

1. Who said the following?

“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty.”

- a. St. John Paul II
- b. Cardinal Timothy Dolan, Archbishop of New York
- c. Pope Francis
- d. St. Elizabeth Ann Seton

2. _____ is an official part of the Catholic Church that unites Catholic organizations around the world that work to end poverty, conflict and hunger.

- a. Catholic Charities
- b. Caritas Internationalis
- c. The Vatican
- d. The Holy See

3. _____ out of every _____ children in developing countries cannot grow to their fullest potential physically and intellectually because they do not have enough nutritious food to eat.

- a. One, four
- b. One, nine
- c. Two, 11
- d. Two, 15

4. Children need a healthy diet for the first _____ days of life—from pregnancy to age 2—in order to grow strong, both physically and mentally.

- a. 250
- b. 500
- c. 1,000
- d. 2,000

5. How much does it cost per day to give a child the nutrients and vitamins he or she needs to be healthy?

- a. 10 cents
- b. 25 cents
- c. \$1
- d. \$10

6. During what season of the Church year are we called to pray, fast and give?

- a. Advent
- b. Christmas
- c. Easter
- d. Lent

7. How much of the world’s food is wasted each year?

- a. $\frac{1}{8}$
- b. $\frac{1}{4}$
- c. $\frac{1}{3}$
- d. $\frac{1}{2}$

8. Through CRS Rice Bowl, you are helping people _____.

- a. around the world
- b. in your community
- c. both (a) and (b)

ANSWERS:

1. (c) Quote cited from **Pope Francis'** 2014 Lenten Message.
2. (b) **Caritas Internationalis** was created in the 1950s to improve coordination, communication and cooperation among the Catholic Caritas organizations that make up its membership worldwide. "Caritas Internationalis" means "love between peoples" in Latin. Learn more at caritas.org.
3. (a) **One** out of every **four** children is stunted in his or her growth and development due to a lack of nutritious food.
4. (c) The first **1,000** days are vital to a child's development. Proper nutrition ensures a child's survival and can also help a child rise out of poverty, and escape otherwise irreversible conditions like a weakened immune system.¹
5. (b) It costs just **25 cents** a day to feed a child porridge, rice or beans—food that will lay the foundation for a healthy, active life.²
6. (d) Prayer, fasting and giving are the three spiritual pillars of **Lent**.
7. (c) **One-third** of the food produced worldwide goes to waste each year. That's 1.43 billion tons!³
8. (c) The Lenten sacrifices you put in your CRS Rice Bowl help needy people **around the world** and **in your community**: What you give up for Lent really does change lives! Seventy-five percent of your donation goes to support lifesaving programs in countries around the world, and 25 percent funds projects to alleviate hunger and homelessness in your local diocese.

1 thousanddays.org/about

2 wfp.org/stories/10-hunger-facts-2014

3 unep.org/wed/2013/quickfacts