

September is National Hunger Action Month

Join the H₂O for Hunger Challenge



For ONE WEEK this month (September 19-25), we encourage you to DRINK WATER instead of soda, juice, coffee, tea, and other beverages to commemorate National HUNGER ACTION MONTH. The money you save for ONE WEEK will help feed a hungry family.



H₂O for HUNGER Savings Scorecard

HOW DOES IT WORK? Set aside the money you “save” each time you drink water instead of your preferred beverage. Use the guideline below or give what your heart tells you is appropriate. At the end of the week put your savings together and send it to *Catholic Parish Outreach (CPO) Pantry* to buy food for the hungry.

<u>Beverage</u>	<u>Cost per Serving</u>	x	<u>Times Skipped</u>	=	<u>Savings</u>
Soda or Juice	.75				\$
Coffee	2.00				\$
Tea	1.00				\$
Bottled Water	1.00				\$
Other Beverages					\$ _____
TOTAL SAVINGS FOR ONE WEEK					\$

Make checks payable to: Catholic Parish Outreach
2013 N. Raleigh Blvd.
Raleigh, NC 27604

DID YOU KNOW?

- CPO serves 7,800 people a month
- 24% of NC children under 5 go to bed hungry
- **\$25 feeds a family for a week**

“I WAS HUNGRY AND YOU GAVE ME FOOD”

Join the H₂O for Hunger Challenge and see how one little sacrifice on your part can feed an entire family for one week. It’s easy. It’s short. It’s about loving your neighbor. We can also use this as an opportunity to pray for an end to hunger in our community.

For more information about CPO Food Pantry, go to www.cporaleigh.org or call 919-873-0245.

