

# Working Together to End Hunger



In partnership with  
 **Canadian Foodgrains Bank**  
A Christian Response to Hunger

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1-888-WRLD-RNW [worldrenew.ca/cfgb](http://worldrenew.ca/cfgb)



## Letter from the Director

**We live in a complex world.**

**But all of us, in every context, no matter how rich or poor, have the basic need for food. A meal shared between friends is a beautiful thing.**

**As God's people we should be the first to respond to the plight of the world's hungry with a compassion that breaks all barriers. Just as Jesus had compassion on us.**

While there is more than enough food produced worldwide to feed every person, more than 800 million people go to bed hungry. The number of hungry people globally was steadily declining over the past decade, but conflict, climate change, and COVID-19 have led to a worsening food crisis.

**We are God's people, taking on Jesus' love for the vulnerable and the hungry.**

As Christians we stand up against the injustice of food insecurity. We speak for the local farmers who have little power and few resources. We stand with families struggling to produce food while drought, floods, and disasters caused by climate change steal their crops. We speak for the women who bear the burden of feeding their children but have few choices.

We are committed to bring immediate relief in emergency situations. Families caught in conflict flee with what they can carry. Without emergency food assistance, they will not have enough to eat. Families experiencing floods, drought, or a disaster need food support. Without food assistance, they would continue to go hungry.

There are millions of families working hard to provide food for their children. Traditional farming methods no longer produce sufficient food. The way they farm must be modified to respond to new climate realities. Conservation agriculture is an amazing gift to these farmers. Within one crop year they can see the impact. But the real impact is long term, helping farmers steward their land so that it is healthy and productive for generations.

**We are stewards of God's creation. As we learn more about creation, we commit to use our knowledge to make a better world.**

I invite you to read through this magazine. We hope you try the recipes and include your children in the experience. Enjoy the stories and insights.

As a founding member of Canadian Foodgrains Bank we celebrate the call of Christian churches in Canada working ecumenically. Thank you for joining us to "End Hunger" worldwide.

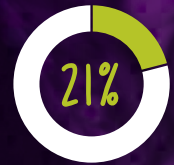
Sincerely,

Ken Kim

Director of International Disaster Response



Women and girls make up **60%** of all undernourished people in the world



**21%** of Africa's population is undernourished



**33%** of the world's hungry live in Africa



**811 million** people go to bed hungry



**99.1 million** people in 23 countries live with food shortages because of conflict

**3 billion** people are locked out of healthy diets because of excessive cost



**149 million** children under the age of 5 are stunted due to malnourishment



**50%** of the world's hungry live in Asia



**47 countries** around the world struggle with extreme hunger on an on-going basis



**70%** of our global food supply is produced by small farmers, herders and fisherfolk





Najwa's little girl doesn't remember her home or her past life in Syria. She has lived in Lebanon in a Syrian refugee camp for more than 4 years. Her mother prays for change.

## Emergency Food Assistance

War and natural disasters often worsened by the impact of climate change leave families vulnerable and hungry. This is the time for us to help deliver emergency food, bridging the gap for suffering families.

**Our work in Syria and Lebanon is just one example of reaching communities living in poverty.**

Syrians displaced within Syria and those who have fled to Lebanon struggle. Many left their homes and communities since the war began a decade ago. They are searching for peace and safety but they have no better place to go. They are constantly struggling to provide for themselves — with loss of employment, food shortages, declining rations, and the downward spiral of the local currencies and now, the COVID pandemic.

Together with Canadian Foodgrains Bank and our partner, MERATH, and its network of local churches in Lebanon and Syria, World Renew delivers food boxes or vouchers

to improve their food security and overall nutritional health.

Najwa, a Syrian refugee, shares a one-room tent with her husband, their three children, her brother-in-law, his wife, and their three children. They fled to Lebanon in the hope of a new future. But they struggle. There is no future here. There is no work and they have run out of the small amount of cash they brought with them.

