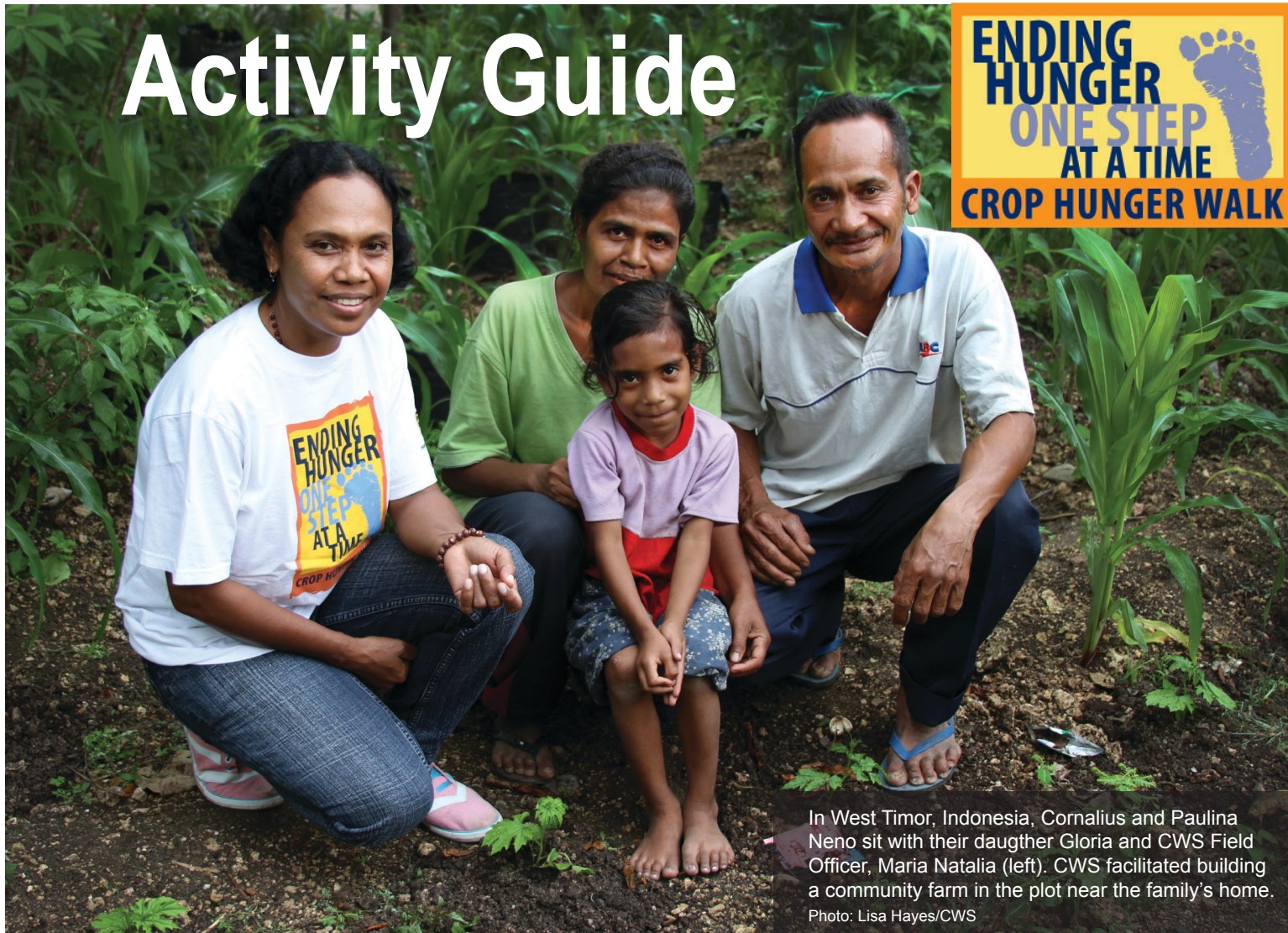


Activity Guide

**ENDING
HUNGER**
ONE STEP
AT A TIME
CROP HUNGER WALK



In West Timor, Indonesia, Cornelius and Paulina Neno sit with their daughter Gloria and CWS Field Officer, Maria Natalia (left). CWS facilitated building a community farm in the plot near the family's home.
Photo: Lisa Hayes/CWS

Activities for Kids



Andrew Gifford/CWS

Local Hunger Awareness

*In the United States, 1 out of 5 kids live in households that struggle to put food on the table.**

Provide a brown paper lunch bag with a CROP Hunger Walk sticker for each child. When the child gets his or her lunch bag in the morning or is given lunch money, suggest they put some change in the brown bag to remind them (and us) of the children who cannot always count on having a meal. Do this at other meals too.

