

# Feed the Hungry



*"For I was hungry and you gave me food." (Matthew 25:35)*

Traditionally this work is seen as merely providing food for the poor, but in our new perspective we see that **Christ** reminded us that the most important food, the Bread of Life, is The Word of God with Christ as Its Teacher and Example. What good is giving mere physical nourishment to those poor in money if one ignores providing the nourishment of God's Word and Christ's example to those poor in the diet of that Word and example? Seen in this context, Social Justice does not merely require that one give bread but, rather, that one serve as a cook and waiter providing those hungry for God's Word and Christ's example with the nourishment they need. What value does feeding the body do if one starves the soul? Those who promote abortion, for example, as a form of social justice or who condone this evil on the grounds that they are otherwise feeding the poor are now seen as brazen fools who serve the temporary body while starving the eternal soul. Anything which fills the belly of this earth while starving the eternal soul is nothing but a fanciful tease, a fraud, and a deception to perdition!

At one time or another, just about everyone has been hungry, but the reasons vary from dieting to dire poverty. Too many of the world's people have neither the resources to grow their own food, nor the money to buy food; more than one billion people live on one dollar or less per day. Most of the world's developing nations are unable to buy adequate food for their people because their money goes to repay debts owed to world banking institutions. Further compounding the problem of feeding the world's hungry are mass devastations caused by man-made and natural disasters. But today's Catholics face these challenges because "our faith demands that we be creatively engaged in sharing the food that sustains life. There is no more basic human need." (U.S. Bishops 1986 Pastoral Letter: "Economic Justice for All")

## Global Facts for Discussions:

- Hunger-related diseases claim about 24,000 lives each day. (The Hunger Site: [www.thehungersite.com](http://www.thehungersite.com))
- Nearly 800 million of the world's 840 million malnourished people live in developing countries, including 150 million children age five and under. (Bread for the World Institute, Facts on Hunger and Poverty: [www.centerforhunger.org](http://www.centerforhunger.org))
- In U.S. households, over 33 million people, including almost 13 million children, experience hunger or the risk of hunger. (2002 Household Security in the U.S., USDA: [www.usda.gov](http://www.usda.gov))
- Overfed people in wealthy countries equal the number of the world's hungry or malnourished people. (World Watch Institute: [www.worldwatch.org](http://www.worldwatch.org))
- Hunger is a symptom of poverty and inequality, and not of food scarcity, because the world produces enough food to feed each person between 3,000 to 4,000 calories per day. **As God's hands on Earth, we can help alleviate hunger.**

## Here are some suggestions:

- Invite a single person who might be lonely to share a meal
- Support the Food Shelf
- Learn more about the causes of widespread global hunger.
- Advocate for the hungry and support policies that address their needs at home or abroad.
- Act in solidarity with sister parishes to supply nutritional food for people in depressed areas.
- Organize church or school programs providing food for homebound elderly and sick people.
- Volunteer your time to cook and deliver wholesome food to the needy in your community. (Community Meal)
- Support faith-based and nonprofit groups that sponsor soup kitchens and humanitarian aid for the poor.
- Never waste food; many millions of hungry people could be fed on food wasted in the U.S. alone.
- Share your meals with those who may have forgotten, or can't afford to buy their own.