**There is a small glimmer of hope.**

The local church, working with MERATH and World Renew regularly distributes food vouchers and other supplies to refugee families. It's a lifeline they cling to for the short term as they continue to pray for change.

*In 2021, World Renew responded to international disasters in 25 countries.*



## ALDO'S STORY

I've been a farmer my whole life. It's hard work and my body feels it after a day in the fields. Then I was introduced to conservation farming. It was new and I was a little hesitant. After attending the training, I tried it.

It's much less labour intensive. Today I can work an acre of land and not feel it.

The yield is much higher! My crops have more than doubled. Even my family is impressed and they are starting to implement the new methods. I have been able to add another acre to my farm.

I've also joined a Self-Help Group. The group helped me purchase the new land, expanding my farm. I also started a beekeeping operation.

It's exciting to see the transformation in my community.

It didn't happen overnight, but year after year of implementing new strategies has paid off. I no longer worry about food. My family has what we need.

Aldo, 62  
Nebbi, Uganda

## CONSERVATION AGRICULTURE: FOR THE LONG HAUL



The goal of conservation agriculture is to protect and sustain the soil for future generations.

In a time of intense climate change, traditional methods rob the soil of vital nutrients. Year after year the land breaks down, losing nutrients essential in producing a healthy crop. The effects of climate change: drought, flooding, and an increase in pests and disease, contribute to reduced food production.

**At a high level, conservation agriculture increases crop production by:**

### Reducing the times the soil is disturbed.

Sometimes referred to as "zero tillage," reducing the tillage of the soil reduces the time, labour and cost of preparing the soil. More than that, it reduces soil erosion caused by rain and wind. It also protects the crop from drought.

### Covering the soil with a mulch of organic material.

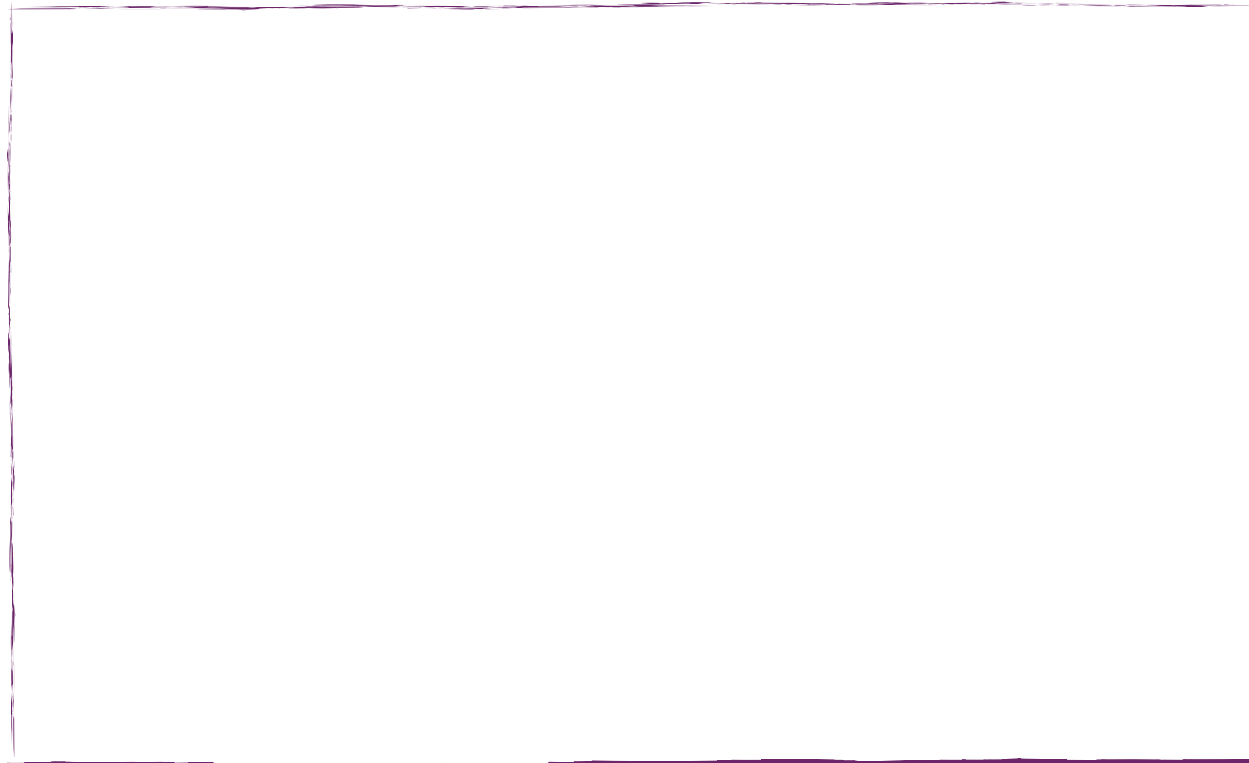
A top layer of organic mulch protects against soil erosion in heavy rains and strong winds. It also adds essential nutrients to soil as the mulch breaks down. More than that, it protects the soil from the heat of the sun, reducing moisture loss. And, it helps prevent weeds.

