

“Pack, Pack & Away!”

Packing food to feed
the hungry around
the world

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Hand To Hand in Schools

Barlaston to Kibera

Ten Tips for a Fantastic
Food Pack

SUMMER 2019

FIELD REPORT

LeSEA Global

FEED THE HUNGRY

A full life feels good.™



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Gwyn Williams
Operations Director

Many of the partners we work with around the world distribute high-nutrition meals that are provided by Feed The Hungry. These meals contain a mix of protein, carbohydrates and vitamins & minerals - a formula that has literally brought some children back from the brink of starvation. This isn't an exaggeration or hearsay; we've seen it happen.

The meals are put together by volunteers in the UK, elsewhere around Europe and in the USA. They generously give their time to feed those who don't have the resources to feed themselves. In this Field Report, we take a look at some of the people who are actively feeding the hungry.

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FEED THE HUNGRY
A full life feels good.™

By feeding the hungry together, and delivering it in the name of Christ, you are joining with Feed The Hungry to help change people's lives for the better, for the future and for eternity.

Please consider financially supporting the work of Feed The Hungry. To donate, phone 0303 3000 484 or visit fth.org.uk/fieldreport

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In the two refugee camps in Uganda that Feed The Hungry work in, malnutrition and stunted growth have been completely eradicated.

That's the report we received from the United Nations, who run all of the refugee camps across Northern and Western Uganda. The UN and Ugandan Government have seen the difference that the food makes first-hand.

LIFESAVER

FOOD THAT'S TRANSFORMING LIVES

Rich Smith explains the impact that rice meals, provided by Feed The Hungry, are having on the young people who receive them each week.

It doesn't look like much; some rice, soya, a few lentils and a bit of yellow powder, but for over a quarter of a million children, it's a meal that is not only sustaining them but transforming their lives and giving them a better tomorrow.

"I was made aware of a mother who had a young child, who was starving to death," explained Pastor Elna Mukamuri, who leads The Joseph Foundation, our partner in Zimbabwe. In some cultures, there are rules, expectations and sometimes, just pride that can stop people asking for help.

"I went to the mother when her husband was away - he wouldn't have been happy that I was trying to help her. The child was very sick. I gave the mother and child some food to eat - the food sent by Feed The Hungry - and told her that they need to keep coming to get more food. We had to do it all in secret. Over some time - a few weeks - by receiving a regular meal, the child was transformed to good health."

Elna has personally nursed several children back to health by feeding them rice meals. Some children have come to live with her while they were fed.

"We've seen children who are days away from death, growing healthy and happy because of the food. It's a God-send."

The recipe for the meals combines sources of carbohydrates, protein, vitamins and minerals, in order to give a person a number of key resources that our bodies

need. Where we can, Feed The Hungry encourages our partners to try to add in additional fresh vegetables or beans, like chopped tomatoes or kidney beans, to increase the nutrition of the meals. Sometimes local herbs and spices are added to flavour the food.



Children in Zimbabwe enjoy a lunchtime meal.

"The food we send to each of our partners is largely the same, but the way that it's cooked can look very different," says Gwyn Williams, Operations Director for Feed The Hungry UK. "In most places, it's boiled as normal; in other places, they're quite creative in how it's prepared. In the Philippines, we work in a slum in the capital city, Manila. There was concern about hygiene, and so instead of cooking a wet meal, the ingredients are ground down into a powder, which is then used to bake biscuits that we give to the children. The nutritional content is the same, but the risk of putting germs into their systems is reduced."

Although simple, these meals, packaged by volunteers around the world, are hugely improving the lives of young people.

PACKING FOOD AROUND THE UNITED KINGDOM

HAND TO HAND FOOD PACKING

Over the past 12 months, Feed The Hungry has run dozens of food packing events around the UK with Churches, Schools and Community groups. Take a look at some of the packs that have taken place in the last few months in preparation for sending a food container to Burkina Faso.

In Cardiff, over 5,000 meals were packed by volunteers at Castleton Baptist Church, who turned the food pack into a beautiful act of worship and witness to the local community. Children and adults helped to fill boxes to be sent to Burkina Faso.



