



FRED SAYS
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JUNE 2015
A PWRDF supplement to the Anglican Journal

under the sun

NEWS FROM THE PRIMATE'S WORLD RELIEF AND DEVELOPMENT FUND
THE ANGLICAN CHURCH OF CANADA

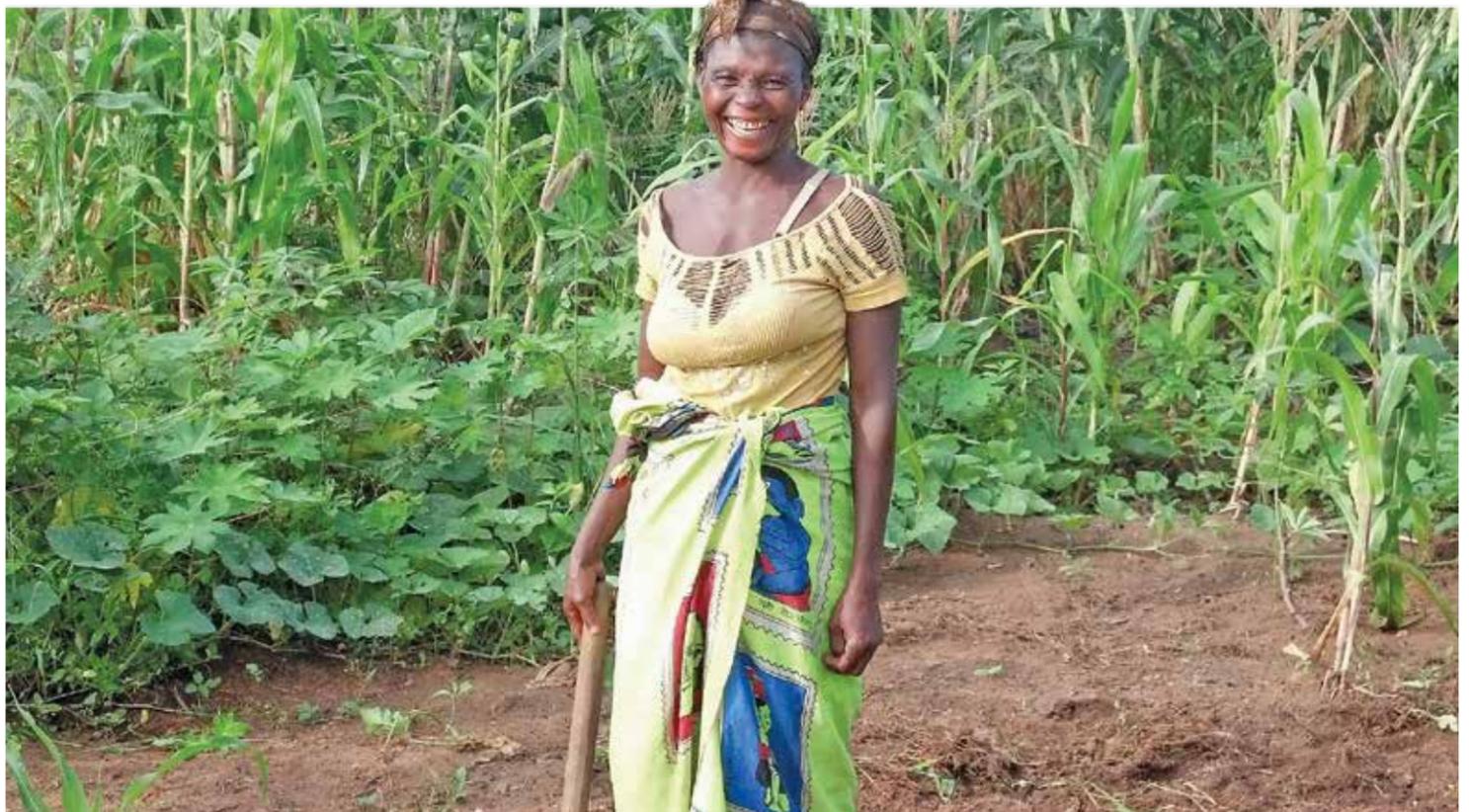
Obrigado (Thank you)

BY CHRISTINE HILLS

ASSANE MUSSA and Alima Alvide are farmers who live in the Province of Nampula, Mozambique. Throughout much of their married lives, their health has been fragile and has impacted their ability to provide for themselves while dealing with recurring diarrhea and malaria, persistent coughs and a host of opportunistic diseases. Not seeking formal treatment, the only medical attention they received was from the local, traditional doctor.