### Rotating the crops.

Each crop has different nutrient requirements. Growing the same crop on the same land year after year depletes the natural nutrients. By rotating crops, farmers can balance the nutrients, increasing fertility. The result is an increased harvest.

# What I ate this week: For kids!

Draw 5 of your favourite foods



Go to [www.cycleofhunger.ca](http://www.cycleofhunger.ca) to play the game Breaking the Cycle of Hunger to learn more about hunger. Play for free once you sign up! Knowing more about a problem can help you to find solutions.

## Word Match:

Afiya and Adroa are children who live in Uganda. Here are some of the things they eat. Can you match the name of the food with its photo?



Matoke

Pumpkin

Okra

Cassava

Maize

Sorghum

# HOMEMADE BISCUITS: FOR FAMILIES!

Quick breads are eaten worldwide. Biscuits, tortillas, pita bread, scones... there is no end to the possibilities.

Start by preheating your oven to 450°F

## Mix:

- 3 cups of flour
- 3 Tbsp sugar (honey or brown sugar)
- ½ tsp salt
- 4 tsp baking powder
- ½ tsp cream of tartar
- Rub in ¾ of really cold butter

**Cut** it in squares and put it in the freezer. Use a pastry cutter, two knives or your fingers to mix the butter into the flour mixture. Don't over mix. There should be chunks of butter the size of a lima bean.

## Add:

- 1 egg
- 1 cup whole milk (or 2/3 cup milk and 1/3 heavy cream)

**Mix** loosely.

**Dump** on countertop and knead 12 times.

**Pat** dough into a circle about 1 inch thick. Cut out with a round cookie cutter or into equal triangles.

**Bake** for 10 – 15 minutes, until golden brown.

**These are especially yummy with butter or jam!**



**PSST:** The secret to amazing biscuits is butter, really cold butter. (And don't handle the dough too much, you want chunks of butter to melt into flakes as they bake).



# In the Garden



Many families grow tomatoes, onions and other fruits and vegetables to diversify their diet and to sell.

## Start an Indoor Herb Garden

### 1. Choose your seeds.

Basil, Chives, Oregano, Parsley, Sage, Tarragon, and Thyme are all easy to grow indoors. You can buy your seeds at a local farm store or order them online.

### 2. Prepare your pot.

Purchase cute little pots or make your own by recycling a tin can. Using a hammer and nail, puncture a few holes in the bottom of the can for drainage. Fill your pot with potting soil.

### 3. Plant your seed.

Plant 3 seeds in each pot, close to the centre of the pot. Your goal is to have one plant for each small pot - you can pull out extra plants.

### 4. Keep your pots moist, but not wet.

Place them on a tray or plate to catch the water that drains when you water.

### 5. Place in a sunny window.

### 6. Pinch and prune.

Keep your plants productive by pinching off straggling growth. Use the sprigs in your cooking!

