Hunger Walk is our opportunity to recognize our blessings and in gratitude share our resources with those who are in need. Your donations and participation help hungry families throughout the world to eat today and feed themselves long into the future.

When you support the CROP Hunger Walk, you establish farms, set-up small businesses, provide vital nutrients and create opportunities to flourish.

This month, save one of your receipts when you go grocery shopping. I challenge you to write a check or make an online donation to the CROP Hunger Walk in an amount equal to that receipt.

Match what you spend on food with a gift that will feed the world. \$200 can provide seeds, tools and gardening supplies for a community to grow their own food – sustainably!

Match your bill, then ask others to do the same. Together, we can reach our goal of raising \$100,000 to end hunger! Join me for the Holland/Zeeland CROP Hunger Walk on Saturday, April 29 in the morning at Holland Christian High School or Sunday afternoon, April 30 at Beechwood Church. Thank you.

\* Source: United States Department of Agriculture, Center for Nutrition Policy and Promotion

