



Activity GUIDE

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



IMPACT FAIR/GLOBAL VILLAGE

Hosting an Impact Fair/Global Village is a great way to expand your registration time prior to the Send-Off for your CROP Hunger Walk. It is also totally customizable and creates an engaging way to connect your Walkers to the mission of the CROP Hunger Walk, Church World Service and your local partners.

- **TABLING:** invite your local agency to set up a table with information about the work they're doing. You can also set one up for CWS to highlight the international work being supported using the materials you can order and any downloadable resources. Want some more tablers for your event? Invite a local hunger advocacy group or your local CWS Office or affiliate!
- **FOOD DRIVE:** host a non-perishable food drive. Communicate with your local agency that you're doing this ahead of time and many times they're happy to take it with them that day (especially if you invite them to have an information table).
- **PHOTO OPS:** teams love to get group photos - and you can help facilitate this! If you walk in a scenic area, provide some CROP Hunger Walk logo posters affixed to paint stirrers for people to hold (you can also print out some CROPwicks from later in this Activity Guide) and you're all set! If you meet indoors or don't have a great spot for a background - create your own! Use a sheet hung over a clothesline as a backdrop - or decorate a wall! One tip- have a white board so participants can write their team names for the pictures (and then you can also identify them later).
- **LEARNING ACTIVITIES:** use any number of the learning activities in the remainder of this Activity Guide to set up activity stations around registration.





CWS KITS PACKING PARTY

As part of your pre-Walk gathering/registration, give your Walkers a hands-on opportunity to help by packing CWS Kits! Thrivent Action Grants, UCC Matching Grants and sponsorship money can all be used to help buy the supplies for these Hygiene Kits, Kids Kits, Period Packs (Menstrual Hygiene Kits), or Emergency Cleanup Buckets!

Check-list:

- Determine what CWS Kits you want to pack (visit cwskits.org to explore options)
- Determine if you'll ship the CWS Kits or drop them off at one of the [Drop-Off Locations](#).
 - Be certain to contact the Drop-Off Location for when you estimate to drop the Kits off so they can be prepared.
- Secure the supplies you need:
 - Use a Thrivent Action Team Grant, UCC Matching Grants and/or sponsorship funds.
 - Host a "giving tree" and have the CROP Hunger Walk teams and/or Walkers bring the different supplies.
- Pack the Kits! Set-up a special table at the Walk with instructions for Walkers so they can pack Kits while waiting for the Walk to begin. Have boxes near the end of the table so you can keep the Kits organized and have them packed up easily when you're all done.
- Drop-Off the CWS Kits!



LOCAL HUNGER ACTIVITY



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

Prior to the CROP Hunger Walk, provide a brown paper lunch bag with a CROP Hunger Walk sticker on the front for each child.

Bring the bags to church the Sunday prior to the CROP Hunger Walk or on CROP Hunger Walk Sunday and have the pastor say a blessing over them.

Then turn the collected cash to your church treasurer to convert to a check to donate on behalf of the children for the CROP Hunger Walk!



Objective:

Add another layer of interest and fun to your CROP Hunger Walk route with the inclusion of a Story Walk.

Materials:

- Two copies of your book of choice
- Foam board/Cardboard
- Contact Paper (optional for durability)
- Wire sign frames

Instructions:

PREPARE THE PAGES:

- Remove the pages from both copies of the book.
- Glue matching pages back-to-back so the story is readable from both sides.

MOUNT THE PAGES:

- Attach each page set to a piece of foam board or cardboard for stability.
- (Optional) Cover the pages with contact paper to protect them from weather.

SET UP THE WALK:

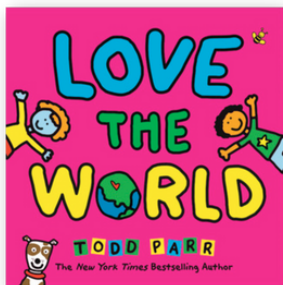
- Insert each foam board page into a wire sign frame.
- Place the frames in order along your CROP Hunger Walk route, spreading them out to encourage movement.

ENJOY & SHARE:

- Encourage your CROP Hunger Walkers to walk along and read the story together as they pass the pages on their walk!



