

Your "Lunch" Can Feed 5,000

The story is told of a woman who was captivated by a bright idea: if she gave up her dangerous cigarette habit, she could buy a very hot, new red car with the savings. She quit smoking, and as soon as she had accumulated enough for the down payment, she bought the car. To her delight, her monthly payments were also covered by what she was no longer spending on cigarettes.

This woman obviously made a good decision. But it could have been an even better one: rather than buying a car, she might have used the money to fund the purchase of worm tablets for needy children through the Worm Project, thereby making a big difference not only in her own life but in the lives of others. In other words, her choice to improve her health might also have been a choice to benefit the health of many thousands of others around the world.

There are many other, less dramatic, ways to finance the care of great numbers of children in this kind of way. Small changes in how we live can add up to significant savings over time and therefore more funds for children suffering from severe malnutrition due to intestinal worm infestation. Ending unwise habits that lead to future health problems is just one way to do it. Making other, more "neutral," changes in our lifestyles can likewise lead to significant savings. And finally, giving up—sacrificing—something that seems essential to us would be an even bolder example of a way to save, one that expresses a core value of Christianity.

The following examples are merely estimates of savings over a year's time, to help you get started thinking about how you might change your lifestyle to benefit your own health as well as that of children around the world. The amounts would be different depending on your individual situation, your commitment and your choices:

- Give your "lunch" to Jesus to feed 5,000 children by making a sack lunch instead of buying your lunch at work every day. Savings: \$2.00 per meal. (He will multiply it over three years!)
- Walk (or bicycle) for short trips instead of driving. Savings: \$50.00 (worm pills for 500 children – six treatments over three years)
- Buy reliable, high gas mileage vehicles at least 1-3 years old instead of new, lower mileage ones. Savings: 10,000 children
- Drop collision insurance on cars worth less than \$3-\$4,000.00. Savings: 1,000 children.
- Buy a car with fewer "bells and whistles." Savings: 3,000 children.

- Take care of yourself in order to avoid high medical bills. Savings: at least 100,000 children (over a lifetime).
 - Exercise on stairs, walk or run in your neighborhood, etc., instead of paying for a gym membership. Savings: 4,000+ children.
 - Cut your own hair instead of going to the salon or barbershop every month. Savings: 1,000+ children
 - Raise food in your garden and lower your grocery bills. Savings: 1,000+ children
 - Instead of new furniture, Craigs List is loaded with furniture and household items. Savings: 1,000 + children
 - Sell unnecessary possessions on Craigs List. Savings: 5000+ children
- Give up cable TV for a year and watch your local broadcast stations instead. Savings: 4,000 children .

For more ideas on how to find ways to save in your particular situation, check the internet for "Tips on saving."