

The Primate's World Relief and Development Fund
Children's Resource

SUPER FRIENDS3!



INSIDE:

Welcome to
**Super
Friends3!**

Fred says there's
**Enough Food
for Everyone**

A look at
**Farming in
Canada**

Canadian Super
Friends Help in
Many Ways



Welcome to **SUPER FRIENDS 3!**

Fred Says Food security INCLUDES:

In the church we are *Super Friends*! We are friends with people in church and with others far away that we might never meet. Through The Primate's World Relief and Development Fund (PWRDF) we have *Super Friends* all around the world. *Super Friends* help each other by sharing ideas, work and money to stand up for people who are hungry. We often send money to help *Super Friends* with their work, and they teach us about their countries and show us how to do our part.

Super Friends 3! Fred Says

Food Facts!



I just saw a newspaper headline about **FOOD SECURITY**. Is that about guarding cookies or something?

No way. Food security means **ENOUGH FOOD FOR EVERYONE**. People have food security when they can always get enough good food to be healthy. Fred Says it is a *Super Friend* mission.



Strawberry Word Search

Circle the "Fred Says" words in this word search.

They may be in any direction.

(Solution on p.7)

HUNGRY
VEGETABLES
EARTH
MARKET
CHURCH

SPADE
SHOVEL
HEALTHY
LAND
STRAWBERRY

W	K	Q	C	H	U	R	C	H	J
E	P	H	E	A	L	T	H	Y	L
A	E	D	A	P	S	X	S	I	A
R	E	X	M	A	R	K	E	T	N
T	Y	S	H	O	V	E	L	V	D
H	U	N	G	R	Y	X	Q	E	R
Y	R	R	E	B	W	A	R	T	S
S	E	L	B	A	T	E	G	E	V

Fred Says



There is enough food for everyone!

Millions of people in the world don't have enough food to eat. Most live in Asia, Africa and Latin America but there are hungry people everywhere, even in communities in Canada. Sometimes we think it's because there isn't enough food in the world, but that isn't true. If we measure the food that is grown on Earth, **there is enough food for everyone** and no one should be hungry.

So What's the Problem?

- ▶ Many people don't have enough money for food, or to buy land, seeds, water, or tools to grow food.
- ▶ Food is hard to grow in some places like deserts or mountains.
- ▶ Sometimes floods, fires, or dry spells make it impossible to grow food.
- ▶ Sometimes the food or land is destroyed or taken from farmers because of wars.
- ▶ Some farmers aren't paid enough for the food that's grown on their land.
- ▶ Sometimes we don't care for the land well enough and then it can't be used for farming.
- ▶ Things like pollution or poor farming can take many of the nutrients out of the soil or poison it.
- ▶ Climate change is making it hard for farmers to grow enough food.

It's Really About Sharing and Caring

No matter where you are in the world, some families have more than enough food. In fact, food can be wasted while people elsewhere are hungry. That doesn't seem right!

Together with *Super Friends* everywhere, we **share** seeds for planting, ideas and tools for farming, money, and food. *Super Friends* work to feed hungry people and help people grow enough food for all.

It is important that we **care** for the Earth and the environment so that we can grow enough good food. We work with partners to learn how to **care** for the Earth better. We also learn more about climate change and how it affects farming.

Funny Food Facts

Chew gum while peeling onions, it will keep you from crying!

Cabbage is 91% water.

Apples, onions and potatoes all have the same taste if you eat them with your nose plugged.

Pear is a fruit that ripens from the inside out.

There are more than 10,000 varieties of apples.

Peanuts are an ingredient in dynamite.

Lemons contain more sugar than strawberries.

There are lots of Bible stories about food and **sharing**. Read or ask an adult to look up and read John 6: 3-13. This is a story about a child who **shares** his food with many people. Jesus worried about hungry people and showed his disciples how to **share** what they had.

Imagine that you are part of the story and sitting with Jesus.

How might you have helped? How can you be a *Super Friend* to others today?

Food/water from nowhere. Hagar and Ishmael are shown a hidden well by God (Genesis 21: 14-19), Moses finds water in a desert rock (Numbers 20: 11), and Elijah is given bread and meat twice a day by ravens in the desert. (1 Kings 17: 1-6)





A look at farming in Canada - by the numbers!

In 1930, one out of every three Canadians lived on a farm. Today, only about two percent of the Canadian population live on farms.

Farming employs a lot of people. According to Agriculture and Agri-Food Canada, it takes nearly 2.1 million Canadians—farmers, suppliers, processors, transporters, grocers and restaurant workers—to bring food to tables in Canada and around the world.

The average farm in Canada produces enough food to feed 120 people every day. Farms back in the 30s produced enough food for 10 people each day.

Canada is the largest producer and exporter of flax in the world. Flax seed provides fibre and omega-3 fatty acids, both good for you.

Canada produces about 85 percent of the world's maple syrup, mostly in Quebec. In 2010, farmers produced 7.2 million gallons of maple syrup products.

Have you ever visited or lived on a farm?

