

HUNGER MEAL

The Hunger Meal is a large group activity that will focus on various lifestyles found around the world and will also highlight participant attitudes. Invite people to a meal, but prepare using the guidelines below to promote world hunger awareness. If you like, at the end of the meal, you can take up an offering for the World Hunger Fund.

A. Preparation for the meal:

5% of the participants at *Table of Wealth* – use a tablecloth, china plates and silverware, centerpiece/candles; and cloth napkins. Menu should include meat, veggies, salad, choices of dressings, dessert, choices of drink, breads, and fruits. Someone should be assigned to wait on the table.

15% of the participants at *Tables of the Middle Class* – do not use tablecloth; plates with shreds of meat (chicken or pork), one veggie and one starch. Provide a fork, knife, and spoon and glasses of tap water (not hot, not cold) in a pitcher on the table. Seat 4-6 persons per table.

35% of the participants at *Tables for the Lower Class* – do not use tablecloth; plates with rice and beans only; or rice and corn. Provide glasses of hot weak tea; only a fork and spoon for each plate. Seat 7-8 persons per table.

ARRANGEMENTS FOR THE REMAINDER (poverty stricken tables)

10% at a table with bowls for everyone at the table, but only provide chairs for half of the people assigned to the table. Provide only rice in the bowls and spoons. No drink.

10% at a table with bowls for everyone at the table but don't provide any chairs. Provide hot water in juice glasses and chopsticks.

25% at a table with one large serving bowl of rice. All participants will use their fingers to eat from a common bowl. No chairs, no drinks.

TOTAL of 100% (If the “poverty group” is small, it is better to have the poverty stricken table as one table only (vs. three). Use one large serving bowl of rice. All participants will use fingers to eat with.

Print guidelines for each table as follows

1. Table of Wealth
 - a. Your waitress/waiter is here to serve you. Feel free to ask for whatever you need.
 - b. You may not leave your table.
 - c. If others come to your table, you should consider it an intrusion and get rid of them as quickly as possible.
 - d. You must have put in a full day's work today, so eat heartily.
2. Table of the Middle Class
 - a. You may not leave your table.
 - b. You may not give away food.

- c. If beggars ask for food send them away toward the wealthier table or deal with them in a Christian manner.
- 3. Table of the Lower Class
 - a. You may share your food with others from different tables
 - b. You may ask for food from other tables that have more food than you do **after** you have eaten what was provided at your table.
- 4. Table of Poverty
 - a. You should eat your rice quickly.
 - b. You can leave your table after you have eaten a handful of rice.
 - c. You should ask others more fortunate to share.
 - d. If you are refused, be persistent.

B. As participants come to the meal

- As participants enter the eating area, give them a random seating assignment.
- Instruct them to read and follow the guidelines found on the table knowing that this is a learning activity, eat what is provided, and do not use any snack or drink machines for the rest of the day.

C. Meal organizers observe – during the meal

- Who did not observe the guidelines?
- Who did not eat?
- Who were the most uncomfortable?
- Who treated it as a game rather than seriously?

D. Meal organizers should debrief participants (best done at the tables)

- How would you deal with what you were served day after day?
- Who are we as Americans? (table of wealth)
- What wealth or riches were overlooked? (the tables with shredded meat, rice and veggies)
- How does one help the poor?

E. Teach

- Biblical Basis for Helping the Poor
 - In the Old Testament
 - Food was left for the gleaners
 - Tithes are in several levels. They were an alternative to taxation but also provided a security net for the disadvantaged of society.
 - Jubilee – allowed the poor to start over.
 - In the New Testament
 - Jesus commanded us to help the poor. Matthew 19:11, Mark 10:21, Luke 18:22

VARIATIONS ON THE HUNGER MEAL

Using Pizza for the hunger meal

1. Table of Wealth
 - a. 5% of participants will sit at a table of wealth. The table should have paper plates, paper salad bowls, and two choices of dressings. Napkins, cups with ice, and a choice of sodas should be on the table. Large supreme type of pizza – the bigger the better will be the entrée. A large bowl of salad and a nice dessert finish off the menu.
2. Table of the Middle Class
 - a. 15% of participants; use paper towels or napkins instead of paper plates. Provide cups with no ice; a liter of soda on the table; and a medium, one topping pizza.
3. Table of the Lower Class
 - a. 35% of participants; place enough chairs for only half the participants. Serve small cups of tap water for each participant; small cheese pizza; no napkins, etc.
4. Table of Extreme Poverty
 - a. 45% of participants; set up a table with a paper towel with bread sticks cut in halves; one-half breadstick per person; no chairs; no drinks.

Excerpts taken from – IMTI, a “Cross Cultural Training”.