

Eat Simply...So Others May Simply Eat



EAT SIMPLY IDEAS

Here are some ideas to consider using for your family's participation in our Eat Simply program:

- **If you give up sweets for Lent**, donate the money saved so that we can purchase cookies and snacks for a family.
- **Discuss what a “simple meal” means in your household.** Is it soup and bread? Is it a peanut butter and jelly sandwich? Our simple meals can be a gourmet feast for some families struggling to make ends meet.
- **Rather than having a Starbucks or Dunkin Donuts coffee**, make your morning coffee at home. The money you donate can buy a can of coffee for a family.
- **If you are ordering dinner**, pick up food instead of using Door Dash / Uber Eats. (Many restaurants have curbside now.) Make a simple dessert for after dinner and donate what it would have cost had you ordered something in.
- **Try a plant-based meat alternative.** They aren't always a healthier option, but they are gentler on the earth.
- **Use the Mercy Meatless Monday's program** from the Sisters of Mercy of the Americas to choose alternatives to meat on Mondays and Fridays throughout Lent.

Envelopes are available on the bulletin tables; you may return your envelope in the collection basket. Thank you so much for prayerfully participating in our Eat Simply program, so that others may simply eat!



Parish Outreach

