

MARK YOUR CALENDAR...

16 **Your Mission:** Should you choose to accept one of the challenges, meet us at Open Door at 6pm for the kickoff event. Come learn about Circles in Columbus and it's impact on our community in the last two years. Mayor Tomlinson will be here!

17 **SNAP Challenge**: What can you do with $4.50 per day? Join Mayor Teresa Tomlinson in this fascinating week-long food challenge that millions of Americans experience each day.

18 **Movie Screening:** Join us at the Carmike Ritz Theater for a screening of the HBO documentary *American Winter.* For more info about the film visit www.AmericanWinterFilm.com

20 **Metra Matters Challenge:** Attempt to take the bus to work, the kids to daycare, or complete any task using public transportation.

23 **Dare to Share**: Come celebrate Circles in Columbus' second anniversary at the Ministry Center at St Luke United Methodist Church at 6pm and tell us about your experience with PAW.

AWARENESS WEEK
OCT 16-23, 2014
RAISE YOUR HAND FOR THE CHALLENGE

REGISTER AT WWW.ODCH.ORG

Poverty Awareness Week (PAW)

To celebrate our second anniversary, Circles in Columbus is hosting Poverty Awareness Week (PAW). This week brings awareness to issues related to low-income families in our community. Throughout the week, community members will have an opportunity to participate in a variety of activities that bring them face-to-face with the barriers so many impoverished people in our city experience on a daily basis. We invite you to take up the cause and commit to the challenge. For more information and to register for PAW, please visit us at www.odch.org.



Circles in Columbus is part of a national movement to end poverty. By intentionally building relationships across social and economic class lines, we surround hardworking yet under-resourced families with the support needed to become economically self-sufficient. This high-impact strategy allows for a more holistic approach as emotional, intellectual, and motivational resources increase, as well.

The SNAP Challenge

The Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) provides monthly benefits to supplement the food budgets of families in need, but in many cases these households still struggle to put food on the table. While it is impossible to fully comprehend the difficult decisions low-income families face, sharing your experience with the SNAP Challenge will help raise awareness about the issue of hunger in America.

The SNAP Challenge encourages participants to get a sense of what life is like for millions of low-income Americans facing hunger. By accepting the SNAP Challenge, you'll commit to eating all of your meals from a limited food budget comparable to that of a SNAP participant - $1.50 per meal.

For **Poverty Awareness Week**, we are encouraging everyone to take the SNAP Challenge the week of October 16-23 so we can combine our voices on social media for maximum awareness. *However, any day or week (or longer!) is great for the SNAP Challenge.*

- Budget based on $4.50 per person, per day for ALL food and beverages. Coupons welcome, but try to avoid membership clubs.
- Avoid food purchased prior to the challenge as well as free food offered by family, friends, and at work.
- Keep track of receipts on food spending and take note of your experiences throughout the week, in particular the choices you made between the variety and quality of food you ate.
- Invite others to join you, including your co-workers, family, and friends. Share your SNAP Challenge on social media and by blogging about your experience.

DARE TO SHARE ?

In addition to sharing with us at the Anniversary Party on October 23, we invite you to share your experience daily via social media. Facebook post or tweet tag: @CirclesColumbus and use #SNAPChallenge so we'll see it! On Instagram? Take a picture of your meals and tag @OpenDoorCH or hashtag #SNAPChallenge.

Consider these while you take the challenge...



How did your shopping cart look compared to a normal week? What did you cut out?

What choices did you have to make about the types of food you could afford, where you shopped, or the nutritional quality and variety of food?

Did eating on a limited budget impact your mood, concentration, interaction or interactions with family and friends

How has your perspective changed about the decisions families facing hunger must make?