



THE HOMELESS FOOD CHALLENGE- A FAMILY ACTIVITY

HOMELESS FACTS;

- 17% of all homeless are under 12 years of age
- 1/3 of homeless are families – a single adult with younger children
- There is an increasing number of homeless women with children living in cars in our city and suburbs

For many young families, becoming homeless is safer than remaining at home.

For many, homelessness is the safer alternative. We discovered that an ongoing and significant contributing factor to homelessness is abuse around the home. This physical abuse frequently leads to family breakdown, separation, and women and children being forced out of the home in search of respite and safety. 34 per cent of clients nationwide were seeking homelessness support as a result of domestic violence.

An extract from The Wesley report – 'Homelessness and the Next Generation'

SO HERE IS THE CHALLENGE:

- This Homeless Food Challenge is that with \$5 in hand, each participant /family is challenged to purchase enough food to feed a homeless person for three days.
- Remember: The homeless have no access to cooking, storage, fridges, but can obtain hot water free at any McDonalds. These factors limit what a homeless person can purchase. Many do not receive any entitlements as they do not have an address or a bank account! So most always feel hungry and good nutrition does not seem possible due to the shortage of money.
- The aim is to think through the meals and what is portable, what keeps, eg 3-minute noodles, cans of baked beans, spaghetti, fish, etc (ring pull).
- Bring the food to your WLF class, but also take photos of you doing the shopping and what you purchased. Of course you can purchase more and donate them.
- Let's try and stock Wesley Mission's cupboards to help the homeless over the Christmas period.