Bring the bags back to church the Sunday before your CROP Hunger Walk and have the pastor say a blessing over them. Donate the proceeds to fight hunger!

** Source: Bread for the World*

Success Story



Angela Rupchock-Schaefer/CWS

Lesly Miguel lives in rural Honduras. She and her parents participate in a CWS program where they learn how to diversify and grow their crops. Prior to the program, their crops were limited to rice, beans and some coffee beans. Now, they grow a variety of vegetables, fruit trees and other grains. They also learned how to raise chickens and rabbits, and start a tilapia pond to incorporate protein into her family's diet.

When CWS staff visited Lesly and her family, she had created her "dream farm" illustration to share her vision. The sign reads, "Welcome to the Integrated Family Household Farm." An entire family working together on a small parcel of land with different crops and animals. Lesly explained that the three plots of land closest to her in the drawing had been fully developed with the knowledge her family gained from CWS. She also

noted that they had seven plots of land that were not developed.

Over the years, Lesly and her family developed the remaining seven plots of land and added corn, squash, bananas, onions, cabbage and tomatoes. They also continue to add more livestock. The farm is so successful that they are able to sell the excess food at the local market.

This year, after several years of saving, Lesly's family was able to send her to the university—the first in her family to do so. This was only made possible through the income generated from the family farm. Lesly wants to be a social worker so that she can help other families the way CWS helped her.

Activity

Dream Farm

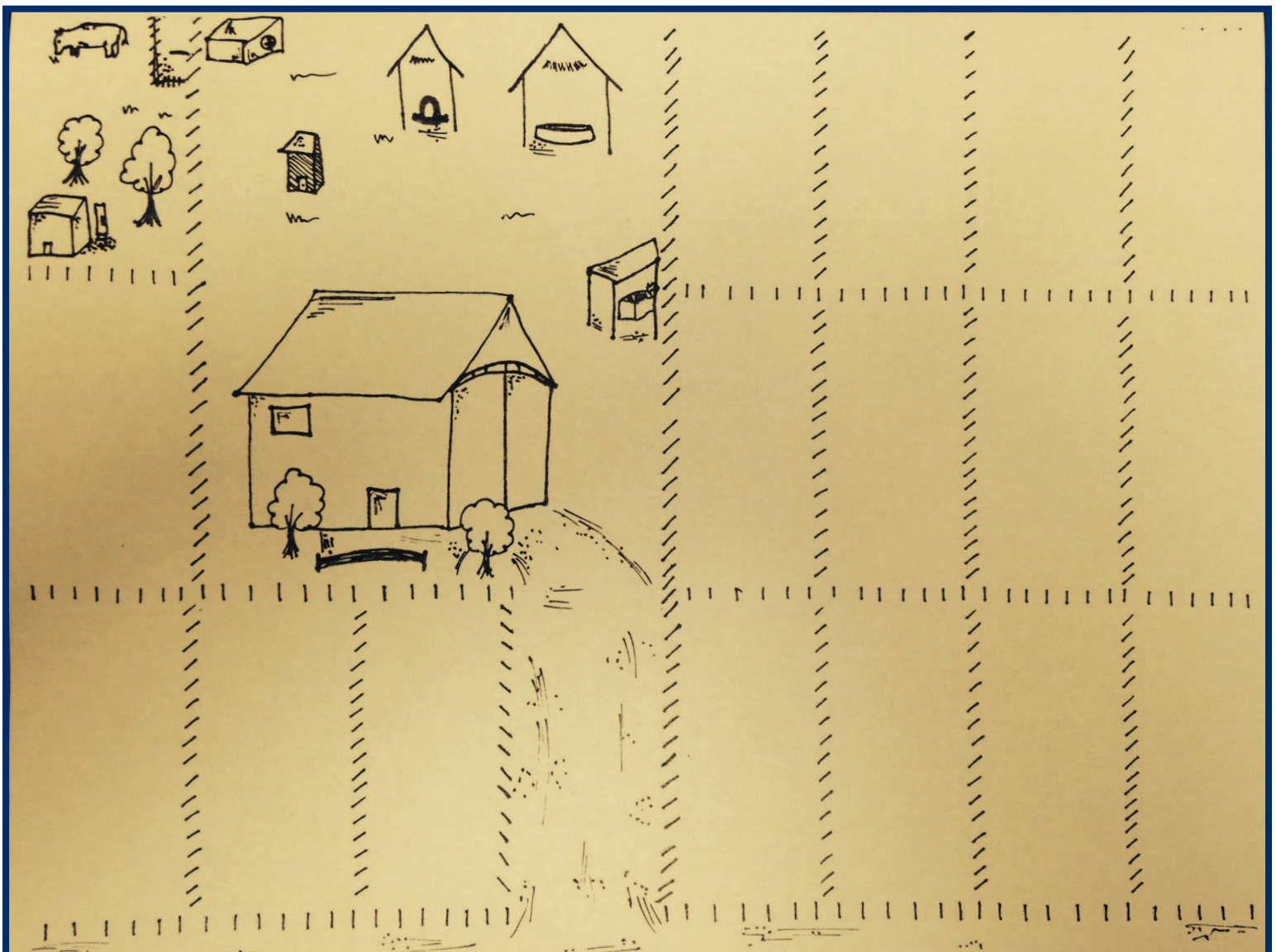
Tell the transformational story of Lesly Miguel (opposite) and pass out copies of her “dream farm” (picture below). To provide tools and seeds for about a half-acre of land (one rectangle on the dream farm) costs only about \$15.