Recommend Book Options:



"Love the World"
Written & Illustrated by Todd Parr



"The Rhino Who Swallowed a Storm"
Written by LeVar Burton
& Susan Schaefer Bernardo
Illustrated by Courtney Fletcher



WATER RELAY

Objective:

Give Walkers the opportunity to experience what many global neighbors do when collecting clean water for their households and communities.

Materials:

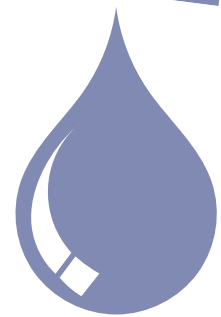
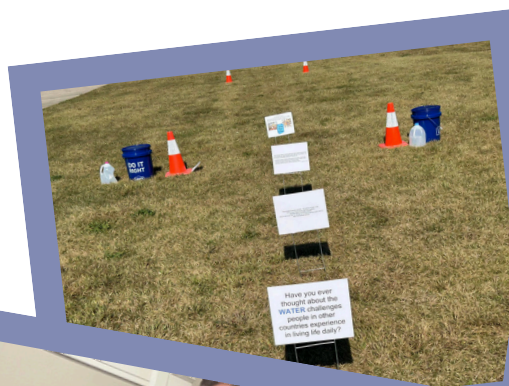
- Various containers filled with water (milk jugs, buckets, jerry cans, etc.)
- Printed Water Informational Pages
 - mount these using yard stakes, on a wall, etc.
- Distance markers
 - orange cones, tape (if inside), etc.

Introduction:

Teach CROP Hunger Walkers their impact on communities that need clean water while also having a good time! This is a simple, yet effective, learning activity that will both engage your Walkers in the mission of Church World Service while also creating memories for years to come (many walks who do this have the kids who participate see how they can do from year to year).

Instructions:

Set-up your relay with the accompanying signs. It can be self-explanatory, but it's nice to have a volunteer stationed to help explain it (especially when little ones want to participate). See what size water container the participant is interested in carrying and see how many laps they can do.



**Have you ever
thought about the
WATER challenges
people in other
countries experience
in living life daily?**



The average American uses around 80-100 gallons of water each day. The average African family uses only 5 gallons because water is not easily available.



Many in this world walk an average of 3.4 miles to get their water and it is often from polluted sources.

Donations raised by CROP Hunger Walkers help invest in long-term, upfront measures to reduce disaster risk and build resilience in communities. Here are some examples:



- **\$5** provides 5 gallon canister of safe drinking water in Serbia
- **\$30** provides a household water filter in Cambodia
- **\$77** provides a year of water security for a family in Honduras
- **\$1800** provides a community well in Cambodia

GO AHEAD! TRY IT!

Often it is the women and girls who walk an average of 3.4 miles **EVERY DAY** to get water for their families. By age 12, girls carry the primary burden of collecting water for their families.





MEMORY VERSES

**from the NRSVUE*

Micah 6:8

*[God] has told you, O mortal, what is good,
and what does the Lord require of you
but to do justice and to love kindness
and to walk humbly with your God?*

Hebrews 13:16

*Do not neglect to do good and to share what
you have, for such sacrifices are pleasing to
God*

Matthew 25:40b

*Truly I tell you, just as you did it to one of the
least of these brothers and sisters of mine, you
did it to me.*

Psalms 82:3

*Give justice to the weak and the orphan;
maintain the right of the lowly and the
destitute.*

Isaiah 1:17

*learn to do good;
seek justice;
rescue the oppressed;
defend the orphan;
plead for the widow.*

Romans 13:10

*Love does no wrong to a neighbor, therefore
love is the fulfilling of the law.*

Proverbs 19:17

*Whoever is kind to the poor lends to the Lord
and will be repaid in full.*

Proverbs 11:25

*A generous person will be enriched,
and one who gives water will get water.*

Matthew 5:7

*Blessed are the merciful,
for they will receive mercy.*

Hebrews 13:2

*Do not neglect to show hospitality to
strangers, for by doing that some have
entertained angels without knowing it.*



WALK WITH CROPWICK

CROPWICK

Your CROP Hunger Walk Companion

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

CROPwick is YOUR CROP Hunger Walk ambassador and Walking Buddy! He loves joining Walkers across the country to add to the fun and see how many places he can walk each year!

