

ALL SAINTS CHURCH, SANDY HILL
LENTEN CHALLENGE, 2011



Background:

Our church was represented on the local planning committee of this project that was initially introduced by Poverty Watch Ontario in response to a growing concern that Social Assistance allowances are forcing recipients to rely on food banks to survive. After spending on fixed costs such as shelter, utilities and essential personal expenses, there is little left to buy nutritious food. The campaign aims to pressure the government to increase monthly benefits by at least \$100 to cover food purchases. The challenge was carried out in January and February in Ottawa by a group of volunteer "celebrities" who recorded their observations while living on a diet typical of food bank allotments. The celebrities helped to raise awareness of the hardships lived by Social Assistance recipients in our community. The campaign goes on. Several churches, including All Saints, have volunteered to take on the challenge within their congregations.

Your Challenge: To rely on a diet that a person on Social Assistance might receive from a food bank. This would typically be a three-day supply, but for many, it would have to last even longer. **The challenge is for you to eat this food - and only this food - for three or four days, starting on Ash Wednesday.**

Procedure (Please do all or SOME OF the following):

- 1) Take the Do the Math Survey on line at <http://www.dothemath.thestop.org/survey.php>
- 2) Inform family and friends of your participation in this project from Ash Wednesday (March 9) to Sunday AM March 13. You will not be able to stray from your diet during that period.
- 3) Set aside some staples that are already in your pantry: Vegetable oil, flour, salt, sugar, coffee, tea, margarine, soy sauce, ketchup, garlic, spices. Use up to 5 ingredients from this list and **keep track of the quantity of each item used** from the Pantry List.
- 4) Using the guide on the back of this sheet, create your own "food bank hamper" and shop for the period. Take public transit, walk or bike to the grocery. Use your own bags. Buy only the lowest priced brands.
- 5) Keep track of your experience when living on this diet for 3 or 4 days.
- 6) If possible, eat one or two meals at a drop-in and make a donation if you can. See addresses on back.

Reporting:

Each day, please share your experiences as candidly as possible. This can be as simple as writing in a log book. You can also post to the *Put Food in The Budget blog* by sending an email to ottawadtmc@posterous.com. Contact Jane (Gibson.jane@gmail.com) to join the web group. The subject of your email becomes the title of your post, and the body and attachments of the email become the content. You can read posts at <http://ottawadtmc.posterous.com/>. We also might want to create a Facebook account to share experiences.

After the Challenge Days: Please try to meet for a "breaking of the fast" and debrief meal on Sunday, March 9 at 8 AM in the lower hall.

Sample Food Hamper Contents (from Partage Vanier Food Bank)

	Family of 1	Family of 2
Counter	½ doz eggs 1 pouch milk or 1 bag powdered 6 wieners or 1 package of meat	½ doz eggs 1 pouch of milk or 1 bag powdered + (1 powdered milk with kids) 12 wieners or 1 package of meat 2 scoops of margarine
Fruit	1 serving fresh or 1 juice or 1 canned (when available)	1 serving fresh or 1 juice or 1 canned (when available)
Vegetables	1 serving fresh + 1 canned; 2 potatoes	1 serving fresh + 1 canned; 4 potatoes
Meat alternatives	1 can of tuna 1 can of stew 1 can of beans 1 container of peanut butter	1 can of tuna 1 can of stew 2 cans of beans 1 container of peanut butter
Bread	1 sliced + 1 others	1 sliced + 2 others
Soup	1	2
Pasta and rice	2 choices between box of macaroni/cheese and cans of pasta and 1 bag of pasta with a can of pasta sauce; 1 bag of rice	4 choices between boxes of macaroni/cheese and cans of pasta and 1 bag of pasta with a can of pasta sauce; 1 bag of rice
Desserts	1 (when available)	2 (when available)
Cereal	1 cold cereal or oatmeal or 3 pouches per person	bag or 2 oatmeal or 3 pouches per person
Other	3 food items (variety) + 1 non food item (when available)	4 food items (variety) + 1 non food item (when available)
Children		3 snacks and 3 juice per child
Baby		1 bag diapers + 8 jars food + 6 cans; formula + 1 box cereal

Food Programs in Downtown Ottawa

Name	Location	Date and Time	For Whom?	Contact
Shepherds of Good Hope	233 Murray St.	Seven days/week: Lunch 11:30 am - 12:30pm Seven days/week: Drop-In 5:30 pm - 9:30pm	Everyone	789-8210
Salvation Army	171 George St.	Mon.- Fri. Breakfast 8am-8:15am Lunch 3pm-3:30pm	Everyone	241-1573
Sophie's	145 Murray St.	Tuesday, Wednesday, Thursday. Drop-In 3pm-9pm with a meal served at 5pm	Femmes francophones	789-5119
St. Luke's Lunch Club & Drop-In Centre	760 Somerset St. West	Monday and Friday Drop-In is open 8-11:15 AM and 12-1:15 PM Tues, Wed and Thurs Drop-In open 8-11:15 and 12 - 2 PM Monday-Friday Breakfast 8am-9am and Lunch 12pm-1pm	Everyone	238-4193
The Mission	35 Waller St.	Mon.- Fri. Breakfast served at 8:00am, Lunch at 11:30am (need to come to Chapel at 11:00 to get a ticket) and Dinner 3:00pm	Non-Residents	234-1144
St. Joe's Women's Centre	151 Laurier St. (corner of King Edward)	Mon.- Fri. Drop-In 9:30-4:30 Breakfast served at 9:00-11:00 AM, Lunch at 12:00-1:00 PM and Snack at 2:30pm	All Women in Need Welcome	231-6722
St. Joe's Supper Table	151 Laurier Ave. East - Upstairs	Mon.- Fri. Dinner served at 5pm-6:15pm	Everyone Welcome	233-4095
St. Paul's Eastern United	473 Cumberland St.	Mon, Tues, Thur. & Fri. Drop-In 10am- 3pm Wednesdays Only Lunch at 11:30am- 1:30pm Drop-In 7pm-9pm	Everyone Welcome	237-1821
The Well 154 Somerset West	Basement of St. John's church	Mon. Drop-In 9:30am-1:30pm Tues, Wed, Thur. & Fri. Drop-In 9:30am-4pm Light breakfast (coffee, tea) at 9:30am and Lunch at 12 PM	Women and Children Welcome	594-8861
Centre 507 Bank at Argyle	Centretown United Church	Monday - Friday Drop-In 12pm- 3:30pm Mon., Wed., Thurs. Drop-In 5:30pm-9pm Sunday 1-4 PM	Everyone	233-5626
Centre 120 Lisgar at Elgin,	Knox Presbyterian	**First Saturday November to last Saturday March Only** Saturday Drop-In at 4:30pm Dinner served at 5:30pm	Families Welcome	238-4774