Instruct your Sunday School or youth group to ask donors to help provide a family with the tools and seeds they need to complete their dream farm.

Use the dream farm as a way to track group donations. As you receive support, color in the plot of land. Draw crops in the spaces, use stamps or put stickers on the squares as money is raised. Be creative!

Help us make someone’s dream come true and fill a dream farm!

(CUT HERE)



Game for Groups



Lisa Hayes/CWS

Water Charades

Objectives:

- Recognize the need for water.
- Understand the disparity in access to water.
- Learn concrete ways to help bring water to those in need.

Materials needed:

- Calculator
- Index cards - Write the items (right), one for each card.

Activity:

Assign someone to keep a tally of the gallons of water used (provide a calculator). Pass out index cards to each player. One player at a time will act out their card, while others guess the action. Once the correct answer is given, have the group guess how many gallons of water that activity uses. Keep a record of the group's best guess for each item.

Charade items:

Washing face: **1 gallon**

Taking a shower: **50 gallons**

Taking a bath: **40 gallons**

Brushing teeth: **2 gallons**

Getting a drink: **1 gallon**

Washing a car: **50 gallons**

Washing dishes by hand: **10 gallons**

Running a dishwasher: **15 gallons**

Doing a load of laundry: **30 gallons**

Watering a lawn: **300 gallons**

Flushing the toilet: **5 gallons**

Leader: So, how many gallons of water do you think this adds up to? *(After many guesses, have the volunteer with the calculator share the total.)* The actual amount of total water is 504 gallons!

As a point of reference, I would like to share some averages of gallons of water used per family per day in different countries*:

Canada – 209	Honduras – 9
U.S. – 176	Mozambique – 3
Kenya – 13	

The water we use is readily available. For many in this world, to access water means an average walk of 3.4 miles. More than 140 million hours are spent every day by women and children to collect water.** The lost productivity is greater than the combined number of hours worked in a week by employees at WalMart, UPS, McDonald's, IBM, Target and Kroger.

Not only is water at the tip of our fingers, but it is clean. One in six people in our world do not have access to water as clean as the water in our toilets. The World Health Organization estimates that 80 percent of all sickness in the world is attributable to unsafe water and sanitation. In fact, children are dying from unclean water and sanitation at a rate equivalent to a jumbo jet crashing every four hours.

How does this make you feel? What are your thoughts?

* Source: United Nations Development Program Report and www.data360.org

** Source: World Health Organization/UNICEF

Leader (continues): If you walk in a CROP Hunger Walk, you can change this reality. You can change lives by providing clean water systems closer to communities in need. Families will be more healthy. Women and children are able to do more with their time, like going to school, farming and other work.

