



## HOW FAR DOES \$40 GO?

In this activity, we will look at how difficult it is for some people to get by – even when they do get help from the St Vincent de Paul Society.

### THE SCENARIO

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You live alone in a small flat in the suburbs. It has been a rough week and you don't have any more money left after paying rent and fixing the car. The only food you have is a tin of spaghetti, can of corn pieces plus a little bit of margarine, jam, and tomato sauce. You also have a much loved pet cat who keeps you company at home. You notice that even the box of dry cat food is almost finished.

Yesterday you called the St Vincent de Paul Society for help and this morning two lovely members came and visited you. They chatted with you and before they left, they gave you a \$40 supermarket voucher to help you out until your next pay comes through.

### SO WHAT CAN YOU BUY WITH \$40?

### ACTIVITY

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Save up copies of grocery catalogues, go online to supermarket websites or alternatively use the invented 'Vinnies Bargain Grocery Store' handout.

In groups or individually, ask the students what would they buy for \$40 to feed themselves?

- Circle the items that you would like to eat for the week. Remember - make healthy choices too!
- Calculate the cost of these items (guess if you need)

### DEBRIEF

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The St Vincent de Paul Society relies on fundraising from parishes, schools, statewide appeals and the money made from local Vinnies stores. Saying that, there are so many people in the community who need help and the members are still are limited in the support they can provide. Thinking about the \$40 you were given:

- Were you able to buy enough food to feed yourself and your cat for the week?
- Did you go without some of the foods that you wanted to buy?
- Were you able to buy any fresh food? Did you find this was more expensive than the pre-packaged foods?
- Think about your pantry at home – do you have lots of nice food and snacks to eat?
- Do you think that there are people in Victoria who have to watch what they spend every week?

## CALL TO ACTION

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### ORGANISE A NON PERISHABLE FOOD COLLECTIONS

(for the Feast of the Sacred Heart Mass, Winter Appeal, Christmas Appeals... or whenever!)

Most St Vincent de Paul Society conferences (local groups) like to bring some non-perishable food when they visit a person in need. It's a warm, welcoming gesture and this takes some of the pressure off the person receiving the help. It means that they can use the food voucher to purchase fresh items which are tastier and better for their health.

Local conferences (groups) rely mostly on the donations from parishes and schools for these items. While the members are grateful for all support, all too often they receive a LOT of baked beans and tinned spaghetti, but there are lots of great, inexpensive food items which keep for a long time.

If you are considering doing a Food Collection at your school, consider these tips:

- \* Speak to you local conference members to see if they make up food parcels. If they don't, talk to the School Liaison Officer who can help point you to another program that could use them.
- \* Ask the students to think of all the items in their pantry that they like to eat. When donating, it's not about pulling a tin from the back of the cupboard that has been sitting there for a while. We want to show love for our neighbour so a thoughtful donation is best.
- \* Check the use-by date of the item. Sometimes a Food Collection appeal will provide the local conference with enough items to last them many months. Members are unable to distribute food which has expired.
- \* Some yummy items that are handy to donate are – packets of pasta, pasta sauce, rice, heat and serve sauces, tinned fruit, packets of biscuits, noodles, tins of soups, etc.



**THANK-YOU FOR YOUR SUPPORT! 😊**

# VINNIES BARGAIN GROCERY STORE

*See our fictional catalogue below*

*\* you can purchase as many of an item as you like... if you can afford it!*



MILK—\$2



YOGHURT— \$5



12 CHEESE SLICES— \$4



PASTA— \$2



1 KG POTATOES— \$4



1 KG TOMATOES— \$4



6 BANANAS—\$3



LETTUCE — \$2



2 CHICKEN FILLETS — \$6



PACK OF SLICED HAM— \$4



BEEF MINCE— \$4



8 SAUSAGES— \$4



1kg RICE — \$4



PACK OF FROZEN VEG — \$4



FROZEN PIZZA— \$4



FROZEN MEAL— \$4



CHICKEN NUGGETS— \$4



4 MEAT PIES — \$6



BLOCK OF CHOC— \$3



TUB OF ICE CREAM— \$5

**MINI**

**VINNIES**



St Vincent de Paul Society  
VICTORIA  
*good works*



2LT ORANGE JUICE — \$6



1LT CORDIAL — \$3



1 LT SOFT DRINK — \$2



NUTELLA — \$5



BOX OF VITABRITS — \$5



BOX OF COCOPOPS — \$5



LOAF OF BREAD — \$2



6 CRUMPETS — \$2



CANNOLINI BEANS — \$1



TIN OF TUNA — \$1



BOX OF LCM's — \$4



BURRITO KIT — \$5



PASTA SAUCE — \$2



TIN BEETROOT — \$1



BOX OF MUSELI BARS — \$3



CHOC BISCUITS — \$2



MULTI PACK BISCUITS — \$6



TINNED FRUIT — \$3



TEA BAGS — \$4



PANCAKE MIX — \$3



DRY CAT FOOD — \$7



WASHING POWDER — \$6



8 ROLLS TOILET PAPER — \$6



SHAMPOO — \$4