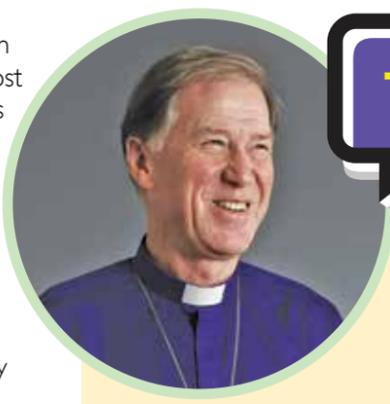
A community health worker from PWRDF partner Association of Community Health (EHALE) got to know the couple and convinced them to seek treatment at the local hospital and accompanied them to all of their appointments. When their HIV tests came back positive, they were put on an anti-retroviral regime to boost their white blood cell counts to fight the infection and build up their strength. As important as their medications were, equally important was a nutritious diet to enable them to undergo the anti-retroviral treatment which can be very debilitating without a good source of food.

Assane and Alima had limited resources to invest in their diet after years of illness and were dependent on the generosity of neighbours, which most days only provided one meal. EHALE continued to accompany them and provided the couple with home care and food baskets - powdered milk, fortified flour for porridge, vegetable oil, rice, beans, dried peanuts and



Food baskets through PWRDF's FredSays campaign helped Alima Alvide get back on her feet and farming again.

PHOTO: ZAIDA BASTOS



FRED SAYS

first two months of their ARV treatment, increasing their ability to recover quickly and once again become productive members of their communities. PWRDF partner EHALE trains and equips activists, community health workers, who provide basic medical help and advice and work with patients to learn

about good nutrition and to grow food for themselves once they are back on their feet. Home gardens give people an affordable and sustainable means of producing fresh vegetables year round. Raising chickens provides another source of food and generates an income to support families and communities. ■

other food items to improve their diet. Little by little they regained their strength and their health.

But it didn't stop there. Once they were fully recovered, EHALE enrolled the couple in a farmer's training course and provided them with farming tools and seeds to grow maize, peanuts, beans, pumpkins and sesame seeds. They have resumed farming full

time and are very grateful to EHALE for all of the support and accompaniment. They believe that the food baskets and EHALE saved their lives.

Throughout 2014, 1,038 AIDS patients in Mozambique have benefitted from food baskets through the Fred Says food security campaign initiative 'Have you eaten today'. Patients are provided with food baskets during the



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Youth lead PWRDF Sunday

ON October 19, 2014, people at Christ Church, Rawdon and St. George's, Ste-Anne-de-Bellecve in the Diocese of Montreal asked the question "Have you eaten today?", the first "Fredism" in PWRDF's Fred Says Food Security Campaign. Young people at both parishes took advantage of the diocese's PWRDF Sunday to lead Fred Says activities and fundraising. At Christ Church, Chloe Asbil and her cousins Amanda and Cassandra helped prepare a poster board with information about PWRDF,



A sweet contribution to PWRDF Sunday at Christ Church, Rawdon.

PHOTO: CONTRIBUTED

printed out PWRDF graces and decorated PWRDF cupcakes for a simple meal

shared by parishioners. At St. George's, the children and youth learned about

how resources are currently distributed around the world through an exercise involving the sharing of candy. They shared the lesson that "We were all made incomplete so that we would need one another" with the parish, and together the parish raised funds to provide food baskets to people living with AIDS in Africa. When Fred Hiltz, Primate of the Anglican Church of Canada, visited their parish, the youth shared messages with him about why they think it's important to be part of a missional church. ■



The world produces 2,790 kcal/person/day in food—enough food for all.