Was it a dairy farm; a livestock farm; a farm that grows food? What are some of the jobs that people do on farms? Find out where dairy, livestock and crop farms are in Canada and mark them on the map.



QUIZ

#1 Which region has the greatest number of hungry people?
☐ Africa
☐ Asia and the Pacific
☐ Latin America and the Caribbean
☐ Middle East

#2 Which of the following is the No. 1 health risk in the world?
☐ AIDS
☐ Hunger
☐ Malaria
☐ Tuberculosis

#3 How much does it take to feed a schoolchild for a day?
☐ \$1.00
☐ 50¢
☐ 75¢
☐ 25¢

#4 The number of malnourished people in the world is equal to:
☐ The population of the U.S.
☐ The population of the E.U.
☐ The population of Canada
☐ The population of all the above, combined.

#5 There is enough food in the world for everyone.
☐ True
☐ False

Answers:
 #1 The answer is Asia and the Pacific which is home to 578 million of the world's hungry compared to 239 million in Sub-Saharan Africa and 53 million in Latin America and the Caribbean.
 #2 Hunger kills more people every year than AIDS, malaria and tuberculosis combined.
 #3 It takes only \$0.25¢ for the World Food Programme to give a hungry school child a cup of nutritious food. \$50 will feed a child at school for an entire year.
 #4 The answer is the population of the U.S., Canada and the E.U. combined. The number of malnourished people worldwide is just under 1 billion people—nearly a seventh of the global population.
 #5 The statement is true! There is enough food today for everyone to have the nourishment needed for a healthy and productive life. The problem is access.
 Source: wfp.org/students-and-teachers/classroom-activities

SUPER FRIENDS Food Smarts

Have a family discussion about healthier ways to eat and cook. Use the ideas in the checklist below and make a poster to hang in the kitchen to remind your family.



Checklist of Ideas for Your Food Smart Mission

✓ Stay close to home.

Buy locally grown food at farms or farmers markets. It saves fuel, cuts down on pollution, and reduces the chemicals in food.

✓ Buy fair.

Look for fair trade coffee, cocoa, sugar, tea, bananas, honey, cotton, fresh fruit, chocolate, and flowers to be sure small family farms receive a fair price. Fair trade farming methods can also protect the environment.

✓ Take it easy on salt.

Too much salt is bad for your health and fast food and processed food is loaded with it. Homemade soup, bread, cookies, and snacks usually do not have such high levels of salt, sugar, or chemicals!



✓ Make yours tap water.

Your body is 72% water so drink lots to keep healthy. Use safe tap water to save money and reduce over a million tons of plastic bottles every year. Water also helps you avoid too much sugar from other drinks.



✓ Watch those chemicals!

Some food chemicals are okay, some are unhealthy, and some are still a mystery. Avoid becoming a chemical experiment: make your own food, use free-range eggs and meat, and buy organic fruit and vegetables.

✓ Cut it out!

Many Canadians are turning into sugar freaks! Cut out some sugar and use fruit, local honey, or maple syrup instead. Your family can make jam with organic fruit and less sugar.



Snack Time: Try a GREEN Smoothie

Not only are green smoothies high in nutrients, vitamins and fibre, they can also make any vegetable (be it kale, spinach or broccoli) taste great. The secret behind blending the perfect smoothie is using sweet fruits or even seeds to give your drink a unique taste.

Green Pineapple Paradise

Half of an alligator pear, aka avocado, offers a rich creaminess to this satisfying smoothie. Toss in the blender and whirl till smooth.

Ingredients

- 3/4c water
- 2 c fresh pineapple chunks
- 1/4 avocado, peeled and pitted
- 2 c spinach
- 1/2 c ice cubes



Peaches and Cream Green

Make this creamy, green drink for a great start to the morning. This drink will also help you get your daily dose of vitamins A and C. Blend till smooth.

Ingredients

- 1 cup almond milk
- 1 banana
- 2 cups spinach
- 1-1/4 cups frozen peach slices



If you have a nut allergy, try the Green Pineapple Paradise smoothie instead.

Canadian Super Friends Help in Many Ways



Some families or church groups plan a meal to learn about world hunger. They eat a simple meal of bread and butter or rice and beans and talk about hunger in the world. They collect the money they save from not eating a big meal and send it to PWRDF to help provide **food for all**.

Some Sunday school children across Canada do chores and hold bake sales or car washes to raise money. They donate it to help fight hunger and make sure people have enough food.

Some people and churches take groceries to the local food bank. They also volunteer to help stock the shelves or distribute the food.



Super Friend Task: Find out what your church does to help families here in Canada and around the world who don't have enough to eat.



Jokes!



Dog In The Shade

Q: Why did the dog sit in the shade?

A: Because he didn't want to be a hot dog!

Bad Chicken Day

Q: Which day of the week do chickens hate most?

A: Fry-day!



Turkey Riddle

Q: What did the turkey do in the Thanksgiving Day Parade?

A: He played his drumsticks!



Interrupted Meal

Q: What did the salad say when the cabbage interrupted their meal?