CROPwick truly cares about the needs of our most overlooked neighbors - and hopes you do too - so he's always happy to chat about that while on a CROP Hunger Walk.

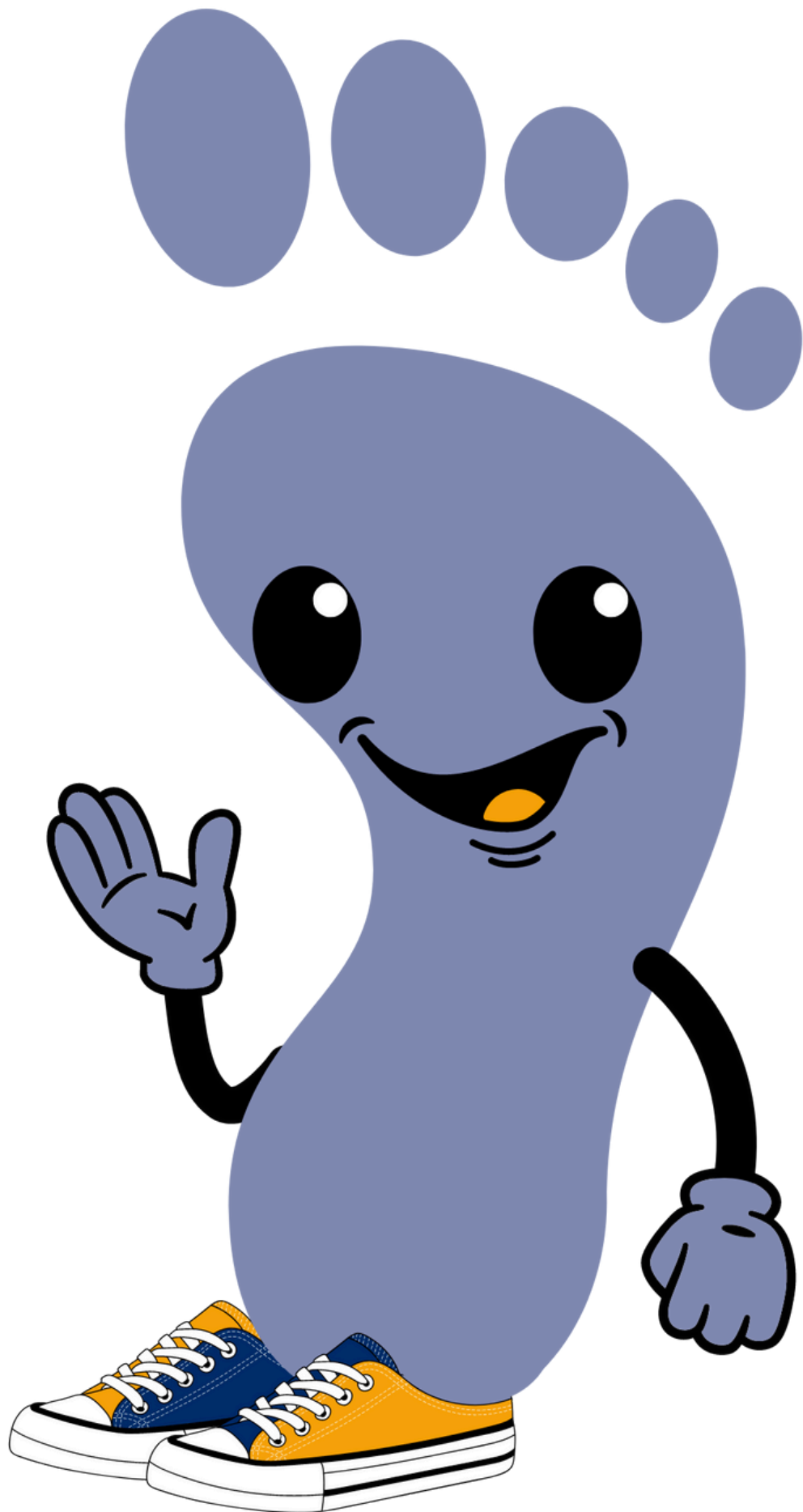


Print and cut-out CROPwick and affix him to a popsicle stick, a straw, paint stirrer, ruler... really however you'd like to display him, and take some photos of him with you when you walk in the CROP Hunger Walk!