One-third of the food produced in the world is not consumed



42% fewer people were hungry in 2014 compared to 1990



1 in 8 people in the world does not have enough food to eat every day



1038 AIDS patients in Mozambique received "Have you Eaten Today" food baskets and support from community health workers through PWRDF in 2014



50% of hungry people in the world are farmers



Part of the agreement between the Diocese of Masasi and the people who receive the goats is that the first kid born to the breeding pair of goats will be given to another family in need in the community. This ensures that the project reaches beyond just a few families to benefit many of the community members over time. The family who received the breeding pair can then keep all future offspring. Presently Mwamede has six goats. The five females produce up to 4 litres of milk a day. His family consumes one litre and sells the remaining milk in the neighbouring village. This provides his family with a steady income, which covers other expenditures including school fees for the children, medicine and food staples to enrich their diet. ■

W^HEN Fred Says "Kids Rock," he isn't talking about the importance of children in our society. He is talking about dairy goats, which are an important source of nutrition and income for people living with HIV and AIDS in Tanzania. PWRDF partners with the Diocese of Masasi, with funding from the Department of Foreign Affairs, Trade and Development Canada (DFATD), to provide these dairy goats to HIV and AIDS patients in remote areas of Tanzania. Mwamede Maiga is an HIV positive beneficiary living in the village of Mnero Membeni in the District of Nachingwea in Tanzania with his wife and 5 young children. He was selected by the village committee to receive two goats through the project because he is one of the most vulnerable people in the village needing immediate help.



A "Kids Rock" dairy goat can produce 1L of milk each day, providing nutrition to an AIDS patient and income from selling the left over milk.

9,743 people benefitted from the "Let's Jam" project in 2014, teaching improved farming and food preservation techniques to farming leaders, who then shared their knowledge in their communities in Cuba.

Beyond feeding the family

IT IS EASY to think about food security as being life changing for an individual or a family who now have enough healthy food to eat for the long-term. But we rarely think about the broader reach of food security work. PWRDF sent a delegation to Cuba as part of the "Sharing Bread" educational program this spring and they learned first hand about the benefits of supporting food security through the "Let's Jam" Fred Says project.

security projects within their communities and out of these projects came stronger, healthier communities that pulled together to feed their most vulnerable and provide food and livelihoods for others" –Valerie Maier, Ottawa.

After 30 years of being confined to the four walls of their church buildings, Cuba's economic and food crisis of the early 1990s provided an opportunity for the churches to move out into their communities through food security projects. Ongoing financial and unemployment challenges facing Cubans make this work of PWRDF partners evermore important.

"We must learn from the selfless ministries of our partners in Cuba, who reach out to the people in their midst, and feed them when they are hungry" –Rosemary Parker, Ottawa.

Members of the delegation wrote blog entries about their experience (which can be found at www.pwrdf.org), and their words tell how the food security work PWRDF partners support is building up the entire community, and how it is helping the Church to move beyond its walls in ministry and mission:

"The planting of the yucca seemed to be symbolic of the planting of a seed into dry, rough, inhospitable ground, the seed of faith in an otherwise inhospitable place. It made me think of the church in Palmira, how it seemed to flourish in a place that people wouldn't think a church would flourish" –Jordan Waterbury, Nova Scotia and PEI.

"The Church stepped forward to train community leaders to implement food

This approach has been taken up by individuals and parishes. Networks and possibilities abound. We have seen and learned a great deal" –Frances Stewart, Brandon.

Training farmers in new techniques of food preservation and production is having far reaching benefits for the Church and for communities across Cuba. ■



A CROSS the Diocese of Montreal, parishes learned about the need that AIDS patients in Africa have for nutritious food to eat when they take their anti-retroviral medicines. Their Basket Fund, which focused on providing food baskets to AIDS patients for the first few months after they are diagnosed with the disease, raised **\$10,000**, enough to provide 125 people with food to get themselves back on their feet and providing for their families again.



