



Hunger Meal



The Hunger Meal is an activity that will not only focus on the lifestyle of target people groups, but also highlight participants' attitudes.

Listed below are the numbers of tables for a group of 100 persons. If the group is smaller, then use the percentages to place the number of people at the tables.

Table of wealth should be set as elegantly as possible – tablecloth, candles, silver, ice water, coffee and cokes. Meal should consist of a salad, meat, vegetable, bread and dessert.

Tables of meat, rice and beans should have only plates, spoon and fork, a small serving of meat (ex. Shredded chicken), $\frac{1}{2}$ cup of rice, $\frac{1}{2}$ cup of beans and a small amount of greens.

As participants enter the dining area, give them a seating assignment randomly. When they get to the table, they should read and follow the guidelines found on the table.

- 1 Table of wealth 8%

- 2 Tables of meat, rice, beans, greens, coffee & Ice water 14%

- 3 Tables of rice and beans, hot tea in juice glasses, spoon & fork 34%

- 3 Tables of rice only 44%
 - 1 table with spoons only
 - 1 table with chopsticks
 - 1 table must use their fingers

(Adapted from *Training that Makes a Difference*, International Mission Board)

GENERAL (give to all tables)

1. All enter the dining room to randomly assigned seats.
2. Read individual guidelines at your assigned table before eating.
3. Debrief at your table before the facilitator begins debriefing.
4. Only what is on the table or allowed within specific table guidelines is available for this meal.

Do not list what is in () when you print off for the tables.

GUIDELINES FOR TABLE 1 (full service)

1. Your server is there to serve you. Feel free to call on him/her.
2. You may not leave your table.
3. If others come to your table, you should consider it an intrusion and get rid of them as quickly as possible.
4. You must put in a full days work today to eat heartily.

GUIDELINES FOR TABLES 2 & 3 (rice, meat, beans & veggies)

1. You may not leave your table.
2. You may not give away food.
3. If beggars ask for food send them away toward the wealthier table or deal with them in a Christian manner.

GUIDELINES FOR TABLES 4, 5 & 6 (rice & beans)

1. You may ask the tables that have more than you do to share after you have eaten what was provided at your table.
2. You may share your food.

GUIDELINES FOR TABLES 7 & 8 (chopsticks and spoons)

1. You may not share your food.
2. You may not leave your table. No begging.

GUIDELINES FOR TABLE 9 (rice only)

1. You should eat your rice quickly.
2. You should ask others more fortunate to share.
3. If you are refused, you should keep trying.

DEBRIEFING QUESTIONS FOR ALL TABLES

1. During dinner I enjoyed...
2. During dinner I did not like...
3. This meal made me feel...
4. If I had planned this meal, I would have...

DEBRIEFING QUESTIONS

A facilitator will lead this discussion between all the tables.

1. How did you feel about the behavior of the at your table?
2. How did you feel about the behavior of the people at the other tables?
3. What did you see or experience that made you feel uncomfortable?
4. What words would you use to describe the behavior of the other tables?
5. What was your expectation at the beginning?
6. How would you deal with what you were served day after day?
7. What table represents your part of the world?
8. Does this activity reflect things that happen in the real world?
9. How does one deal with the poor?