Use hashtag #CROPwick and #CROPHungerWalk to connect with other CROP Hunger Walkers across the country taking their Walk with CROPwick!







WATER CHARADES

Objectives:

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

Materials Needed:

- Calculator
- Note Cards (write one of the items on the list to the right on 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 the 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 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: 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 water used per family per day in different countries*:

Canada - **209** Honduras - **9** United States- **176** Kenya- **13**

The water we use is readily available. For many in this world, access to water means walking an average 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 hours worked in a week by employees at Wal-Mart, UPS, McDonald's, IBM, Target and Kroger.

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

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: **\$100-** access to a community water system for 10 families in Kenya; **\$240-** 400 gallons of clean water storage in Argentina; **\$500-** 5 sanitary household toilets in Cambodia; **\$1800-** a community well in Cambodia

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

**Source: World Health Organization/UNICEF



SILLY SELFIE CHALLENGE

During the week leading up to your CROP Hunger Walk, encourage everyone to take the Silly Selfie Challenge. Each day send out the challenge to participants. Have each person take a selfie of themselves doing funny, crazy or wild things. Post the selfies to social media and share with friends. Use hashtags to get more interest in the challenge and the Walk (#CROPHungerWalk and #enough4all).

Wear a costume

- Choose something fun

- Wear a different costume each day - choose a theme (superheroes; animals; seasonal)

Have everyone wear different kinds of hats

Walk with your pet dressed in a costume

Walk in a silly way:

- Flap your arms like a bird

- Jump

- Twirl

- Skip



Set up a silly zone where participants do something crazy within a designated area

Go to a silly place:

- The beach in winter

- A baseball field carrying a soccer ball

Walk with a group of people

- Each person in a different costume

- Everyone dressed in a particular theme





GROUP/COMMUNITY SCAVENGER HUNT

Objective:

Create an interactive and fun scavenger hunt in your community to highlight the work of CWS locally and around the world!

Materials:

- Community Scavenger Hunt Map with an "X" at the 6 spots indicated in the clues. Provide a blank space/box next to the "X" to write in the location of each clue, the last "X" would have a treasure chest.
- list of clues (next page)
- smart phone
- writing utensil

Introduction:

Come along with us as we travel to various spots in your community preparing for your CROP Hunger Walk. You will see how the global work of CWS can be seen in the everyday things right where you live!

Whether you choose to walk alone, with your team, with family or with friends - take the journey with us to see how your CROP Hunger Walk meets the needs in the global community as well as your local community.

Follow along one clue at a time and see where the adventure will take you next.

Once you travel to your destination, use your smart device and scan each QR code to watch each video about how your global siblings are being helped in each specific category of need through the funds you raise from your CROP Hunger Walk.

Once you arrive at each stop along your journey to find your treasure, snap a selfie of you and your group with the place in the background. Be sure to use the map to write in the stops you make on your expedition.

Share these photos on your personal social media pages and be sure to tag your local CROP Hunger Walk accounts (if they have them) and the National CROP Hunger Walk accounts (@crophungerwalk). After you share your photos, take time to see how the entire CROP Hunger Walk community is taking the same adventure as you in their own areas! Be sure to use the hashtags: #CROPHungerWalk #enough4all and any of your local Walk hashtags!



GROUP/COMMUNITY SCAVENGER HUNT

Clue #1: Dio, Maji, Voda, Agua, Water

Whether it be a stream, lake, pond, river, community pool, or fountain, find a source of water in your community that you can journey over to. CWS provides clean water for our neighbors around the world. Clean water is essential to daily life.



Clue #2: Around the Block

"There is no power for change greater than a community discovering what it cares about."

-Margaret J. Wheatley

Your CROP Hunger Walk funds support local agencies in your community by giving back 25% of Walk income and through the domestic footprint of CWS. Cruise on over to one agency of your choosing that your Walk supports (or all of them if there are multiple and you're up for the challenge)!



Clue #3: Growing Hope

Just as CWS teaches those around the globe how to farm and provide for themselves, there are many in your local community that farm and provide food locally. Travel over to a farmer's field, a fresh food stand, a garden or farmer's market in your community! CWS programs help give the resources and knowledge for families to farm, which creates a sustainable and steady source of nutrition!



