

# FOOD FOR THOUGHT

**The purpose of this campaign is to unite the Grace Church community in a fight against the injustices of hunger. The goal is to help eradicate hunger in our local community by giving generously of our time and resources, so that we will continue to share the compassion of God through our service to others.**



Please Join us for our series on Hunger Justice in Medford  
on Wednesday evenings from 6-8pm at Grace Church  
160 High Street, Medford MA (781-396-7215) [www.gracemedford.org](http://www.gracemedford.org)

## ***February 24: A Primer on Hunger Issues***

*Sarah Cluggish from Project Bread will give an overview of hunger in this country and specifically in Massachusetts. What constitutes "hunger"? How do we measure it? What is the impact of hunger (or food insecurity) on people's health - specifically on children and elders? And finally, a brief overview of the most common responses to hunger in this country.*

## ***March 3: Addressing the issues of Hunger and Poverty from Charity to Justice***

*Ruy Costa from Episcopal City Mission will deal with two basic approaches to issues of hunger and poverty, works of charity and works of justice, from the perspective of their effectiveness, costs and long term impact. Background information will include some discussion of growing economic inequality in the United States. The spectrum of models includes charity, volunteer service, advocacy and social structural change. Some of the illustrations to be discussed include works done by the Episcopal City Mission, such as helping build affordable housing, grant making and organizing for public policy advocacy.*

## ***March 10: Alternatives to Emergency Food Programs***

*Justine Kahn from Project Bread will talk about alternatives to emergency food programs (food pantries and soup kitchens). Specifically, she will talk about the federal nutrition programs - WIC, food stamps (now known as SNAP), school meals, after-school snacks, and summer meals. Then she will talk about specific efforts here in Medford around the latter three programs and ways the community can support their efforts to serve hungry children.*

## ***March 17: Famine and Feast in the Bible***

*Esther Brown will lead the class through Biblical stories about times of hunger and times of plenty. We'll look at a food drive in the early Church, a widow sharing her last piece of bread with a stranger, an Israelite all-you-can-eat poultry buffet that ended in mass food poisoning, and more. Come prepared to think about the relationship between how we treat food and what we believe.*

## ***March 24: Sustainable Eating***

*Lisa Troy from Gaining Ground and Julien Goulet from The Food Project will speak Community Supported Agriculture and ethical eating.*

For more information on how to become involved in the Food for Thought campaign through volunteering, food donations, and financial contributions; please contact Rachael Pettengill at 781-396-7215 or [rachael@diomassintenn.org](mailto:rachael@diomassintenn.org)