In September 2018, the BBC filmed Hand To Hand food packing at St. David's Church in Exeter. Kathryn Jenkins took part in this special event, which was shown as part of an episode of 'Songs of Praise' later the same month.

In Doncaster, meals were packed in Bentley Pavilion; a community café run by Manna CIC. The event was visited by Minister for Faith, Lord Nick Bourne, who helped to weigh bags. The mayor and BBC Radio Sheffield also came along.



In 2018, Christ Church East Greenwich hosted two packing events; one in the Spring, and again in the Autumn. They have further events booked in too. Their youth group have been particularly enthusiastic.



HAND TO HAND
PACKING FOOD TO FEED THE HUNGRY



HAND TO HAND IN SCHOOLS

Elaine Stock & Rachel Bird explain how packing food to tackle world hunger is being taken up by schools in order to teach about poverty and social justice.

We've recently had the privilege of working with a number of schools around the UK in running Hand To Hand food packing events. These schools were looking for a communal way to teach about social responsibility and global citizenship; two areas that are covered by the curriculum in Primary and Secondary schools, as well as at GCSE.

So far, over 30,000 meals have been packed by schools in the UK, ready to be

sent to Burkina Faso. Each school has had both staff and students participating in mixing, weighing, sealing bags and packing them into boxes. Some schools have collaborated with the local church and parents to help support the students as they packed the food.



From School to School: Students at St. Luke's in Endon helped to pack over 5,000 meals for school students in Burkina Faso.

Each school food pack has taken a different format. At Horton St. Michael's CE First School, Year 4 students enthusiastically packed meals in their school hall for an afternoon, while learning about poverty and social inequality.

At St Paul's C of E Primary School in Mill Hill, London, a group of Year 5 students helped to pack 5,000 meals in a classroom, with Bishop Rob Wickham and several members of the local church supporting them.



Adult helps supervise the students to make sure that each part of the food packing process is correctly done.

At another school, two sessions were run, one after another. In the first, children and members of the local community took part, while in the second, parents and staff were invited to have a go. Over 10,000 meals were packed in total; an amazing achievement.



Pupils carefully weigh the content of each bag to ensure that it is within the required range.

At St. Luke's CE First School in Endon, the whole school took part, running four shifts throughout a morning. Headteacher of St Luke's, Phil Wright said, "Our engagement with Feed The Hungry has been nothing short of brilliant - from the moment we spoke on the phone, to discussing logistics for the crazy goal of all 218 children to form a food packing factory, through to the delivery of a stunning experience for the children. The learning and experience the children have received has opened their eyes to the struggles others face and, just as importantly, that they themselves can have an impact in the world. That is hugely empowering and a perfect example of courageous advocacy."

The children involved were personally impacted too. Abby said, "Working with Feed The Hungry helped me understand what other children go through and I'd love to help more people in the future."

Haydn said, "The factory packing was really good - children have food because of our work."

The Feed The Hungry team support schools before and after the food packs with online resources and visits to do lessons and assemblies, where the work of the charity is presented in order to help the students to understand the issue of world hunger, and the difference they are about to make. For faith schools, we want to help them to understand they can be Jesus' hands and feet within their own sphere of citizenship. The Diocese of Lichfield has included Feed The Hungry as a focus in a scheme of work written

around the theme of 'Mission' for their Church of England schools.

The impact on the students has been overt. Libby said, "It's made me think differently and realise how lucky I am - it is hard what other children go through."

Children receiving a certificate for their hard work has been the icing on the cake.

Perhaps you have picked this article up as a teacher, School Governor or have links into a local school, and want to explore the possibility of doing a school food pack. If you'd like more information about running a Hand To Hand event in your school, please visit the web site below or contact the team by e-mailing foodpack@feedthehungry.org.uk.

Find out more about food packing in schools at fth.org.uk/handtohandschools



Each box of 216 meals packed by the school pupils is celebrated with the sounding of a gong.