Clue #4: Reading, Writing, Arithmetic & Recess

Education is a powerful tool that enables individuals to succeed and provide for themselves, their families and the greater community. Venture over to a school or education center in your area. Your support through the CROP Hunger Walk provides education to many in the global community.



Clue #5: Healthy Lives

Thank you to health care workers across the globe who work tirelessly to provide for so many. Good hygiene and health are vital aspects to our lives that allow us to live to our fullest potential. Move on over to the parking lot of a doctor, dentist, or even a health clinic in your area. Access to hygiene and health supplies are provided to those with limited access and resources through CWS programs.



Clue #6: Walk. Give. Change the World.

Go back to the starting spot for your CROP Hunger Walk to find the best treasure of all - everyone committed to walking to create a world where there's #enough4all!



Thank you

for taking the time to connect the work you support globally and in your local community through the CROP Hunger Walk! Now that you've found the treasure, you can begin your walk and take the time to reflect on all you've learned through your scavenger hunt.





SOLO SCAVENGER HUNT

While on a walk through your neighborhood, can you find:



____ Baby

Where? _____

Over 1 billion people in the world are hungry, and over 3 million children die each year from hunger.



____ Vegetable Garden

Where? _____

CROP Hunger Walks provide seeds, tools and training for farms and gardens.



____ Something orange

Where? _____

Orange is the color of hunger awareness.



____ Bee

Where? _____

Bees make honey and help gardens grow. \$2,500 is enough to give a family everything they need to produce honey to eat and sell.



____ Pumpkin

Where? _____

Pumpkins are nutritious and full of vitamins. CROP Hunger Walks help hungry people turn barren lands into gardens and grow a variety of nutritious foods.



____ Coffee Shop

Where? _____

\$950 in donations can provide coffee bean seedlings for 2 community nurseries.



____ Water fountain or hose

Where? _____

When you have access to water, you can keep yourself clean, wash your clothes, raise livestock and have a garden - plus have something to drink. CROP Hunger Walks connect people with good water.



____ Store

Where? _____

A lot of hungry people walk 6 miles or more each day to get food, water, or take their goods to market.

What was the most interesting thing you saw on your Walk? _____



LATRINE BEAN BAG TOSS

Objectives:

Learn about the need for sanitary latrines and how that helps overall health for neighbors around the world.

Materials:

- 5-gallon plastic paint bucket (like you see at hardware stores)
- Cheap (ideally light weight) toilet seat
- Duct Tape/Strong Glue
- Poop Emoji Bean Bags (purchase online or sew them)

Assembly:

- 1) Tape or glue the toilet seat to the top of the paint bucket.
- 2) Attach the activity sign (Scoop on Poop) to the inside of the toilet seat cover.
- 3) Add a CROP Hunger poster or stickers around the paint bucket.
- 4) Set up a basket of the poop emoji bean bags a distance from the "toilet."
- 5) Place the fact sheet signs around the bean bag basket so people can read them while waiting to throw the bean bags.

Tip: If the toilet seat is too heavy, add a few heavy rocks to the inside of the paint bucket to weigh it down.





THE SCOOP ON
poop

THE SCOOP ON poop



Toss the poop emoji into “the toilet” as a reminder that your participation in the CROP Hunger Walk helps keep human waste out of fields and streams. This is important because food & water contamination make people sick.

**35% OF THE WORLD’S PEOPLE DON’T HAVE
ACCESS TO SANITARY TOILETS!**

DID YOU KNOW?

Vietnam has 20 million people without sanitary latrines. That's the combined populations of:

**New York City + Chicago + Philadelphia
+ Houston + Los Angeles**



Dry latrines use leftover kitchen ash to speed up waste fermentation and turn human waste into safe organic fertilizer. This improves sanitation and harvests.

DID YOU KNOW?

Impoverished families who know the harm of “open defecation” often continue to do so because other priorities (food & fuel) take precedence over making latrines.



When you combine water access with new latrines and education on the best hygiene practices, you change lives.

DID YOU KNOW?

35% of the world's people don't have access to sanitary toilets or latrines. As a result, human waste in fields and streams leads to many increased health risks.



This means that 1 in every 3 people in the world do not have access to a sanitary place to “poop.” This is a huge health risk to entire communities.



