

# Hunger Banquet Instructions



The Hunger Banquet can be very effective with groups of adults or children to simulate the imbalanced distribution of food in our world. Participants represent various countries around the globe and receive a meal that corresponds to that country's economic status. The Hunger Banquet is an opportunity for your community to actively express solidarity with the poor around the world. Below are the instructions to carry out this activity in your parish or school, and we hope you will adapt it as necessary to meet your needs.

## What you need

- Volunteers to prepare and serve food
- Tables and chairs
- China dishes, glassware, silverware, linen napkins
- Paper plates, plastic cups, plastic utensils, paper napkins
- Small paper or plastic bowls
- White paper, scissors
- Name tags in three colors
- Markers, pencils, and pens

## Preparation

- Food and Table Settings (see chart below).
- Have volunteers prepare the food for the banquet.
- Include at least one meat dish, vegetables, potatoes, breads, desserts and a variety of drinks for the people assigned to the Developed World – (Levels 1 and 2, see below) and rice and water for the people assigned to the Developing World.
- Prepare table settings as indicated on the chart below.

## Dividing the Participants

- Each participant will represent a country from the Developed World-Level One, the Developed World-Level Two, or the Developing World. Participants should be divided according to the proportions indicated on the chart below.
- Prepare slips of paper with the name of a country and its development category listed on each. See page 2 for information on which countries belong to each category.
- You may want to include a statistic or fact about each country on the slip of paper. See page 2 for sources of country statistics.
- Prepare name tags in three colors (or with dots of 3 different colored stickers) with each color representing a development category.

Development Category	Table Setting	Food
Developed World Level One (10% of group)	Linen tablecloth, flowers in the center of table, china plate, linen napkin, silverware, glass	Access to multiple servings of all food available
Developed World Level Two (30% of group)	Paper plate, paper napkin, plastic silverware, plastic cup	Access to one small serving of meat and vegetables
Developing World (60% of group)	No table, no eating utensils, sit on the floor for the meal (Be sure that there is enough floor space available for this group.)	Access to one small serving of rice and water

## Procedure

- As participants enter the room, have each of them choose a slip of paper with a country listed.
- Fill out a nametag for each participant on the appropriate color based on the country chosen.
- Instruct all participants to be seated at the appropriate tables or on the floor, based on their country assignments.

- Give a brief presentation explaining the purpose and symbolism of the Hunger Banquet. Explain how the group has been divided.
- Begin the meal.
  - Participants assigned to the Developed World – Level 1: Others serve them meals of meat, potatoes, vegetables, bread and dessert while they remain seated at their elaborately set tables. Invite them to ask for second helpings of food at any time.
  - Participants assigned to the Developed World – Level 2: Help themselves to one small serving each from a buffet of meat and vegetables and be seated at their modestly set tables.
  - Participants in the Developing World: Stand in line and be served a small helping of rice and a small cup of water. Sit on the floor.
- If you are hosting a special speaker at your banquet, it is recommended that he/she speaks during the meal. It is most effective for participants to hear about the realities of hunger while they are sharing the meal.
- After the meal, hold a brief reflection to gather the thoughts and feelings of each group.

## Discussion/Reflection

- Invite a speaker to your Hunger Banquet who can bring the realities of world hunger to life for the group. Former Peace Corps volunteers, missionaries, or refugees that may be residing in your community (contact your diocese's Migration and Refugee Services office) would be good sources to speak to your group.
- Break into small groups for a brief reflection, and consider the following questions:
  - How did you feel when you realized which country you had been assigned?
  - How did you feel about those assigned to countries different from yours?
  - What did you learn about the Developed World, the Developing World?
  - By participating in this exercise, we have reached out in solidarity to the poor around the world. In what ways can we continue to reach out to our neighbors around the world, even after we leave here tonight?

## Optional Activities

- Hold a **Work of Human Hands** sale after the Hunger Banquet. This alternative crafts bazaar promotes social justice by allowing participants to purchase crafts made by men and women in the developing world. Please call 1-800-685-7572 for more information, or visit: [www.crsfairtrade.org](http://www.crsfairtrade.org).
- Serve **Fair Trade Coffee** after the Hunger Banquet. This provides a tangible way for members of your community to learn about the CRS Coffee Project and act to make a positive difference in the lives of coffee farmers and their families. For more information visit: [www.crsfairtrade.org](http://www.crsfairtrade.org).
- Ask children in the parish community to create posters illustrating their thoughts about world hunger and their ideas about how we can make a difference. The posters can be hung around the room during the Hunger Banquet.
- Encourage high school students to use the Hunger Banquet to kick off their participation in **Food Fast**, CRS' 24-hour hunger awareness program. For more information, visit: [www.foodfast.org](http://www.foodfast.org).

## Development Categories and Corresponding Countries

**Developed World – Level 1:** (industrialized nations): Countries in which most people have a high economic standard of living. United States, England, Spain, Italy, France, Norway, Australia, etc.

**Developed World – Level 2:** Countries in which most people have an adequate standard of living. Russia, Poland, Hungary, Ukraine, etc.

**Developing World:** Countries in which most people have a low economic standard of living. Angola, Bolivia, Cambodia, El Salvador, Ethiopia, Ghana, Haiti, Kenya, Liberia, Mexico, Niger, Pakistan, Peru, Philippines, Rwanda, Senegal, Sudan, Uganda, Vietnam, Honduras, Tanzania, etc.

## Suggested Sources for Country Statistics

- *Nutrition Information:* UNICEF- [www.unicef.org](http://www.unicef.org)
- *Basic Hunger Information:* Bread for the World- [www.bread.org/basic](http://www.bread.org/basic)
- World Fact Books- [www.odci.gov/cia/publications/factbook](http://www.odci.gov/cia/publications/factbook)
- United Nations- [www.un.org](http://www.un.org)
- Catholic Relief Services- [www.catholicrelief.org](http://www.catholicrelief.org)