We can set a fundraising goal for:

sand dam - \$6,250
cement ring well - \$1,500
bio-sand filter - \$100
jerry cans for a village - \$60

The CROP Hunger Walk will be on _____ (date) at _____ (time). You can set an individual goal or we can set a group goal together!

(Discuss your group's fundraising goal and the impact you can make.)



Minutes for Mission

Grocery Bill Challenge: End Hunger with a Match



Lisa Hayes/CWS

The average grocery bill for a family of four in the United States is about \$965 per month.* That equals about \$223 a week. For some with small children it will be less. If you have two teenage boys it will be more – much more! But \$223 is the average. *(Pause)* Now consider the fact that half of the world's population – half of the world – earns an income of \$18 a week or less. *(Pause)* Putting these side by side is like comparing our full grocery bag to this little packet of rice. *(Show packet of rice – holding it in one hand and the bag in the other like a balance.)*

The CROP Hunger Walk is our opportunity to recognize our blessings and in gratitude share our resources with those who are in need. Your donations and the business sponsorships you secure help hungry families throughout the world to eat today and feed themselves long into the future. When you support the CROP Hunger Walk, you establish farms, set-up small businesses, provide vital nutrients and create opportunities to flourish.

This month, save one of your receipts when you go grocery shopping. I challenge you to write a check or make an online donation to the CROP Hunger Walk in an amount equal to that receipt. Match what you spend on food with a gift that will feed the world. \$200 can provide seeds, tools and gardening supplies for a community to grow their own food – sustainably!

Match your bill, then ask others to do the same. Together, we can reach our goal of raising \$_____ to end hunger! Join me for the CROP Hunger Walk on _____(Date) at _____(Time). Thank you.

* Source: United States Department of Agriculture, Center for Nutrition Policy and Promotion

Materials needed:

Grocery bag filled with a grocery receipt, sample junk food and a small bag of rice.

Speaker: *(Hold up a grocery bag.)* See this grocery bag I'm holding? When you need food for dinner or to restock the fridge, you grab your grocery bags, drive to the store and buy what you need, right? How often do you go to the store? Monthly? Weekly? Daily?

What about when you have a holiday coming up? When you go to the store to stock up for the Labor Day cookout, what do you put in that grocery bag? Hot dogs, hamburgers, drinks and chips? *(Pull out sample junk food.)* How much of your grocery bill goes to buying snacks or just-for-fun foods?

Stop and think, how much do you spend each shopping trip? *(Show a receipt.)*

Minutes for Mission

Food Security

*If female farmers had the same access to resources as men, the number of the world's hungry could be reduced by up to 150 million.**

Speaker: CROP Hunger Walks help rural communities, especially women, to expand their ability to have sustainable access to food.

For most of us, food security is a given. We simply go to the grocery store and get what we need. Yet families in rural developing nations, like that of Francisca Moncada Hernández, are dependent on what they can grow.

Francisca was always interested in farming. Her family planted beans and corn — the basic diet of the Miskito tribe in the Rio Coco region of Nicaragua, but drought and plague often left them hungry.

With help from CROP Hunger Walks, Francisca and her family learned innovative agricultural techniques, added new vegetables and fruits to their garden, began raising chickens and sheep and learned how to farm despite drought.

Now, Francisca shows other families what she has learned about crop diversity, soil preservation, irrigation systems and organic fertilizers and pesticides.

CROP Hunger Walk changed Francisca's life and many others. \$_____ can provide _____ (insert price point on right). Please help us raise \$_____ this year. Walk with us on _____ at _____ and help families here and around the world, like Francisca's, have enough to eat.

*Source: World Food Program

An initiative of Church World Service
800-297-1516 • crophungerwalk.org
28606 Phillips St. • P.O. Box 968 • Elkhart, IN 46515

Price Points:

- \$6,250** Affords the building of a sand dam, which allows an entire community to gather fresh, clean water — even in times of drought.
- \$1,500** Provides a cement ring well so clean water is a close source for families. Travelling less for water leaves room for more important activities like gardening and school work.
- \$200** Provides seeds, tools and supplies for a for a community garden.
- \$60** Supplies a small village with jerry cans to collect clean water.