13 YEARS OLD AND HEAD OF THE HOUSE

In the poorest parts of the world, you frequently find children responsible for a family. Jarrod is 13 and is the breadwinner and protector of his five-person family.

He lives in a village outside of Manila in the Philippines. Each day, he goes into the jungle to find bananas, papayas, leaves and wood. Then, he scavenges through the garbage dump for food and items to sell. He has not attended school since the age of 7.

Jarrod is the youngest of three children. His older brother, Gideon, was born with mental limitations. Gideon places his hand on Jarrod's shoulder whenever they are together, leaning on his "big," but much younger brother. Jarrod's sister, Selena, has returned home with her baby Sophie, who she cares for. Their mother, Maria, is a single parent who began to suffer from mental illness when Jarrod was young. She also stays in the home much of the time.

Jarrod has great responsibilities for a 13-year-old. But, he is healthy enough to work hard every day to support his family. He knows life would be much harder for his family without the daily meals of nutritious, fortified rice provided by Feed The Hungry. As the family came to receive food, they heard the Gospel of Jesus Christ's love for them. They have accepted Him as their Saviour and have been baptised.

All of this hardship has only brought Jarrod closer to the Lord. His heart's desire is to see his mother healthy again. He also prays to return to school.

Without friends, like you, this family may have collapsed. But, they survive and know the Lord and we see God at work through them. Thank you for caring for sweet families like this one. Because of you, more people are coming to know the Lord, along with receiving lifesaving meals.

TEN TIPS FOR A FANTASTIC FOOD PACK

Like the idea of running a food packing event, but not sure where to begin? Our top tips will help to set you off on the right foot.



1. Start planning early

Organising a food pack, especially for the first time, can seem daunting. Give yourself plenty of time - think 2 months in advance, rather than trying to do one next week. Feed The Hungry will usually require about 4 weeks notice to be able to order ingredients for an event.

2. Know your aims

All food packing events have a common aim of packaging food to help those who don't have the resources to feed themselves. However, each event might

have additional objectives; Church outreach into a local community; teaching school students about poverty and inequality; encouraging a community to consider social responsibility. Knowing what you want to get out of a food packing event will guide your decisions as you plan and organise.



3. Be realistic

How many meals are you planning to pack? How long will your event take? How much money can your group raise? How many volunteers can you rally together? Having realistic expectations of an event will avoid disappointment later on. For the first time, we'd recommend aiming to pack a smaller number of meals, like 5K or 10K.

4. Gather your team

An event needs a lead organiser, but it's good to pull others around you to share responsibilities. Maybe set someone in charge of making sure there's refreshments and another in charge of recruiting volunteers. For large events, having additional support will be vital. We'd recommend signing-up your volunteers in advance so that you know you don't have too many or too few packers for the event to work.

5. Be enthusiastic

Enthusiasm can be infectious. If you're excited about food packing, others will get enthused too.

6. Don't get flustered by the finance

Putting on a food packing event carries a financial cost. Don't be put off by the thought of needing to raise the funds. Consider asking local businesses for sponsorship, or getting all of your volunteers to raise a bit of money to contribute.

7. Ask for help

Feed The Hungry has a small team of food packing experts who can help you through each part of organising your event - from identifying a suitable location to recruiting volunteers.

8. Make it your own

Consider what elements you might want to include in the event; maybe putting on a meal for the volunteers before

they pack meals for others, or having a time of prayer and worship before or after the meals have been packed. Feed The Hungry have speakers who can talk about our work or preach as part of a Church Service - maybe make food packing a practical expression of your Sunday Worship?



9. Communication is key

Even a small food packing event usually involves a minimum of 20 volunteers. Making sure everyone is informed through clear communication channels will help make everything run smoothly. Be aware that people prefer to receive information in different ways - phone calls, e-mails, face to face or social media.

10. Have fun

Hand To Hand events are meant to be a blessing for those who take part and those who receive the packed food. Don't get overwhelmed with the organising of it all, but enjoy the preparation process as much as the event itself. In the end, you're making the world a better place for thousands of young people.

