

Take the Challenge:

NCCW: “Feeding the Hungry” during the Covid-19 Pandemic!

Suggestions for both individual, personal (P) ways as well as ideas for Council groups (CCW) to reach out and help those experiencing hunger in our communities and our world today and tomorrow.

Pray before every bite!

(P) Do not take a sip or take a bite without giving thanks and remembering those who do not have clean water, healthy choices or enough to eat. Not only grace at dinner, but before every meal and every snack. Encourage friends to join you.

(CCW) Share table graces with a social justice message. My family favorite has its origins in Nicaragua: “Put bread on the table of those who are hungry, and may those who have bread hunger for justice.” Another we used on the October member call, from the Jesuits, “Sharing the Loaves and Fishes.” Request that the hungry and those experiencing food insecurity be included in the parish intentions on Sundays. Choose a special time each week when Council members will offer prayers for the hungry.

BOGO!

(P) Never pass up the opportunity to purchase Buy-One-Get-One (BOGO) items when you shop for groceries. Share the extra box of cereal or can of soup with your local food pantry—and don’t forget the non-food staple items like toilet paper, sanitary supplies, toothpaste and diapers.

(CCW) Use your e-tree to alert members of BOGO items at local stores, great coupons in the local paper or sales on items always needed by the food pantry.

Make it a Bake-less Bake Sale!

(CCW) Instead of the usual bake sale, make it Bake-less. Ask for a few of the always favorite recipes and send them out via email and/or snail mail to CCW members or to the whole parish—including the actual cost of the ingredients + time and ask for a donation for their favorite dessert.

(P) Offer a recipe and participate!

Feed the World!

(CCW) Inform and Educate! Use social media, parish communication and websites to share current information about countries on the “Extreme Hunger Spots” list. Find out if you can put a blurb about a different country in the parish bulletin every month. Encourage members to try some of the ethnic recipes from these countries by posting recipes and stories from the CRS website, helping them to make a real connection.

(P) Use the ability of CRS to reach the hungry in countries most in need. Donate the cost of a meal each week or month as you are able.

Grow a Row or Plant a Garden!

(P) If you garden at home, plant an extra row or 2 for the local food bank or to deliver to seniors or HUD developments in your town.

Handout to accompany the October 2020 NCCW Member Call
Led by Jane Carter, NCCW Supporting Member

Questions or Comments: jcarter@att.net Please put **NCCW HUNGER** in the subject line.

(CCW) If your parish has grounds that make a parish garden possible, consider this ministry to augment your parish food pantry with fresh veggies next spring. Use the colder months ahead to do the planning and sign up gardeners!

Adopt a friend or a family!

(P) Is there an older friend, recent widower or a single millennial in your neighborhood with whom you could share your meal? If you make a pot of soup or a chicken casserole, stuffed peppers or a chicken casserole, share one portion. If you are not able to include a safe visit, be sure to include a personal note and a prayer. BTW—creating a little notecard would be a perfect grandchild activity.

(CCW) Is there a family in your community financially impacted by the pandemic that members of your Council could deliver a meal to each week? Use an online potluck sign up.

Participate/Sponsor a Bike-a-thon for Second Harvest (or Feed America)!

(P) Sign up to sponsor a rider or pedal yourself! (It's also a great activity to do with your family.)

(CCW) Get permission, the permits (if needed), design sponsor sheets and schedule the event. Determine the date or time frame, route or mileage and enlist participants using social media, phone calls and the parish bulletin.

Share your Snack Budget!

(P) Do you usually buy yourself a coffee or a cold beverage when you're out and about or on the way to work? Do you ever drive thru for an ice cream cone for the kids or grands after school or a quick snack before dropping them off for team practice? Donate the same amount to your parish food pantry.

(CCW) Do you have a line in the budget for snacks at your meetings? Send the donation to CRS! And be sure to remember in prayer all those who do not have the luxury of snacks at all!

Create a Cookbook for Hunger!

(CCW) Create a cookbook that not only includes delicious and nutritious recipes to feed our families and friends, but also educates members and all who receive a copy about the issue of hunger in your community and state. Include agencies and organizations that work to alleviate hunger where you live. Use, with permission, excerpts from newspaper articles, government publications, Scripture, prayers, USCCB website, CRS, Bread for the World and local agencies and relevant quotes from people who work to end hunger. Intersperse the information with the recipes in such a way that you learn as you browse or cook.

In 1996, the women of the Columbus Diocesan Council of Catholic Women in Ohio produced a wonderful Cookbook for Hunger, highlighting the efforts of the Ohio Hunger Task Force and including information about Bread for the World, the Children's Defense Fund, the USCCB's Political Responsibility Statement, and a newspaper article by their Bishop. It is an amazing example of how a Council can combine commission work—including the "original six": Spirituality, Family, Community, International and Legislative Advocacy---all tied together with the hospitality, publicity, and organizational skills of Leadership Development.

(P) Submit a recipe and help research current information.

NOTE: If your Council decides to take any challenge, be sure to let both NCCW and your diocesan newspaper/magazine editor know!

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