



# Hunger Challenge Quick Ideas

## 1. *Lend a Hand*

One of the best ways to learn about service and community during the Hunger Challenge is to do community service projects. Before your event, contact members of your faith community or elderly who live in the neighborhood near the Hunger Challenge site. Ask if there is house or yard work that your group can do during your Hunger Challenge. Your participants will experience how it feels to work on an empty stomach all day. This may deepen their experience of solidarity with the poor.

## 2. *Make T-Shirts*

Buy white t-shirts for everyone participating in the Hunger Challenge. Decorate the t-shirts with fabric markers, permanent markers, or fabric paint. This can be done before your event as promotion or during the event so participants can wear them the next day to announce their accomplishment. Brainstorm t-shirt phrases to put on the shirts such as:

- “I went hungry for a day, so others don’t have to.”
- “Did you know... 30,000 people a day die because of poverty related causes?”
- “Ask me about my 24-hour fast....”

## 3. *Host a Sleepover*

Spending the night together ensures that all participants complete the hours of fasting. Plus, it’s fun! Bring movies to watch and plan games involving sleeping bags or pillows. If participants are under age 18, parents should sign a permission slip.

## 4. *Bring Board Games*

Sure, Hunger Challenge is a learning experience, but it doesn’t have to be boring! Bring board games and puzzles for the participants to play during down time. A variety of activities keeps everyone involved.

## 5. *Invite Speakers*

Do you know someone who has been involved in fighting world or local poverty? Do you know someone who has traveled the world and experienced different cultures? Do you know someone who is committed to the mission of Outreach International? Invite them to share their experiences with your Hunger Challenge participants.