



MCC Giving Calendar Give the gift of food

Day 1

Hurricanes destroy food crops in countries like Haiti and Cuba. You can help MCC provide families with seeds to replant their gardens. **Give a dime** for each vegetable that you eat today.

Day 2

Do you like to eat snacks? **Give a nickel** for each snack that you eat today.



Day 3

Give two dimes to help farmers in Kenya learn to conserve water to improve their harvests.



Day 4

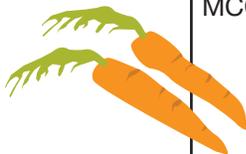
According to the World Food Programme, about one person out of nine around the world does not have enough food to lead a healthy life. **Give a quarter** to help.

Day 5

Read Genesis 18:1-8 and **give 5 cents** for each food Abraham and Sarah give to their guests.

Day 6

By giving to MCC, you support a health program that provides nutritious meals for school students in Burundi. **Give 20 cents.**



Day 7

Plan a healthy meal for your family and ask an adult to help you prepare it. **Give 30 cents** to share food with others through MCC.

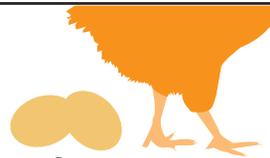
Day 8

What is your favorite kind of bread? Children in Ethiopia eat injera, and children in Mexico eat tortillas. **Give a quarter** for each piece of bread that you eat today.



Day 9

Give 20 cents to help MCC support a group in Colombia that provides families with chickens for eggs and meat.



Day 10

Your coins help MCC and churches distribute food to people after a disaster like flooding. **Give 5 cents** for each food that you ate today that includes flour, beans, oil or salt. These are foods that MCC often gives people after disasters.

Day 11

What is your favorite food? Find out how many ingredients are used to make it and **give 2 pennies** for each ingredient.

Day 12

Visit a farm or a garden (or look at books or pictures) to learn more about how food is grown. **Give 30 cents** today to help a farmer feed their family.

Day 13

MCC has a mobile canning truck where volunteers prepare meat that is sent to hungry families around the world. Each year more than 700,000 pounds of MCC canned meat are shared in countries like Ukraine, Ethiopia, Lebanon, Canada and the United States. **Give five nickels today.**

Day 14

Give a quarter to help build greenhouses in Bolivia so families can grow vegetables.



Day 15

Better lunches equal better learning. **Give two nickels** to support school lunch programs through MCC.



Day 16

Read Genesis 1:29 and offer thanks to God for giving us food! **Give a quarter.**



Day 17

MCC supports clinics in Haiti that help children who don't get enough food. **Give three dimes** to support children's nutrition.

Day 18

Think about what you ate for breakfast today. What types of food did your breakfast include? **Give a nickel** for each different type.

Day 19

"... they ate their food with glad and generous hearts" (Acts 2:46). **Give two dimes** with a glad and generous heart.



Day 20

Give 15 cents to provide food for war-affected families in Syria.

Day 21

Vegetables are an excellent source of nutrients. Eat a vegetable and then **give 25 cents.**

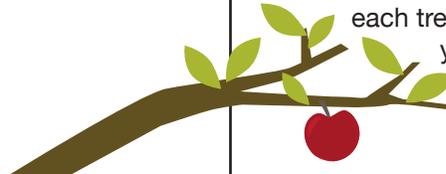


Day 22

In the United States, about one in nine people struggle with hunger. **Give a dime** for every meal that you will eat tomorrow.

Day 23

In Bangladesh, your gift helps to plant fruit trees so that families have fruit to eat. Look out a window and **give one penny** for each tree that you see.



Day 24

MCC helps families in India by giving them chicks to raise for eggs and meat. **Give a nickel** for each egg in your refrigerator.



Day 25

You can help people in Burkina Faso learn about health. **Give 10 cents** to support nutrition programs.

Day 26

"So, whether you eat or drink, or whatever you do, do everything for the glory of God" (1 Corinthians 10:31). **Give glory to God by giving a dime.**

Day 27

Give 15 cents to help families in Lebanon raise goats so that they have milk to drink and sell.



Day 28

Use food to make peace! Read 1 Samuel 25:18 and notice the foods that Abigail made for David and his men, as a way to make peace after her husband offended David. **Give 3 cents** for each food listed.

Day 29

Sometimes parents don't have enough money to buy the food that their family needs. **Give two dimes to help.**

Day 30

Make a snack and share it with a friend. Give thanks for your food and **give a quarter** to share food with someone else through MCC.

**Thank you for collecting coins for My Coins Count.
We can make a difference in the world through MCC!**

mcc.org/my-coins-count

All Bible verses are from the New Revised Standard Version.