

# Simple Supper for Global Hunger



Use this *Simple Supper for Global Hunger Guide* to reflect on the injustice of global hunger and to take action to support those around the world who experience chronic hunger and malnutrition. Lead the way through prayer, reflection, simple meals, giving, and advocacy to help create a world in which every person has enough nutritious food to thrive.

## MATERIALS NEEDED

- Recipe supplies and cookware (or already prepared meals)
- Table decorations
- Silverware, napkins, etc.
- CRS Rice Bowls
  - Order at: [HTTPS://CRSMATERIALS.CRS.ORG/US-MATERIALS/CRS-RICE-BOWL/](https://crsmaterials.crs.org/us-materials/crs-rice-bowl/)
- World map (find one on campus or online)
- Paper, pens, and how-to-guides for letter writing, if you choose “Option 2 – Handwritten Letters” for the Advocacy section (see “Advocacy Preparation Directions” at the end of this document).
- Optional: Integrate photos and videos of Trinh, Maria Ana, and Yvonne as you tell their stories.
  - Find photos and videos at: [HTTPS://WWW.CRSRICEBOWL.ORG/STORIES-OF-HOPE/INTRO](https://www.crsricebowl.org/stories-of-hope/intro)

## RECOMMENDED SET UP

- **Food:** CRS Rice Bowl offers simple, meatless meals from various countries where CRS works. Visit [CRSRICEBOWL.ORG/RECIPE](https://crsricebowl.org/recipe) to review our available recipes and select one or more to prepare.
  - Consider inviting participants to each prepare one of the recipes beforehand, creating a potluck-style dinner of simple meals from around the world.
  - Determine when the meal will fit into the event and plan to direct participants accordingly. You could consider starting with the meal, sharing the meal in the middle, or ending with the meal.
- **Tables:** Set up enough tables for all participants to have a place. Put a CRS Rice Bowl on each table, or at different places along a single table.
- **Map:** Tape the map to a wall in the communal space.
- **Advocacy:** Be prepared to lead others through handwriting or signing an advocacy letter to Congress. Review the “Advocacy Preparation Directions” at the end of this document in advance of the event.
- **PowerPoint:** You may choose to create a PowerPoint to guide your event by adding the prayers, photos of Trinh, Maria Ana, and Yvonne (see above), as well as the advocacy instructions you choose.
- **Space:** You may want to review more information about global hunger at [HTTPS://UNIVERSITY.CRS.ORG/GLOBAL-HUNGER](https://university.crs.org/global-hunger) and display posters with stories, information and images from CRS work around the world.

## PROGRAM

### Opening Prayer:

Almighty and ever-living God,

You are the God of life, and you have created the earth and all that is in it to sustain and nourish us. We know that many people lack access to nutritious food, and we are pained by the injustice of a world in which men, women and children go hungry each day. Provide sustenance to our brothers and sisters who experience hunger around the world, and give us courage to lead the way to a more just world in which no one goes hungry.

Amen

### Introduction:

**LEADER:** Consistent access to sufficient nutritious food is necessary for good physical and mental health, and for honoring the dignity of each person. The 795 million people worldwide who face chronic hunger are denied this human right. We must work to end global hunger by both responding to immediate hunger emergencies and addressing the root causes of hunger. Today we will hear stories of individuals and families around the world whose lives have been impacted by hunger. We invite you to reflect on how we as a community can act in accordance with our faith to be prophetic advocates against this global injustice.

### Stories of Global Hunger:

**READER ONE:** With over 2,000 miles of coastline, Vietnam is at high risk for storms, floods, droughts and rising sea levels. CRS is helping families to identify these risks and develop plans to protect their businesses and homes through its Disaster Risk Reduction program. Trinh, her parents and three siblings are one such family affected by extreme weather. Their home is near a river and when storms pass through, it often fills with water. However, at school, Trinh has been participating in a CRS-sponsored training program, where she has learned that the family should keep food on top shelves to keep it from washing away or spoiling as well as to take their livestock to higher ground when flooding begins. "Going to school," says Trinh. "helps us understand more."

**READER TWO:** Often, the most complete meal for children in the village of El Pinal, San Francisco de Opalaca, in Honduras is at the Roberto Sosa Córdoba Basic Education Center. The school participates in CRS's Food for Education program, which ensures that students have something to eat during the school day. Families like Maria Ana's often have so little to eat at home that there isn't always enough food for children to bring lunch to school.

Each morning, Maria Ana, who is 16, and her siblings walk over steep hills to school bringing a small offering of food from home. It could be a bunch of plantains, some tomatoes, yuca, or several malangas. While the children study, mothers from the community prepare lunch using the ingredients that the students have contributed combined with staples like milk, oil, rice and beans donated by CRS. The need for food and the desire to share it is so great that students will often bring containers to school with them and save much of their lunch to take home and share with their families.

**READER THREE:** More than half of Kenya's people live in poverty. Most Kenyans are family farmers, and many are unable to produce enough safe, nutritious food to maintain healthy lives. Gaudencia is a young mother living with her seven nieces and nephews on her parents' farm. Since she started participating in CRS's Early Childhood Development program, the family's diet has improved. Gaudencia shared with the family what she has learned about hygiene and a balanced diet. Now the family tries to eat a variety of nutritious foods. They grow corn and

other vegetables, along with mangos and avocados. They also keep chickens for eggs. Gaudencia's father, Eliakim, suffers from diabetes. The improved diet has made him healthier. He also has noticed that the nutritious diet has given his grandchildren more energy for school and play.

