

“Feed the Hungry”

On this our fourth **Work Week** for the **Corporal Works of Mercy, Feed the Hungry**, we are reminded of messages from the Bible about this:

Isaiah 58:10 **If you give some of your own food to [feed] those who are hungry and to satisfy [the needs of] those who are humble, then your light will rise in the dark, and your darkness will become as bright as the noonday sun.**

Proverbs 22:9 **A generous person will be blessed, for he gives some of his food to the poor.**



Some of Blessed Sacrament's parishioners helping with the Outreach project during Lent.

One of many ways to help **Feed the Hungry.**

As we consider how we can help feed the hungry, there are some steps we can all take:

- 🕒 Waste less food in our own homes. Estimates state that: **Approximately “40 percent of food in the United States today goes uneaten. That is more than 20 pounds of food per person every month.”**
- 🕒 Serve meals at a soup kitchen or homeless shelter. (Helping with the Community Meal is a great way to work with other Blessed Sacrament parishioners.)
- 🕒 Volunteer to deliver prepared meals to elderly citizens. (Meals on Wheels could always use help.)
- 🕒 Collect infant formula and baby food for an organization serving young mothers at risk.
- 🕒 Go to Northeast Iowa Foodbank website northeastiowafoodbank.org/GetInvolved.aspx and donate to the cause. For every \$1.00 donated, about 4 meals can be provided.
- 🕒 If nothing else, PRAY.

For more information on the Corporal works of Mercy, visit the archdiocesan website: DBQARCH.org/Year of Mercy