

November Family Service Project

Discussion

- In one day, what kinds and how much food do you eat?
 - Have the children make a list.
- In one week, how much food gets thrown away at your house?
 - Take a guess (leftovers that don't get eaten, food that goes bad before it is eaten, etc.)
- In one month, how often does your family eat at a restaurant (fast-food or sit-down)
 - Try to consider the time before the pandemic.
- Where do you go to get your food? How far is it and how long does it take to get to you?
 - If you order your groceries, how long do you wait for it to come?

Facts about poverty and hunger in America

- Even in the world's greatest food-producing nation, children and adults face poverty and hunger in every county across America.
- In 2019, 34 million people lived in poverty in America. Four a family of four, that means earning just \$25,000 per year.
- Before the coronavirus pandemic, more than 35 million people struggled with hunger in the United States, including more than 10 million children.
- A household that is food insecure has limited or uncertain access to enough food to support a healthy life.
- Children are more likely to face food insecurity than any other group in the United States.
- The coronavirus pandemic has left millions of families without stable employment. More than 50 million people, including 17 million children, may experience food insecurity in 2020.

Food Insecurity is a growing problem in the United States.

It means that people:

- don't have access to grocery stores,
- don't have access to the internet to order food,
- don't have the knowledge on how to plan and cook meals at home

VIDEO CHOICES: Please watch all three with your family. It is very enlightening.

- What is food insecurity? (2 min)
 - <https://www.youtube.com/watch?v=z0J2VELZ4RU>
- Hunger in America: The Old Woman who lived in the shoe (2 min)
 - https://www.youtube.com/watch?v=TakAJyFcTtM&feature=emb_logo
- The Growing face of Modern Hunger in America (7 min)
 - <https://www.youtube.com/watch?v=EJN0KXNAHbs>

DISCUSSION:

- What did you hear in the videos?
 - What did you recognize about the people in these videos?
 - Did they have a home or were they homeless?
 - Did they have jobs?
 - Did they try to find a way to provide food for their families without asking for help?
 - From the video what things did you notice that people with Food insecurity have in common?
 - They have very low or low paying jobs.
 - They have families.
 - It is often difficult to get assistance.

ACTION: What can we do?

- Use the list included to go shopping together as a family and donate these items to the Sacred Heart Thanksgiving baskets
 - This year Sacred Heart is focusing on Food Insecurity and trying to provide food to families for at least one week.
- Consider making a pledge to shop once a month or once a quarter together and donate that food to the local Food Bank.
 - <https://foodbankonline.org/how-to-help/donate-food/>
- Contact your local Foodbank or Soup Kitchen and volunteer to help

For parents:

- Consider learning how you can work with your Congressperson, Representative or Senator to encourage them to support legislation that helps the Food Insecure.
 - <https://www.feedingamerica.org/take-action>

P.S. – Connected to our December Family Service Project

The Knights of Columbus, Council 367, are collecting coats for men, women, and children. Their goal is to collect 500 coats by the **Monday, November 23**. If you wish to donate gently used or new coats, please contact Napoleon Caragan (ncaragan@yahoo.com; 757-651-2850) to make arrangements for pick up.

Thanksgiving Baskets 2020

Sacred Heart is working to increase food stability at Thanksgiving.

Donate:

Suggested items (nothing perishable please)

- Canned meat, chicken or fish
- Chunky soups with meat
- Canned pork and beans
- Pasta sauce and dry pasta
- Boxed macaroni and cheese
- Peanut butter and jam
- Assorted canned vegetables (peas, green beans, corn, carrots)
- Canned fruit with light syrup
- Instant mashed potatoes
- Bag of rice
- 32 oz bottle of cooking oil
- Dried beans (red, pinto, navy, or black)
- 5lb bag of Maseca Corn Flour for tortillas

If you can't shop, monetary donations are welcome. Make your check or EFT donation to Sacred Heart and specify "Thanksgiving Baskets" in the memo line. Thank you.

(Kindly keep in mind that fundraising activities are above and beyond parish offertory. We are blessed to have many ministries, but it is important that we do not diminish support to parish operations in their favor.)

Bring all donations to Sacred Heart no later than Sunday November 22nd

Volunteer:

We need help sorting and packing the food. Masks will be required and social distance maintained. Sign up by calling Sacred Heart Office. (757) 625-6763

Monday November 23rd (3-6PM): Pack the grocery bags for distribution

Tuesday November 24th (9-11AM): Load vehicles for five agencies:

- Catholic Worker,
- Virginia Supportive Housing,
- Norfolk Community Services Board,
- A Hope 4 Life, and
- St Peter's Catholic Church Eastern Shore Migrant Ministry

Thank you!