

At this time of year, we often start weighing which habit we can give up during Lent. However, as HSHC has encouraged in the past, let this Lent be a time to **add** a healthy habit! HSHC's Lenten Challenge this year is to challenge you to increase your intake of fruits and vegetables (since most people in the United States do not meet the minimum daily requirements of either). Plus, adding tasty fruits and vegetables to your meals during Lent could have far reaching benefits, not only for your health but also for the health of your community and the world.

This year HSHC is also providing the opportunity to explore the relationship between what we eat and how we live via a weekly "live" online conversation with Karen and Travis (HSHC Co-Founders) throughout the six weeks in Lent.

Here is a brief overview of both programs in which you are invited to participate:

"Fruit & Vegetable" Challenge:

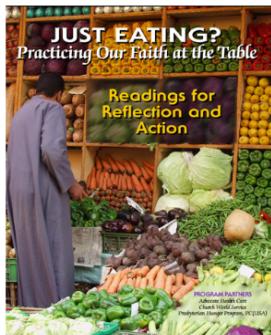


- Participants are challenged to track their daily consumption of "fruits and vegetables" during Lent (February 22 - April 8th, 2023) using a simple tracking sheet we provide.
- Participants have the opportunity to set their own daily fruit and vegetable consumption goals, since this varies considerably based on people's age, activity level, financial means, etc.
- During the challenge participants will also have the opportunity to earn bonus points each week (example - eating local fruits and vegetables, fair trade, etc.).

The theme of each week's bonus points has been intentionally aligned with the week's discussion topic for the online gatherings (more details about this below).

- Participants can register as a team (groups of 2, 3, or 4) and those who register as individuals will be randomly assigned to a team.
 - This is a team event this year because we want to give participants the opportunity to encourage one another and/or to meet new people.
 - Note: there is no expectation as to how much each individual interacts with their other teammates (that is self determined). However, the number of points each team member accumulates goes towards their team's total score.
 - There are prizes for the team with the most points!
- There is no cost to participate in this program thanks to the generosity of HSHC donors!

“Live” Online “Just Eating” Gathering:



This is the chance to come together and explore the relationship between the way we eat and the way we live using the curriculum, *“Just Eating?: Practicing our Faith at the Table,”* published by the Presbyterian Hunger Program. During our time together we will use scripture, prayer, and stories from our local and global contexts to explore five key aspects of our relationship with food.

- The health of our bodies.
- The challenge of hunger.
- The health of the earth that provides our food.
- The ways we use food to extend hospitality and enrich relationships.
- The opportunities for action, renewal, and transformation in our eating practices-as individuals and as faith communities.

“Just Eating” Gathering Times via Zoom: Thursdays in Lent @ 12pm EST (3/2, 3/9, 3/16, 3/23, 3/30, and 4/6).

Cost: There is no cost to participate in this program thanks to the generosity of HSHC donors!

How to get involved:

- Individuals can register to take part in one of the following, by clicking [here](#):
 - The “Fruit & Vegetable” Challenge (only)
 - The “Just Eating” Online Gathering (only)
 - “Fruit & Vegetable” Challenge + “Just Eating” Gathering (both)
 - Registration will open on January 24, 2023.
- Registration will close on February 17, 2023.

For questions and//or for more information, please contact the HSHC Lenten Challenge Team (info@thehshc.org).