JUSTICE EDUCATION SIMULATION

Time:

-4 minutes (without expanded discussion)

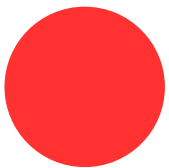
Materials:

-Sticker Dots (red/blue/yellow/green)
OR small paper notes
-Prizes (bag of candy, bags of M&Ms, pack of Starburst, anything in multiples)

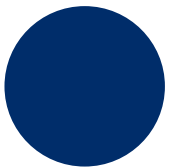
Instructions:

When people are gathering for your meeting, scripture study, etc, let each person pick a colored dot. Once everyone is seated, you can begin the simulation.

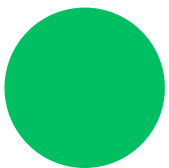
I would like to share with you about the upcoming CROP Hunger Walk and why it is an important outreach of our congregation/organization. But first I want to take a few moments to explain those dots you chose and also help you understand more about those for whom we walk in the CROP Hunger Walk.



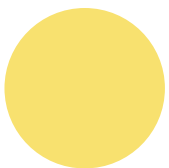
Raise your hand if you have a red dot. Imagine that you are a mother living in Indonesia. Your little daughter is weak from malnutrition and her black hair is turning red – a sure sign of vitamin deficiency. You don't have any way of feeding her what she needs to thrive. Sorry.



Raise your hand if you have a blue dot. You are a young Kenyan girl who desperately wants to go to school, but instead your days are spent in pursuit of water for your family. You walk miles, several times a day to fill your buckets – only to return home with contaminated and bacteria ridden water.



Who has a green dot? You are a native of Bolivia – for generations you have lived off the land, hunting and gathering, but now, multinational corporations are trying to push you off the land so they can explore for oil or minerals. You can't feed your family now.



If you have a yellow dot, stand if you are able. You are from the U.S. You have access to a free education, clean water at the tap and opportunities to flourish. Congratulations! Here is a prize for you! (Give each one of the prizes you brought to distribute. Make sure you have one prize for each of the yellow dots you distributed)



JUSTICE EDUCATION SIMULATION

Nelson Mandela said, “Let there be justice for all. Let there be peace for all. Let there be work, bread, water and salt for all.”

Would any of you yellow dots like to share some of your candy with the rest of the group? Like this, many of us have more than enough, and we are able to share with others and still have plenty left for ourselves.

The CROP Hunger Walk is our community’s way of bringing about justice for all by raising funds to address the root causes of hunger and poverty for our neighbors here and throughout the world. When we ask for sponsors for the steps we take, we are able to have an impact on hungry families in ____ (our town) and also give a hand-up to starving parents globally.

\$20 can provide you **red dot mothers** in West Timor with the tools and training you need for home-gardening. This includes various vegetable seeds (eggplant, tomato, green bean, spinach, chili, etc.) and corn, plus agricultural tools and equipment. This also includes field assistance mentoring and coaching during this daily monitoring to ensure a successful harvest.

\$50 can provide safe drinking water for a family from a community water purification system so you **blue dot Kenyan girls** can go to school.

\$165 can provide seeds and a year of gardening and nutrition training to you **green dot Bolivian natives** to yield more indigenous and good crops on your land (land for which you now have a title thanks to the help of CROP Hunger Walk supported lawyers).

While there is certainly need here in the US, half of the world’s population is struggling to survive on less than \$18 a week. By taking action and sharing of our abundance, we help bring about justice in this world: Food Justice, Water Justice, and Economic Justice. Thank you for sharing by walking and raising funds for the CROP Hunger Walk on _____ (date).

If time to expand, add the following discussion starter:

It probably felt unfair that some people got prizes and others didn’t. Have there been times in your life that you felt like things were unfair? How did you react? Were you angry? How would you have wanted it to be different? Would anyone like to share a time in their life where they witnessed injustice?



WALK DAY PASSPORT ACTIVITY

Materials:

- 4 stamps & stamp pads
- copies of the double-sided passports and the station pages
- highlighted** items below (most can be borrowed, found around the house or purchased from a local craft store)

Promote:

Email about the activity in advance of the CROP Hunger Walk by using the flyer on the next page. Discuss the activity at any Team Captain Gathering/Training you may have as well.

