

SEPTEMBER IS HUNGER ACTION MONTH!



Interfaith Food Ministry

Feeding Families, Fueling Hope



Feeding America, a wonderful organization supporting local community food pantry has declared their motto for 2013 "Together we can solve hunger." At Interfaith Food Ministry, we strive to work together to solve hunger for people of Nevada County experiencing food insecurity for one reason or another. September is a month where we focus on the actions we are currently taking and look at ways we could act further.

CALL TO ACTION

\$4.50 a day – Could you do it?

IFM will be promoting this year's SNAP Challenge during the month of September. The purpose of this challenge is to increase individual awareness of what it is like to live within SNAP parameters. SNAP (Supplemental Nutrition Assistance Program), formerly



Keep track of receipts on food spending and take note of your experiences throughout that time period, in particular the food choices you made and the variety and quality of food you ate.

Invite others to join you in this Challenge.

Share your experiences on the [IFM home page](#), or [IFM Facebook page](#), or on your personal social media pages.



Zucchini and Tuna Cakes

known as Food Stamps, provides on average \$4.50 per person per day for food (approximately \$1.50 per meal). By taking the SNAP Challenge you will commit to shopping for meals with this budget in mind. SNAP does provide 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.

What You Can Do

Choose a day or a week during the month of September to raise your awareness.

Your food budget will be \$4.50 per day, per person for all of your food and beverage.

Don't eat any food you have previously purchased.

2 6 1/2 oz. cans albacore tuna packed in water, drained
2 cups zucchini, shredded and squeezed dry
1 tsp. Dijon mustard
1/2 cup Italian blend shredded cheese
1/2 tsp. garlic powder
2 tsp. freshly squeezed lemon juice
1/3 cup finely chopped scallions
1 1/2 cups Italian bread crumbs
3 eggs, beaten
1 tsp. salt
1/4 tsp. pepper
Dash of cayenne pepper
4 Tbsp. olive oil for frying
Arugula, or spring greens with a squeeze of lemon for bed if desired

Rinse tuna and flake with fork. Finely grate zucchini and squeeze dry in an old tea towel (this will stain) or use multiple folds of paper towels. Put both in a large bowl and mix well with all remaining ingredients except oil. Form into somewhat flat, oval patties.

Heat oil in large saucepan over medium to high heat. Cook patties in batches until golden brown on both sides (about 3-4 mins. per side). Drain on paper towels. Serves 8.

Briarpatch Community Capacity Building Program

Briarpatch Co-op has a program intended to build both membership at the co-op as well as community volunteerism. This new program could be a great value for you and for IFM! If you are not currently a volunteer at IFM and you want to begin volunteering, you can also join the co-op at Briarpatch. Each month that you volunteer a minimum of 6 hours at IFM (3 hours for seniors), you will receive a 10% discount on your groceries purchased at Briarpatch.

This program is available only for volunteers new to IFM. Also, it is only available to new members at Briarpatch. This means that if you are already volunteering at IFM, while we do appreciate you, you are not eligible for the Briarpatch discount. Similarly, if you are already a member at Briarpatch and you start volunteering at IFM, we welcome you! But you are not eligible for the discount. The program is for those that are new to both IFM and Briarpatch. For further information go to www.briarpatch.coop/join-the-coop/volunteer/

Upcoming Events:



Spaghetti Dinner Fundraiser at Paulette's Country Kitchen – Friday, November 1, 2013

The date has been changed for this event!! Please update your calendars. Please plan to join us for good food and fellowship. As always, fun prizes will be raffled off at this event. Tickets will be available soon.



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