Digging deeper into food security

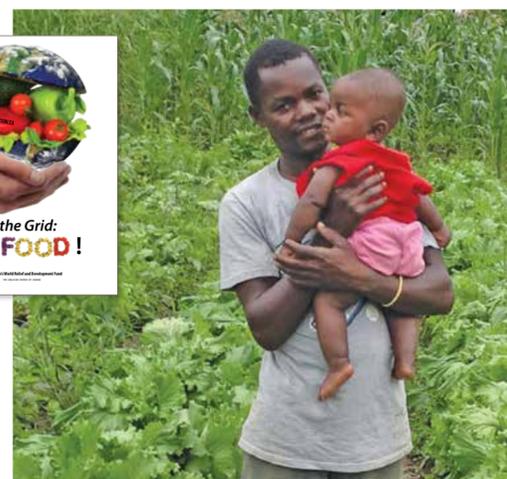
BY SUZANNE RUMSEY

AN important part of PWRDF's food security campaign has been the development of educational resources and learning opportunities for Canadian Anglicans who are interested in "digging deeper" into this theme.

In the first year of the campaign, PWRDF staff designed and piloted a week-long course in collaboration with the Sorrento Centre

in B.C., titled, "Sharing Bread – A Food Security Learning Exchange." Partners from Cuba joined us to both teach and learn. "Sharing Bread – A Learning Resource" is now available for use by parishes, youth groups and interested others.

The visit by Cuban partners was reciprocated in March 2015 when members of PWRDF's volunteer networks visited Cuba. The week of encounters and more digging (see: "Beyond Feeding the



Family") made for a rich time of learning about food security in the Cuban context.

PWRDF staff is now preparing for a second course at Sorrento from July 5-11. This year partners from Tanzania will be joining us. For information and to register go to: <http://www.sorrento-centre.bc.ca/landg-calendar.html>.

And from August 27-29, the Diocese of Calgary and PWRDF are jointly hosting a Sharing Bread event. For information and to register, go

to: <http://bit.ly/1abtztK>.

Two other exciting educational resources for youth groups have been developed. "Hunger is not a Game," provides an opportunity to explore food security issues through the lens of *The Hunger Games* movie. "Just Food" is an interactive resource designed to be used by youth but can be adapted for whole parishes. All resources are available on the PWRDF website at: <http://pwrdf.org/resources/>. ■



Food Security GLOSSARY

	<p>Food Aid: Giving people food (or money to buy food) to get them through the day. Most commonly done after disasters.</p>
	<p>Food Security: When people have enough healthy food to eat every day so that they are not worrying about where their next meal is coming from.</p>
	<p>Food Sovereignty: When people have choice in the foods they eat, the sources for their food, the seeds and other inputs that are used in the growth of their food, and a voice in policy and processes around their food.</p>
	<p>Organic Farming: Farming using local seed and using fertilizer and pesticide produced with natural rather than chemical ingredients. Organic farming, as taught by PWRDF partners, tends to be a bit more labour intensive, but has lower costs for inputs, encourages crop diversification, and is healthier for farmers as they spend less time interacting with potentially harmful chemicals.</p> 
	<p>Seed Bank: Farmers "deposit" some seed from their harvest in a community seed bank which allows the local farmers to have control over what crops they grow, to continue to plant and harvest local species of fruits and vegetables, and to be less reliant on buying seed from multi-national corporations.</p>



5 A's of Food Security

Watch Naba Gurung, PWRDF Humanitarian Response Coordinator, describe the 5 A's that are required for food security. The full video can be viewed on the PWRDF YouTube channel: <http://bit.ly/1JLoxkE>



- 1 AVAILABILITY**
when food is available to all people at all times
- 2 ACCESSIBILITY**
when people have economic and physical access to food
- 3 ACCEPTABILITY**
food is culturally acceptable
- 4 APPROPRIATE**
nutritious, free from harmful chemicals
- 5 AGENCY**
people have the ability to influence policies or processes that affect their lives

THANK YOU

Thank you to all Anglicans who make the work of PWRDF possible. Your ongoing generosity supports partners in Canada and around the globe as we strive to create a more just, healthy and peaceful world. Thank you also to all the diocesan and parish representatives, bishops, clergy, board

members and youth who volunteer their time, energy and enthusiasm as ambassadors for PWRDF. Supporting the work of PWRDF improves the quality of daily life for vulnerable populations by promoting global justice and self-sustainability. Your commitment is transforming lives.



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