Prepare:

Print copies of the double-sided passport pages (black & white looks fine!). Make enough for each child or participant; Print the station pages to post at the four passport stations. Gather supplies for the stations:

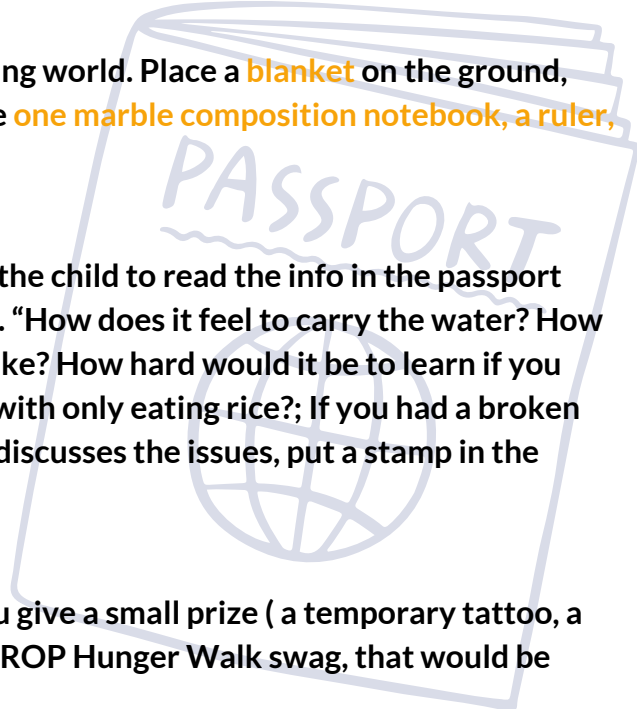
- Station 1: Set up a table with **four place settings** three have napkins, silverware etc. Have a **sample breakfast** at one (cereal, banana, milk); **sample lunch** at another (sandwich, chips, carrots and dip, yogurt cup, apple and a soft drink); **sample dinner** at the third (spaghetti with sauce, broccoli, roll, fruit, glass of tea, and dessert); at the fourth no frills just a **bowl of rice** or a tortilla.
- Station 2: Create a water carrying simulation with **buckets of water** tied to a wooden dowel or have a jerry can of water (can be purchased at amazon.com or at a local garden/tool supply, or simply have milk jugs of water and various buckets of water.
- Station 3: Set up a table with a picture of a hospital (US); a **first aid and safety kit** which can be borrowed or purchased at your local drug store (Nicaragua); a **Ziploc bag** with a few **band aids**, an **alcohol swab** and a couple of **aspirin** (Mozambique); a small bag of some **dried leaves** (West Timor).
- Station 4: Set up a “typical” school in the developing world. Place a **blanket** on the ground, buy a **small chalk board** from the local craft store or have **one marble composition notebook**, a **ruler**, a **pencil** and perhaps a large **stone** for using as a chair.

Recruit:

Find a volunteer to stand at each station and encourage the child to read the info in the passport and then to engage in conversation about the station. i.e. “How does it feel to carry the water? How far could YOU carry that water?; What is YOUR school like? How hard would it be to learn if you didn’t have a desk?; how long do you think you could go with only eating rice?; If you had a broken leg where would you want to live? After each “traveler” discusses the issues, put a stamp in the appropriate box on the passport.

Wrap Up:

At the end of the walk have a final destination where you give a small prize (a temporary tattoo, a bookmark, a button, a pencil, an eraser if you have any CROP Hunger Walk swag, that would be great!)



PASSPORT TO END HUNGER & POVERTY

JOIN US at four stations along the CROP Hunger Walk route that will help our young people (and the young-at-heart) learn about the challenges and difficulties children in other countries face in living a life we call normal. Each station will focus on a different topic - Hunger, Water, Health and Education - to help children (and adults too!) learn what others experience on a daily basis.

PASSPORT

Sign-up for your very own CROP Hunger Walk Passport at Registration. While you are there, get your CROP Hunger Walk sticker to wear marking the start of your journey.

TRAVEL

Set out on the CROP Hunger Walk. Stop at each station and learn about a different challenge faced daily by others. Learn what you can do with the funds you raised for the CROP Hunger Walk to help change life for our local and global family. Don't forget to have your passport stamped at each station after your experience.