# Kachumbari: Tomato and Onion Salad



Lentils are chock-full of goodness! Use black or green lentils in this salad, as red or brown lentils are prone to becoming mushy.

The essentials of this raw chopped vegetable salad are tomatoes and red onions, but after that every Kenyan cook has his or her notion of the perfect kachumbari. It's super easy to make, easily amended, and a tasty pairing with the bold, smoky flavour of nyama choma (smoked meat). Here's one version:

## Ingredients

- 1 to 1 ½ red onions, thinly sliced (soaked in 1 cup water and ½ tsp salt for 15 minutes to reduce odour)
- 1 pound ripe but firm tomatoes, sliced or diced
- 1 cup cooked black or green lentils
- 1 ounce fresh cilantro, chopped
- ¼ cup extra-virgin olive oil
- 1 sliced or chopped chili or ¼ tsp chili pepper to taste
- Salt and freshly ground black pepper, to taste
- 1 to 2 tablespoons fresh lemon or lime juice
- Celery, cucumber, even avocado

## Preparation

Place the tomatoes and onions in your serving bowl. Stir in the cilantro and celery or cucumber if using. If you want to use avocado, don't add it in until just before serving to prevent browning.

Whisk or shake in a jar the olive oil, lemon or lime juice, salt, and pepper and drizzle over salad, gently folding in. Serve right away.

You may prepare the vegetables earlier in the day, but don't dress until serving to prevent sogginess.



# Let's Talk

In 2 Corinthians 9:6-15, Paul encourages the people of Corinth to live generous lives. More than that, he encourages them to find joy in giving. Ultimately, generosity is a natural expression of thankfulness.

Use this simple devotion in your own family devotions. You can stretch it out over the week or use it at one time. Get your children or grandchildren involved.

## Day 1:

**Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.**

**- 1 Corinthians 9:6**

Wise gardeners plant 2 to 3 seeds in every hole. They know that not all the seeds will grow. Overseeding ensures your plant will grow.

**Try it!** Grow some beans! Dampen a paper towel and place in a resealable zipper storage bag. Place 5 bean seeds on the top of the damp paper towel. Close the bag and place in a sunny window. What happens? Did all the seeds grow? If all the seeds germinated – good for you. But often only a few will germinate. By planting with generosity you are more likely to enjoy a productive harvest.



## Day 2:

**Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. As it is written:**

**“They have freely scattered their gifts to the poor; their righteousness endures forever.”**

**- 1 Corinthians 9:7-9**

In the Old Testament there was a tithing law: people were to give 10% of their harvest to the poor and hungry. In the New Testament, generosity is encouraged. We respond to God's generosity to us by being generous in return.

**Talk about it!** Can you think of an example of someone being generous to you? Why do you think they were generous? How did you feel?



### Day 3:

Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God.

- I Corinthians 9: 10, 11

Generosity is good for us! Like multiplying seeds, God will multiply your harvest. He will give you gifts so you can continue to pay it forward. Because of your generosity, others will thank God.

**Think about it!** How will generosity make you a better person? Can you think of ways you can share what you have with others?

### Day 4:

This service that you perform is not only supplying the needs of the Lord's people but is also overflowing in many expressions of thanks to God. Because of the service by which you have proved yourselves, others will praise God for the obedience that accompanies your confession of the gospel of Christ, and for your generosity in sharing with them and with everyone else. And in their prayers for you their hearts will go out to you, because of the surpassing grace God has given you. Thanks be to God for his indescribable gift!

- I Corinthians 9: 12-15

Generosity is a form of witness. Not only do you provide for the needs of someone else, but you also express confidence in God's provision for you. You are not afraid of sharing what you have because you are confident that God will provide what you need.

**Do it!** Generosity is not only about finances. It's about time, patience, talents, hospitality, and more. To grow in generosity, start by thinking of the ways God has blessed you. Now think about the ways you can share that with those around you. Growing in generosity makes a just world!



“

Listen, listen  
to me and eat  
what is good.”

- Isaiah 55:2b



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