



ICPJ Michigan Food Stamp Challenge

September 4 – 10, 2007

A project of the Interfaith Council for Peace and Justice

What is the ICPJ Michigan Food Stamp Challenge?

The Food Stamp Challenge invites you to try to live on \$3 worth of food each day for a week. On average, \$3 is all that food stamp recipients are allotted for food daily.

Why take the ICPJ Michigan Food Stamp Challenge?

When you take the Challenge, you:

- Experience **personal transformation** as you learn what life is like for those who depend on food stamps.
- Encourage **community engagement**. As you discuss the Challenge with your friends and your community, you help others understand the issue.
- Promote **real change** on the policies that affect working families. This effort will help tell the folks in Washington that we care about what happens to families in Michigan.

Why Now?

Because of the high cost of the war in Iraq, President Bush has proposed cuts to the Food Stamp program. Congress will vote on this issue this fall, so we need to show support for food stamp funding *now!*

How does the ICPJ Michigan Food Stamp Challenge Work?

1. You can only spend \$21 on food and beverages during the Challenge week.
2. All food purchased and eaten during the Challenge week, including fast food and dining out must be included in the total spending.
3. During the Challenge, only eat food that you purchase for the project.
4. Do not eat food that you already own.
5. Avoid accepting free food from friends, family, or at work. Please keep track of receipts on food spending and take note of your experiences throughout the week.

How do I sign-up for the Challenge? Who can I contact for more information?

To sign-up go to www.MichiganFoodStampChallenge.org, or, fill out the form below. For more information e-mail info@icpj.net or call ICPJ at (734) 663-1870.

Visit www.michiganfoodstampchallenge.org for updates, including an online blog where you can share your experience and read about the experience of others taking the Challenge.

Name: _____ e-mail address: _____

Street Address: _____

City: _____ Zip: _____ Phone #: _____

Organizational Ties: _____

I am willing to be contacted by the media regarding the Michigan Food Stamp Challenge

I want to volunteer my time for the ICPJ Michigan Food Stamp Challenge

Enclosed is a donation to support the Interfaith Council for Peace and Justice for:

\$10 \$25 \$50 \$100

Mail to ICPJ, 730 Tappan , Ann Arbor, MI 48104. Please make checks payable to "ICPJ."