



Rise Against Hunger's meal packaging program is a volunteer-based initiative that coordinates the assembly-line packaging of highly nutritious dehydrated meals comprised of rice, soy, vegetables, and 23 essential vitamins and minerals.

The program was created to give dedicated individuals and organizations the opportunity to participate in a hands-on international hunger relief program and to become educated, engaged advocates for the world's hungry. Since the inception of the meal packaging program in December 2005, these packaged meals have been used primarily to support school feeding programs in developing countries. Hunger is the common thread among the world's most challenging issues. Targeting hunger — specifically by supporting school feeding programs — leverages support to other causes including poverty, disease, education, and the welfare of women and children.

At the Mid-South Presbytery Pentecost Event

Our Presbytery volunteers will package 10,000 nutrient-rich meals to be sent to Haiti to feed the hungry. In order to pay for the cost of the

meals we are asking **each church to donate at least \$100 toward the purchase of the food items**. Churches are encouraged to raise this money by challenging their members to choose one of the following (or use your own creative ideas!)

- Almsgiving: pledge \$1 a day to feed the hungry during the 40 days of Lent (or \$1 for each of the 6 weeks of Lent)
- Skip Starbucks: make your own coffee during Lent and give what you save to feed the hungry
- Skip Restaurants: donate what you save to feed the hungry
- Buy generic instead of name brand: donate the difference to feed the hungry.

