



"Anyone who has ever struggled with poverty knows how extremely expensive it is to be poor."

James Baldwin (1924-1987)  
American novelist and essayist

**DAY 1**  
**Journal**

Date: \_\_\_\_\_

Grocery list:

Total amount spent today: \$\_\_\_\_\_

What did you decide you could do without and how did you decide?

**List what you ate for:**

Breakfast

Lunch

Dinner

Additional thoughts and comments:

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"The destruction of the poor is their poverty."  
Proverbs 10 v.15

**DAY 2**  
**Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

How often do you think about food?

Did anything require more or less time today?

Plan something free that you can do tomorrow.

Additional thoughts and comments:

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"No Sir, tho' I was born and bred in England, I can dare to be poor, which is the only thing now-a-days men are ashamed of."

WINNIPEG

**HARVEST**

John Gay (1685-1732) English poet and dramatist  
*Polly* (1729) act I, scene I

**DAY 3  
Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

What free thing did you find to do today?

Are you able to eat according to the Canada food guide? Which food groups are most difficult to fit into your budget? Which are easiest?

Is there anything you are finding easy to go without?

Additional thoughts and comments:



When I give food to the poor they call me a saint. When I ask why the poor have no food they call me a communist.

Attributed to Helder Camara, Brazilian priest

**DAY 4**  
**Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

How often do you think about food?

How much money would you normally spend during the day on lunch, coffee, snacks etc.?

Tomorrow, count the number of food advertisements you see.

Additional thoughts and comments:

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A hungry man is an angry man.  
mid 17<sup>th</sup> century proverb

**DAY 5**  
**Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

How many food advertisements did you count today? Did you see any advertisements in unexpected places?

How often do you notice other people eating?

Additional thoughts and comments:

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I want there to be no peasant in my kingdom so poor that he is unable to have a chicken in his pot every Sunday.  
Henry IV (1553-1610) King of France

**DAY 6**  
**Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

What do you miss the most, what do you miss the least?

What did you do with your spare time today?

Additional thoughts and comments:

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When thou hast enough, remember  
the time of hunger.  
Ecclesiasticus ch. 18-33

**DAY 7**  
**Journal**

Date: \_\_\_\_\_

**List what you ate for:**

Breakfast

Lunch

Dinner

Total amount spent today: \$\_\_\_\_\_

How often do you think about food?

Has this experience changed the way you think about food? Are you glad it's over?

What have you learned from this experience?

Additional thoughts and comments:

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