**READER ONE:** These three stories show how CRS is collaborating with families around the world to address global hunger and malnutrition. I now invite anyone gathered here to share how they have encountered hunger either globally or locally. Taking turns, go to the world map and tell a story of solidarity. It could simply be the name of someone you would like to pray for, a profound experience you had, or something else you want to call to mind.

*[If participants brought simple meals potluck-style from the CRS Rice Bowl recipe archive.]* If you brought a dish, you may also wish to tell a story or share information regarding CRS programming in the country from which your recipe originated.

**READER TWO:** Now that we have heard stories of global solidarity, touchstones in other countries, cultures and traditions, we will now provide space to respond with concrete action so that we can directly contribute to creating a world in which all have access to healthy, nutritious and plentiful diets.

### Advocacy:

[See "Advocacy Preparation Directions" section at the end of this resource for more details and guidance and to prepare your script to effectively lead participants through an advocacy action.]

**LEADER:** Pope Francis has said, "An authentic faith – which is never comfortable or completely personal – always involves a deep desire to change the world, to transmit values, to leave this earth somehow better than we found it ... If indeed 'the just ordering of society and of the state is a central responsibility of politics,' the Church 'cannot and must not remain on the sidelines in the fight for justice'" (Evangeli Gaudium, no. 183). We can lead the way and support those experiencing hunger and malnutrition by contributing to the work of organizations like Catholic Relief Services, by volunteering to support local agencies in our own communities, and by using our power through our democracy, where our voice matters.

We know that one in nine people globally do not have enough to eat. We believe that this is unacceptable. And so, we must ask our government to do all in its power to meet the immediate needs of those experiencing food insecurity and also work to address the root causes of hunger and malnutrition. Let's share with our nation's leaders the real stories of Trinh, Maria Ana, and Gaudencia and join the voices of students and advocates across the country to ensure our nation leads the way with policies that bring justice, peace, and a brighter future to all.

*[Note: Lead the group in their advocacy action, based on what you've selected from the "Advocacy Preparation Directions" at the end of this document. Be sure to remind them to personalize their message, whether they are signing a digital letter or handwriting a letter. If participants are handwriting letters, you may want to display or handout the template and instructions. You will also want to let the group know how their handwritten letters will be delivered to Congress.]*

### Closing Prayer:

Lord and Savior,  
When you taught us how to feed the hungry,  
You did not do it in a city or in a garden,  
But in a desolate place  
Where few things grow green,  
And life struggles to sustain itself.  
And so you taught us  
That there is no place too desolate  
And no hour too late  
For the love of God to triumph.

Our father has blessed this world with abundance.  
And yet too many fields are parched,  
Too many stomachs, empty.

Be with those who hunger.  
Help us to join with your people in peril.  
To share our food,  
To share our knowledge of cultivation,  
To abate periods of dryness.  
And to forsake the ways that created an unjust world  
Where God's bounty is for some, but not others.

Amen

## ADVOCACY PREPARATION DIRECTIONS

Prepare for the advocacy component of your *Simple Supper for Global Hunger* as necessary, depending on your choice out of the below options.

**Option 1 - Online Letters:** Instruct participants to sign the online letter, which can be navigated to in 3 ways:

- At this link: [HTTPS://SUPPORT.CRS.ORG/ACT/CRSU-HUNGER](https://support.crs.org/act/crsu-hunger)
- By navigating to [HTTPS://UNIVERSITY.CRS.ORG/GLOBAL-HUNGER](https://university.crs.org/global-hunger) and selecting the “Advocate to Congress” button.
- By texting “I am Global Hunger” to 306-44. Participants will receive a direct link to the letter in response.

*In all cases, please recommend that participants personalize their letters to members of Congress for greater impact.*

### **Option 2 – Handwritten Letters**

- HOW-TO: Use this template and how-to guide: [HTTPS://UNIVERSITY.CRS.ORG/SITES/DEFAULT/FILES/UNIVERSITY%20REFERENCE LETTER%20WRITING.PDF](https://university.crs.org/sites/default/files/university%20reference_letter%20writing.pdf)
- CONTENT: For the content of the letter, use information from the most recent action alert, which you can find here: [HTTPS://SUPPORT.CRS.ORG/ACT/CRSU-HUNGER](https://support.crs.org/act/crsu-hunger)
- DELIVERY: Decide how you will share these letters with your members of Congress.
  - Your letters will have the most impact if they are hand delivered to the local offices. Check out these tips on how to set up a “Voice Your Values” meeting with your members of Congress: [HTTPS://UNIVERSITY.CRS.ORG/CONTENT/VOICE-YOUR-VALUES-MEET-MEMBERS-CONGRESS](https://university.crs.org/content/voice-your-values-meet-members-congress). If you select this option, you will want to make sure all participants write their letters using their local address in the district of the university.
  - Mail the letters to their offices. If you select this option, participants can write their letters using their local address in the district of the university or their permanent home address. Be sure you send the correct letters to the correct members of Congress.