

## Remembering Hungry People

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During Lent, spend time learning about people who are hungry and reflecting on the abundance of food that's easy to take for granted.

### For

Young Family

### Season

Spring

### Needed

Bible, Helping Those Who Are Hungry worksheet (see last two pages), pencil or pen, coins, box or container to hold coins, Internet-connected device



[Feed My Starving Children \(FMSC\)](#)

### Prepare in Advance

- Mark your Bible at Luke 3:10-11.
- Make one copy of Helping Those Who Are Hungry worksheet (see last page).
- Preview [Video about Hunger](#).
- Choose a relief organization or food pantry to receive your family's donation and bring some information about it. If you need ideas, your church may be able to suggest one.
- Bring a handful of coins.

### Activity Plan

1. Say this prayer aloud to begin.

*God, thank you for giving us food to eat. Open our eyes to the needs of people who are hungry and open our hearts to help them. Amen.*

2. Ask someone to read aloud Luke 3:10-11 from your Bible or the text below:

<sup>10</sup> And the crowds asked him, "What then shall we do?" <sup>11</sup> And he answered them, "Whoever has two tunics is to share with him who has none, and whoever has food is to do likewise."

3. Together, view [Video about Hunger](#). After you watch the video, point out that this video was made for an elementary school fundraiser. Although that fundraiser is now over, your family can still help. Tell about the relief organization or food pantry you have selected.
4. Bring out a box or container to hold coins and talk about where to place it in your home during Lent. Many families place it on the table where they eat.
5. Show the Helping Those Who Are Hungry worksheet. Explain that each day during Lent, you'll read what's written on the worksheet and respond by putting coins in the coin box. As a family, discuss your answer to the question for today and have a child place that many coins in the box or container. (If your family budget is tight, it is fine to use pennies.) Encourage each family member to contribute some of their own money for this activity during Lent.
6. Throughout Lent, observe how the coins pile up in the box or container. Talk about the relief organization or food pantry that will receive your gift of coins. On Easter Sunday, give the money to the relief organization or food pantry you have selected.



## Helping Those Who Are Hungry

When we have plenty, it is easy to take food and eating for granted. Jesus calls us to care for those who need food. Each day during Lent, say the prayer, read the question, and respond by placing that many coins in your collection box. (For example, on Ash Wednesday, if five shelves in your home have food on them, put five coins in the box.)

### **Daily Prayer:**

*God, thank you for giving us food to eat. Open our eyes to the needs of people who are hungry and open our hearts to help them. Amen.*

- Ash Wednesday: How many shelves in your kitchen have food on them?
- Thursday: How many different types of drinks are in your refrigerator?
- Friday: How many cans of fruit do you have in your cupboard?
- Saturday: How many sticks of butter (or tubs of butter or margarine) do you have?
  
- First Sunday of Lent: How many cans of vegetables do you have?
- Monday: How many dinner plates are in your cupboard?
- Tuesday: How many times each month do you go to the grocery store?
- Wednesday: How many forks do you have in your silverware drawer?
- Thursday: How many people usually eat dinner at your house?
- Friday: How many times a day do you eat something (including meals and snacks)?
- Saturday: How many loaves of bread do you have in your freezer?
  
- Second Sunday of Lent: How many kinds of cereal are in your cupboard?
- Monday: How many different kinds of food did you eat for lunch?
- Tuesday: How many drinking glasses are in your cupboard?
- Wednesday: How many lunches do you eat each week?
- Thursday: How many food commercials did you see during your favorite TV show?
- Friday: How many pieces of fruit are in your home?
- Saturday: How many gas or electric appliances do you have to help with food preparation?
  
- Third Sunday of Lent: How much does your family usually spend on groceries each week? (Have one coin equal to \$10—if your family spends \$100, place 10 coins in the box.)
- Monday: How many containers of leftovers are in your refrigerator?
- Tuesday: How many bags of salty snacks are in your cupboard?
- Wednesday: How many measuring cups do you have?
- Thursday: How many knives do you have in your silverware drawer?
- Friday: How many grocery stores are in your neighborhood or town?
- Saturday: How many meals did family members eat at fast food restaurants this past week?
  
- Fourth Sunday of Lent: How many breakfasts do you eat each week?
- Monday: How many packages of frozen desserts are in your freezer?
- Tuesday: How many jars of spices does your family have?



- Wednesday: How many sinks are in your home?
  - Thursday: How many glasses of water or other liquids did you drink today?
  - Friday: How many kinds of cookies or candies are in your cupboard?
  - Saturday: How many spoons do you have in your silverware drawer?
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- Fifth Sunday of Lent: How often does someone in your family cook a meal each week?
  - Monday: How many kinds of sugar or sweeteners do you have?
  - Tuesday: How many containers of cooking oil do you have?
  - Wednesday: How many cookie cutters does your family have?
  - Thursday: Which foods does your family dislike most? (Name them and place a coin in the box for each one named.)
  - Friday: How many kinds of flour do you have?
  - Saturday: How many cans of soup are in your cupboard?
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- Palm Sunday: How many different colors of food did you eat today?
  - Monday: How many toppings do you like on your pizza (include cheese and tomato sauce)?
  - Tuesday: What are your family's favorite foods? (Name them and place a coin in the box for each one named.)
  - Wednesday: How many servings of fruits and vegetables did family members eat today?
  - Maundy Thursday: How many cooking pans are in your kitchen?
  - Good Friday: How many times do you pray before meals each week?
  - Holy Saturday: How many kinds of fruits and vegetables do you grow for your family to eat?
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- Easter Sunday: How many people are celebrating Easter Sunday with you?