RETURN

Have your passport stamped as you return home. If you have traveled all the stations, receive a small prize that lets other walkers know you have completed your journey.

SHARE

Tell other walkers and friends at home what you have learned. Encourage them to make a donation that will help our friends here and around the world live a better life. It's never too late to "Be The Change" and create a world where there's #enough4all.



hunger

water

health

education

health education

Do you need glasses? In many countries you would be illiterate because glasses are rarely available. Have you ever broken a bone? You'd have been restricted movement because skills to set the break were in short supply and the bone didn't heal right. In the US, there is 1 doctor to every 385 people, but in places like Sub-Saharan Africa there are only 1 doctor to every 5,000 people.

CROP Hunger Walkers can help provide health, hygiene and sanitation training for 10 people for only \$100.

Over 115 million elementary-aged children in the developing world are not in school and most of them are girls. Access to education is limited by income, time and community resources. Even if the children could attend the schools, for many there is no school building or qualified teachers, much less books and paper.

CROP Hunger Walkers help build and equip schools and teachers throughout the world. \$125 can provide 8 years of classes for a student in Kenya.



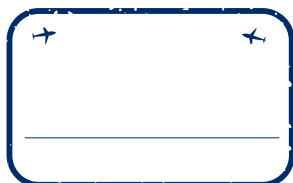
health education

Do you need glasses? In many countries you would be illiterate because glasses are rarely available. Have you ever broken a bone? You'd have been restricted movement because skills to set the break were in short supply and the bone didn't heal right. In the US, there is 1 doctor to every 385 people, but in places like Sub-Saharan Africa there are only 1 doctor to every 5,000 people.

CROP Hunger Walkers can help provide health, hygiene and sanitation training for 10 people for only \$100.

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PASSPORT



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

PASSPORT



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Present this document for a validation stamp at each of the four PASSPORT STATIONS. At each station, you will be invited to learn about one way that you are making a difference through the CROP Hunger Walk. Read the information and listen to the presenter at each station and then get a stamp in your passport. When you have all four stamps, you can take your passport to the registration table for a prize.

THANK YOU for helping end hunger and poverty one step at a time!

hunger

The average grocery bill for family of 4 in the United States is about \$250 a week. We throw away more than 500 lbs of food a year. Half of the world's population is trying to survive on less than \$18 a week.

One way that CROP Hunger Walkers help end hunger is by raising funds to help provide seeds and tools for farmers worldwide. With this help, struggling parents can grow the food they need to feed their families. \$165 can provide seeds and training to a farmer!



water

The average American uses about 82 gallons of water a day. The average rural African family uses only 5 gallons, because water is not easily available. Many in this world walk an average of 3.4 miles to get their water and it is often from polluted or unclean sources.

CROP Hunger Walkers raise funds to install water systems which provide clean water, close to home. As little as \$50 can provide a household water filter for a family - keeping them hydrated and healthy!



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hunger

WHERE IS YOUR PLACE AT THE TABLE?

The average American eats 5 lbs of food a day.
Here you see a typical day's meals.

In the developing world, where many live in already precarious situations, a disaster such as an earthquake, flood or drought can leave people with as little as 3 oz of rice/grain to eat in a day. A person cannot live for long on only 3 oz of food.

There is enough produced on our planet for every person to have 2 lbs of food a day. Thank you for sharing of your abundance so that all will be fed.

water

GO AHEAD -TRY IT!



Often it is the women and girls who walk an average of 3.4 miles EVERY DAY to get water for their families. By age 12, girls carry the primary burden of collecting water for their families.



**40 LBS
WHEN
FULL OF
WATER**

health

FEELING UNDER THE WEATHER?

USA: hospitals, doctors, emergency rooms, urgent care, minute clinic down the street

NICARAUGA: first aid kit, some medicines, doctor is 10 miles away

MOZAMBIQUE: Band aids, alcohol, pain reliever, doctor in Maputo (the capital)

WEST TIMOR (Indonesia): Herbs, local healers, closest doctor is several islands away in Jakarta (the capital)

education

WELCOME TO LOSAKUCHA PRIMARY SCHOOL IN UGANDA



Photo: Joel Cooper/CWS



Supplies are so scarce, students are forced to write in the dirt with their fingers.