

\$2 a Day Challenge / Oct 31-Nov 6

What is it and Why Do We Need to Do it?

Starting Monday, October 31, and ending on Sunday, November 6, Cedar Ridge attendees will be challenged to eat on less than \$2 a day. 20% of the world lives in poverty and nearly half of the world's population lives on less than \$2 a day: two dollars a day for food, housing, school, transportation, medical emergencies, and all other expenses. The \$2 a Day Challenge invites you to experience a little of what life is like by eating on less than two dollars a day for one week.

Journal throughout the experience, and at the end of the week, come together with your small group to share what you have learned, what questions have been raised, what you struggled with, and how you felt about the challenge.

The Challenge Has Three Simple Rules:

1. Spend only \$2 per day per person on all food and drinks.
2. Only eat what you buy during the week of the challenge – no stocking up the week before!
3. If you spend more than \$2 one day, deduct the amount you went over from the next day's expenses.

Eating basic food like pasta, rice, eggs, potatoes, and beans can help you meet the challenge. Buying in mass quantities or exchanging meals with friends – just be sure to subtract the total you spend on bulk purchase from the rest of the week's spending.

Some Helpful Websites:

<http://www.5dollar dinners.com/>
<http://www.2dollars.org/what.html>
<http://onedollardietproject.wordpress.com/recipes/>
www.aidemocracy.org/2DollarDay.php

Average Price for Basic Foods

Potato (5 lbs) \$2.66
Bread (2 loaves homemade) \$.60
Peanut butter (16 oz) \$2
Black beans \$1
Carrots (1 lb bag) \$1
Eggs (1 dozen) \$1.99
Salt \$.69

Lentils \$.85
Oats \$2.99
Onions (2) \$1.20

Sample Shopping List and Meal Ideas

Breakfast Option 1 - oatmeal and raisins Total Cost \$.27

Oatmeal ¼ cup dry oats with 2 T raisins
¼ cup of milk

Breakfast Option 2 - toast and egg Total Cost: \$.42

2 slices of wheat toast with 1 tsp butter
1 egg (any style)

Lunch / Dinner Option 1 - peanut butter sandwich Total Cost: \$.31

2 pieces of bread
2 T peanut butter

Lunch / Dinner Option 2 - egg salad sandwich Total Cost: \$.42

One egg, with salt and mayo
2 slices of bread

Lunch / Dinner Option 3 - rice and beans Total Cost: \$.42

1/2 cup rice
1/4 of dry black beans with half onion, salt and cumin