



That Poverty Project

Living Parameters

Phase Three – “Hunger”

1. That Poverty Guy will eat only the equivalent of those rations found in the World Food Programme’s Food Basket. This would essentially be what one would receive in a refugee camp.



2. In addition to water, the food received each day consists of . . .
 - 400g of rice
 - 60g of lentils
 - 40g of cornmeal
 - 10g of soya beans
 - 15g of salt & 15 g of sugar
 - 25g of vegetable oil
 - multi-vitamin

3. With only two exceptions, That Poverty Guy will have no other food or drink from March 1st through May 31st. The first exception mirrors the reality in many parts of the world . . . hot peppers are added. In this case, I shall be using hot sauces. The second exception will be taking other food or vitamins as may be required for health reasons only. To avoid temptation, these decisions will be left to my doctor and Mrs. Poverty Guy. It should be noted that the diet described above will only be varied if absolutely necessary and shall not be done lightly (i.e. only for health reasons).

4. Unlike previous phases, hospitality from others (i.e. free food and drink) will not be accepted as such would defeat the integrity of the experience.