

## Tour de Revs/ELCA World Hunger/Rice Dinner Project:

The *Tour de Revs'* mission is to raise awareness and funds for the alleviation of domestic and world hunger. Three ELCA pastors are riding a custom-made bamboo bicycle for three (triplet) for 100 days on May 13-August 20, 2009, traveling over 13,000 miles and making 65 stops within the U.S. and Puerto Rico in order to reach this goal. The following information on hunger, the *ELCA World Hunger Appeal* and the *Rice Dinner Project* will help you discern your level of involvement.

The average person in the U.S. consumes 2,700 calories per day which is close to 5 cups of white rice. Much of the world's population consumes only 300 calories per day which equals about ½ cup of rice. This is the amount of rice that is included in this packet.

The world produces enough grain to provide a diet of 3,500 calories a day for every person on earth. This does not include other foods such as vegetables, fruit, beans, nuts, fish or grass-fed livestock. We live in an abundant world. This means that the issues in ending hunger have to do with making it a priority in our public policy and insisting on just food distribution.\*

The ELCA World Hunger Appeal works to help relieve, develop, educate and advocate so that all people will have the food that our earth so generously provides. They work so that all people will have a sustainable way to provide for their needs.

Across the world, 923 million people are hungry. Everyday almost 16,000 children die from hunger related causes – one child every five seconds.\*\* Participating in The Rice Dinner Project is one way in which you can make a difference. Instead of a regular meal, eat a meager meal of only rice once a month and give the money you save to the ELCA World Hunger Appeal. Set aside monthly, quarterly or yearly envelopes, and mail them to: ELCA World Hunger Appeal, P.O. Box 71764, Chicago, IL 60694-1764. You may also give on-line: [www.elca.org/hunger](http://www.elca.org/hunger).

### Check out these web sites:

[www.elca.org/hunger](http://www.elca.org/hunger) [www.tourderevs.org](http://www.tourderevs.org) [www.ricedinner.org](http://www.ricedinner.org)

\* *World Hunger: Twelve Myths*, Frances Lappe.

\*\* [www.bread.org](http://www.bread.org) - *Hunger Facts: International*

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