

\$2 a Day Challenge

October 31—November 6

What is it and why do we need to do it?

Beginning tomorrow, October 31 and ending on Sunday, November 6; Cedar Ridge Christian Church attendees are challenged to eat on less than \$2 a day.

Twenty percent of the world lives in poverty and nearly half of the world's population lives on less than \$2 a day— two dollars a day for food, housing, school, transportation, medical emergencies, and all other expenses!

The \$2 a Day Challenge invites you to experience a little of what their life is like by eating on less than two dollars a day for one week.

Use the space on the back of this brochure to journal throughout the experience, then at the end of the week, come together with your small group to share what you learned; what questions were raised, what were your struggles, and how you felt about the challenge.

3

SIMPLE RULES TO FOLLOW:

1. Spend only \$2 per day per person on all food and drinks.
2. Only eat what you buy during the week of the challenge – no stocking up the week before!
3. If you spend more than \$2 one day, deduct the amount you went over from the next day's expenses.

Tips:

- Eating basic food like pasta, rice, eggs, potatoes, and beans can help you meet the challenge.
- Buying in mass quantities or exchanging meals with friends – just be sure to subtract the total you spend on bulk purchase from the rest of the week's spending.

Average price for basic food:

Potatoes (5 lbs) \$2.66	Eggs (1 dozen) \$1.99
Bread (2 loaves homemade) \$.60	Salt \$.69
Peanut butter (16 oz) \$2	Lentils \$.85
Black beans \$1	Oats \$2.99
Carrots (1 lb bag) \$1	Onions (2) \$1.20

Sample shopping list and meal ideas:

Breakfast Option 1 Total Cost: \$.27

Oatmeal and Raisins

Oatmeal ¼ cup dry oats with 2 T raisins
¼ cup of milk

Breakfast Option 2 Total Cost: \$.42

Toast and Egg

2 slices of wheat toast with 1 tsp butter
1 egg (any style)

Lunch / Dinner Option 1 Total Cost: \$.31

Peanut Butter Sandwich

2 slices of bread
2 T peanut butter

Lunch / Dinner Option 2 Total Cost: \$.42

Egg Salad Sandwich

One egg, with salt and mayo
2 slices of bread

Lunch / Dinner Option 3 Total Cost: \$.42

Rice and Beans

1/2 cup rice
1/4 of dry black beans with one half onion, salt and cumin

Some helpful websites:

www.5dollardinners.com

www.2dollars.org

www.onedollardietproject.wordpress.com/recipes/

My Challenge Journal

What are my experiences; what are my struggles; what am I learning?

Monday, October 31:

Tuesday, November 1:

Wednesday, November 2:

Thursday, November 3:

Friday, November 4:

Saturday, November 5:

Sunday, November 6:



\$2.00/a day Challenge

half the world
lives on
\$2.00 a day

