

I'm walking with...



**Yusuf**

I'm walking with...



**Petrona**

I'm walking with...



**Chhundy**

I'm walking with...



**Ilène**



Petrona is from Flores de Turanza, Guatemala. She works in a greenhouse that was built by CIEDEG, the local partner of CWS and Foods Resource Bank. CWS supports a total of 68 greenhouses in Guatemala that produce vegetables for consumption and income.

CWS and CIEDEG provide training and resources to build the greenhouses, each of which employs five or six people. One of the main benefits of the greenhouses is that they allow community members to make a living locally, so they do not have to migrate to the coast to look for work. Families are more likely to stay together, and children can attend school more consistently.

"We harvested 350 lbs. of tomatoes from the greenhouse between the six of us in our group. Most of it our families eat. We sell a little bit though so that we can plant again. We don't want to be dependent on others," says Petrona.

*By walking in solidarity with Petrona, I am taking steps to ensure that people around the world like her are able to thrive.*



[crophungerwalk.org](http://crophungerwalk.org)

Yusuf Tennis and his family live in West Timor in Indonesia. The only water source for Yusuf's family, 32 other families and, in the long dry season, their livestock too, used to be a one-meter deep hole in the ground that regularly filled up with dirt, leaves and animal waste. This was the community water source for all uses: drinking, cooking, washing dishes and clothes and bathing. Not surprisingly, many community members suffered from frequent diarrhea and skin conditions caused by dirty water.

As part of the Timor Zero Hunger program, Yusuf and his neighbors built a protected well: several concrete rings stacked on top of each other as a casing raised the well above ground level, and a simple roof stops bird and animal waste, leaves and loose dirt from contaminating the water.

From this improved water source Yusuf's family and 150 neighbors now have access to better quality drinking water as well as clean water for their homes and personal hygiene. Diarrhea and skin infections have lessened, and there is now enough water for Yusuf and his family to have a home garden, where they grow nutritious vegetables to improve their diets and wellbeing.

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Ilène Leonard is the mother of six children and lives in Balan, Haiti. Like thousands of families, Ilène struggled to provide for her children after the earthquake in 2010. CWS and ACT Alliance partner SSID have been helping affected families in Boen and Ganthier get back on their feet. As part of this program, vegetable seeds were distributed to 49 farmers, including Ilène.

Ilène participated in CWS-supported training sessions, where she learned some new ways to plant her vegetables and receive higher yields. "I am used to having a kitchen garden, even before this program started in Balan, but I have made it bigger now and I plant new things that I didn't use to plant. I plant spinach, peppers, oregano, papaya and pigeon peas," says Ilène. Her expanded vegetable garden means food for her family and a bit of extra income from selling the vegetables. Ilène also shares the bounty from her garden with neighbors.

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Phan Chhundy and her family live in Lbaeuk village in central Cambodia. They own a small plot – about half an acre – for their house and a vegetable garden. That garden is used for food and when possible, the family sells some vegetables for extra income. The family does not own a rice paddy, and their income is quite meager. They used to go hungry.

That changed in 2015, when Chhundy joined a CWS-led educational workshop. She learned how to grow different, more nutritious vegetables, like sponge gourd, broccoli and winter melon. Chhundy chose to grow winter melon, which is more affordable to grow and easier to sell than other vegetables. With her family's help, Chhundy sells her winter melon and earns a comfortable income. Chhundy and her family now have enough to eat each day. Their nutrition has also improved as she cooks winter melon, along with other vegetables, for her family.

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[crophungerwalk.org](http://crophungerwalk.org)



*I'm walking for clean energy.*



**I'm walking with Marina.**

*I'm walking for sustainability.*



**I'm walking with Marta.**

*I'm walking for food security.*



**I'm walking with Sim.**

*I'm walking for clean water.*



**I'm walking with Chu Lo Xa.**



For Marta Gutierrez, five years of drought in the Carazo region of Nicaragua have taken a toll. She is now working with CWS partner CIEETS to tackle local agricultural challenges one plant at a time while leading community conversations about successful and harmful growing practices.

Marta is pioneering the growing of new plants, especially ones that will grow into the dry season. She is the first person from her community to grow yuca to test whether its drought-resistant properties make it an effective replacement for her dwindling bean production. So far, this test has been successful – her plot is yielding 2,000 pounds of yuca!

Marta has also worked with CIEETS over the last few years to plant fruit trees in what was once treeless pasture land. This diversifies her diet, and the trees also help to retain water in the longer dry season.

*By walking in solidarity with Marta, I am taking steps to ensure that people around the world like her are able to thrive.*



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Three generations of the Cirdava family live together in the Khobi municipality in Western Georgia, including Marina, who is the grandmother in the family. In a community where families have to spend up to a third of their income to pay for energy, the Cirdavas are a model family. Literally. They have worked with CWS and partner RCDA to install a series of renewable energy technologies into their house, which serves as a model for their community.

These technologies include a fuel efficient stove, a solar collector for hot water, a solar fruit dryer, a briquette making device and an eco toilet. Like all technologies in this program, the pieces in the Cirdava home were made by local crafts people using locally sourced materials.

One objective of the CWS Renewable Energy Technologies Program is to profile these technologies for wider adoption and use. Friends and neighbors of the Cirdavas have expressed interest in having these technologies in their own homes.

*By walking in solidarity with Marina, I am taking steps to ensure that people around the world like her are able to thrive.*



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The remote village of Me Giong is in northern Vietnam, just six miles from the border with China. The community's water source is a gravity-fed system, which means that water is piped down from the hills into the community. The old pipe was not properly maintained, and over time it wore down and broke.

Chu Lo Xa and her family were among those affected by the water shortages. They used to collect stream water with buckets and store it in plastic containers. They later built a brick water tank after attending a CWS awareness-raising session about sanitation. However, they still faced a water shortage due to the broken pipe and the annual dry season.

CWS helped facilitate community discussions to arrive at a solution. CWS supplied new pipe, while community members dug the trough for the pipe and buried it. Each family now has a water meter and pays an affordable amount for water usage, which is used to pay a community member to manage maintenance and pipe repairs.

*By walking in solidarity with Chu Lo Xa, I am taking steps to ensure that people around the world like her are able to thrive.*



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Chann Sim lives with his wife and their three children in Choam Ksant village in northern Cambodia. He can only plant once a year because of chronic drought. In the past, he used traditional, labor intensive methods and poor local seedlings that, unfortunately, did not produce enough food for his family. Often the rice harvested would only last six months.

Some years ago, Sim joined a CWS food security project, through which he received valuable knowledge and training as well as seeds and tools. Through the years, Sim has taken the initiative to learn how to improve his farm. He has turned his family's life around. In addition to fish and poultry, he expanded his home garden to include several kinds of gourds, chili, eggplant, long bean, papaya, cucumber and banana. Now, with help from his wife and grown daughters, he earns just a bit more than \$1,000 a year, and has enough to feed his family from his own farm.

Sim recently said, "I am so thankful to CWS for the support; I have gained new knowledge and skills in diversified agriculture and I have been able to increase my production."

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I'm walking with...

I'm walking for...

Fill out your own card! Who are you walking with?  
Draw a picture and write their story on the back!

Fill out your own card! What cause are you walking for?  
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HUNGER WALK**  
ENDING HUNGER ONE STEP AT A TIME



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