Find out more at fth.org.uk/handtohand



BARLASTON TO KIBERA REFLECTIONS FROM THE FIELD

I am the vicar of St John the Baptist Anglican Church in Barlaston, a village between Stafford and Stoke, the home to the world famous Wedgwood china factory. In January 2019, a team from the church and the local school travelled to Kenya to meet up with the people of Soweto Academy in Kibera, where we came to see first-hand the amazing work of Feed The Hungry and to help out with the work of the school and church. It was an amazing experience and one that none of us will ever forget.

The commitment of the staff to teach and the students to learn was very impressive. A passion for education is palpable and something that we, in the UK, seem to have either let slip or have lost altogether. And all this is done with such meagre resources. In one of the classes, I helped out with a small boy, who when receiving his pencil, said he loved his pencil. He was so pleased to have something that could help him in his education. A child without a pencil is a child without an education.

The reliance on the hand of God to provide, support and change lives was impressive. A passion for faith in Christ at work every day in all aspects of life is something that we in the UK are increasingly ignoring. Soweto Academy has developed a water bottling plant with a plan to sell the water to raise funds for the school. When I asked Pastor Chris whose idea the water plant had been, he simply replied, "God's". As a vicar, I shouldn't have been surprised by his answer but part of me was, and such faith is impressive. I had this reinforced even more when we visited the site of a planned farm to help provide food for the school. The farm is a vision given to Pastor Chris and others, and at the moment it is nothing more than acres and acres of open land. There is no money to develop this farm yet, but the local leaders trust in God to provide and they are sure He will provide. I am sure He will.



Christ changed my life over 30 years ago. Much to my surprise, Pastor Chris invited people to respond to my efforts by coming forward to be prayed for. The surprise isn't really the invitation for people to come forward, but that anyone would do so from what I had said! I have seen God do this so many times but I am always impressed by the power of the Gospel to have this impact through my efforts. Our God is impressive; always has been, always will be and thanks to this trip, the work of Feed The Hungry, the people of Soweto Academy and their church in Kibera, His impressive hand has left a lasting impression on my heart.

Back in Barlaston, I want the same passion for education and faith in Christ to change our lives too. It can be so, and it will be so, because our heavenly Father is a surprisingly impressive God.

Rev. Stewart Jones
Vicar, St John the Baptist Church, Barlaston



On the Sunday, we were at Pastor Chris' church, where I was asked to preach; weaving scripture around my personal testimony of how the person of Jesus

Find out more about Feed The Hungry's work in Kenya at fth.org.uk/kenya

NEWS

To keep up to date with all our latest news stories, go to fth.org.uk/news or follow us on Facebook, Twitter and Instagram.



Malawi Flooding Update

Following the recent flooding in Malawi, your quick and generous response helped Feed The Hungry church partners to distribute close to one million emergency food rations to children and families who had lost their homes. Our Malawi relief teams have also been sharing Jesus with people face to face, through open-air meetings and distributing Bibles in the local Chichewa language. Hundreds have made professions of faith and we pray that many more will come to know Jesus personally, even in the midst of this disaster. Feed The Hungry Malawi staff and teams are still working hard to reach those displaced by the floods. Pray that we can continue to send them emergency food supplies and Gospel materials as affected communities pick up the pieces to rebuild.



Revolve24

Feed The Hungry has been nominated as a 'Charity of Choice' for the annual Revolve24 endurance cycle relay around Brands Hatch Grand Prix Racing Circuit. Over the weekend of 14th & 15th September, a team led by athlete, Alex Papadopoulos, will cycle continually for 24 hours around the track in Kent. Hundreds of people making up dozens of teams will push themselves to the limit, in order to raise money for good causes. If you're a keen cyclist and would like to join the Feed The Hungry cycling team that weekend, or if you'd like to sponsor the team, please visit fth.org.uk/revolve24.

Please consider financially supporting the work of Feed The Hungry. To donate, phone 0303 3000 484 or visit fth.org.uk/fieldreport