



# Simple Supper

To Benefit Society of St. Andrew

**Eat for one evening as 60% of the world does every day!**

**Host a Simple Supper to benefit Society of St. Andrew's work, reducing food waste and ending hunger.**

**Prepare a simple meal of rice and beans to share with family and friends, as a congregational meal at your place of worship; with your school or civic organization; in your dorm, neighborhood, or extended family.**

**In your invitations, emphasize that this is a benefit supper.** Invite those who attend to make a contribution to Society of St. Andrew as they are able. Suggest:

- The amount they would have spent on a fast-food dinner that evening;
- The amount they would have spent on a dinner at their favorite restaurant;
- The amount they would have spent on a dinner prepared at home;
- An amount of their choosing.

👉 *Society of St. Andrew is able to put a serving of healthy, nourishing food on the table for just 2¢, so every gift makes a difference!*

**In your preparations, focus on simplicity,** preparing the meal using only herbs and spices for flavor. Serve water to drink. Try to prepare only as much food as those present will eat, and make arrangements in advance, so that any leftovers will be shared.

**If possible, make your meal a “welcome table,”** inviting persons from all walks of life to share food and fellowship. If this isn't possible, consider leaving an empty chair at each table as a visible reminder that there are people who will not have a meal to eat tonight at all.

👉 *Download free Table Tents to place on each table, introducing the work of Society of St. Andrew.*

👉 *Consider using re-useable bowls, cups, and utensils for the meal, to lessen its environmental impact.*

**Offer a brief program after supper.**

- Invite a Society of St. Andrew staff member to be present with you, in person or via Skype, to talk about hunger in the US and about Society of St. Andrew's work. (Call 800-333-4597 to arrange.)
- Invite a staffer from a local social services agency to speak with you about hunger in your area.
- Have a local musician perform a brief concert.
- (In a congregation) Have a hymn sing.

**Before, during, or after your Simple Supper, accept and encourage donations.** In the days following the meal, report back to all participants on the total dollar amount given AND the number of servings of food those gifts will provide.

👉 *Checks made out to Society of St. Andrew are tax deductible, as allowed by law.*

👉 *Send donations to: Society of St. Andrew • 3383 Sweet Hollow Road • Big Island, VA 24526*

**Share the good news!** Tell us how it went with an email or a post on Society of St. Andrew's Facebook page!