

# BLESSED EATING: A WEEK OF SOLIDARITY AT THE TABLE

This year's Walk theme focuses on small communities in rural Indonesia. Families here struggle to feed themselves because they don't have enough seeds to stagger their planting and so they have seasons of hunger between harvests. The CWS model of providing families with enough seeds to plant an abundant amount of vegetables and also a hen and rooster so that they can raise chickens and collect eggs for daily protein is transforming lives. To connect with these families and recognize our own blessings, here is a way to personally connect the gifts in your life with gifts to help others.

For the week prior to the CROP Hunger Walk follow the instructions below:

## MONDAY

Survey your refrigerator. Count how many eggs you have and donate \$1 per egg. Thanks to your support of CROP Hunger Walk, families in places like Indonesia now have a reliable source of protein, but can also sell the eggs for a nice profit.

## TUESDAY

What is for dinner tonight? How many DIFFERENT types of vegetables will you include in your meal? Donate \$1 per vegetable. Without CROP Hunger Walk support, many families only have one type of vegetable to eat, usually corn. This lack of diversity in the diet creates vitamin deficiencies in children and inhibits brain development. The funds you raise help families grow a variety of vegetables in their kitchen gardens.

## WEDNESDAY

Do you eat chicken in your home? Think back over the past week and donate \$1 for every time you ate chicken. If you are vegetarian, feel free to donate a \$1 for each time you ate tofu! Indonesian families who receive chickens from CWS will also receive materials to build coops and vaccinations to keep the chickens healthy and safe.

## THURSDAY

Water is a critical component to sustaining healthy communities. People need water to irrigate gardens, to wash vegetables, to cook and clean and for sanitation and hygiene. CROP Hunger Walks are providing clean water sources to families who before had to walk hours to retrieve water that wasn't even safe to drink. Donate \$1 for every faucet in your home.

## FRIDAY

Is Friday night pizza night at your house? Do you usually go out to dinner on the weekend? For only \$39 (what some might spend on a dinner in a restaurant), CWS can provide a family with seeds, tools and chickens. This combination provides a permanent solution to hunger and poverty. This weekend, skip the dinner outside the home and donate the difference to your CROP Hunger Walk and know that your small sacrifice is a huge help to neighbors in need.

Collect all your donations/keep track of what you "owe" and make a donation in equal amount to support your efforts through CROP Hunger Walk at [crophungerwalk.org](http://crophungerwalk.org).

*Eat. Walk. Give. Change the World.*

**VEGGIES, EGGS AND A SIDE OF HOPE.**

