

This Lenten Season take the Food Stamp Challenge!



- You will gain empathy for those not as fortunate as you
- You will use prayer to get you through the week
- You will better understand basic food needs
- **You will probably be hungry**

Millions of people do it. Can you?

Each month, 373,856 Iowans utilize food stamps as their main source of food. (Also called the Supplemental Nutrition Assistance Program or SNAP.)

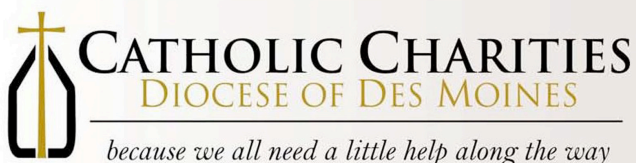
We invite you and your family and friends to join in the Food Stamp Challenge as part of your Lenten journey. (See guidelines at right and at www.CatholicCharitiesDM.org.) You can also donate the money you save on food to St. Mary Family Center, Catholic Charities food pantry and free clothing closet. St. Mary's is one of a many pantry sites that helps supplement food needs when food stamps are just not enough.

Donations can be sent to:
Catholic Charities – Lenten Food Stamp Challenge
601 Grand Ave. Des Moines, IA 50309.
Call 515-237-5089 or email kbresnan@dmdiocese.org with questions.

The Food Stamp Challenge is being held as part of Catholic Charities Special Collection in parishes during Lent. Please consider participating in this important collection that funds services offered through Catholic Charities.

Participant Guidelines

1. Each person receiving food stamps has a monthly allotment of \$133.79. That translates to \$4.50 per day or \$1.50 per meal. This is your food budget for all the food you eat during the week.
2. All food purchased and eaten during the Challenge week, including fast food and dining out must be included in the total spending.
3. During the Challenge, eat only food that you purchase for the project. Do not eat food that you already own.
4. Let us know how it's going by joining our Food Stamp Challenge conversation at facebook.com/CatholicCharitiesDM



**601 Grand Ave.
Des Moines, IA 50309
515-237-5045 | charities@dmdiocese.org
www.CatholicCharitiesDM.org**

 facebook.com/CatholicCharitiesDM