A: Lettuce alone!

BOOKS you'll want to read!

ONE HEN: How One Small Loan Made a Big Difference

Author: Katie Smith Milway. Illustrator: Eugenie Fernandes, Feb 2008

Inspired by true events, *One Hen* tells the story of Kojo, a boy from Ghana who turns a small loan into a thriving farm and a livelihood for many.

Beatrice's Goat

Author: Page McBrier. Illustrator: Lori Lohstoeter, Feb 2001

More than anything, Beatrice longs to be a schoolgirl. But in her small African village, only children who can afford uniforms and books can go to school.

THE GOOD GARDEN:

How One Family Went from Hunger to Having Enough

Author: Katie Smith Milway. Illustrator: Sylvie Daigneault, Sep 2010

From the best-selling author of *One Hen* comes the inspiring story of one struggling farming family in Honduras and their journey to growing enough food to meet their needs.



SUPER FRIENDS

Helping

Vancouver Children Raise the Nets



Children and adults at Christ Church Cathedral in Vancouver have raised over \$13,000 to provide 1,300 mosquito nets for families in Africa. PWRDF partners in Mozambique distribute and educate families about the proper use of nets to help stop the spread of malaria and other mosquito-borne diseases.

St. Michael's and All Angels-Thunder Bay Ontario



We are St. Michael's S.T.E.P.S. We are 4 years old to 8 years old. We learned about bicycle ambulances. We had a bake and bowl sale to raise money for a bicycle ambulance in Africa. We are excited because we raised enough money to buy an ambulance for people who need our help!

Having a Heart for Haiti



Saint Stephen's Sunday school children chose a PWRDF project that helps to feed school children in Haiti as their Valentine's project. The PWRDF program feeds one Haitian school child for six months for \$25. A bake sale raised \$625 to provide a hot lunch for 25 schoolchildren in Haiti for six months.

Looking for copies of Super Friends 1 about emergency response?

Go to:
pwrdf.org/resources/2011-annual-resources/

Page 2 puzzle solution

S	E	B	A	T	E	R	S	
A	R	R	V	M	B	E	R	T
S	T	A	X	A	R	B	E	
H	U	N	G	R	X	B	E	
T	A	S	H	O	A	B	E	
D	A	T	E	R	X	B	E	
N	E	R	V	M	B	E	R	
A	V	A	F	S	X	B	E	
T	F	H	E	A	T	H	A	
W	K	C	H	R	C	H	S	

How to Use the **SUPER FRIENDS 3!** Resource

Tips for Parents and Teachers

- Use the *Super Friends 3!* resource for children's time during worship.
- Use as a resource for Sunday school or Vacation Bible School.
- Meet with worship leaders to discuss the resource and how topics in it could be explored with the congregation as a whole. Talk about including children in the offertory time or in a time for mission.
- Read it at home with children as a bedtime story.
- Help children to compose a song, poem, or drama to share with the congregation.
- Introduce the PWRDF website and the Fred Says website as a source of information. www.pwrdf.org and www.fredsays.ca
- Use this resource to raise awareness of PWRDF and food security. Visit www.pwrdf.org/resources/2014-annual-resources
- Involve others in an inter-generational talk about food security in the world.



Helpful Resources

A Menu of Cool Food Links

- Learn what your church is doing with partners in Canada and around the world at www.pwrdf.org.
- Learn more about food issues by checking out www.foodgrainsbank.ca.
- Play a game about farming at www.3rdworldfarmer.com.

- Learn about hunger issues: What is hunger? Who is hungry? Why are people hungry? Where are people hungry? at Canadian Food Grains Bank at www.foodgrainsbank.ca.

Church Responses to Food Security Issues & More

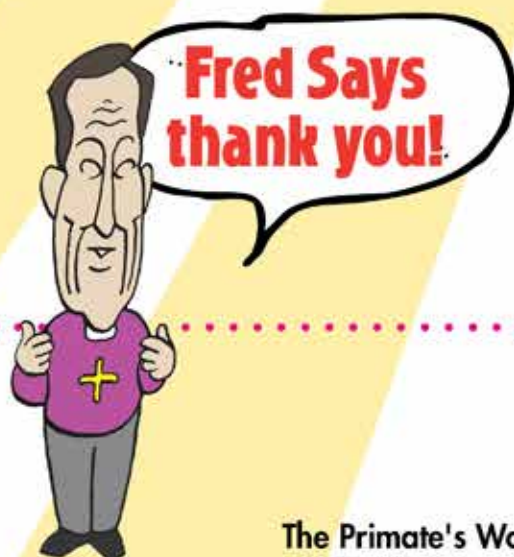
The Primate's World Relief and Development Fund (PWRDF) www.pwrdf.org

Fred Says www.fredsays.ca

Canadian Foodgrains Bank (CFGB) www.foodgrainsbank.ca

United Nations World Food Programme www.wfp.org

Food Secure Canada www.foodsecurecanada.org/



The Primate's World Relief and Development Fund

THE ANGLICAN CHURCH OF CANADA

80 Hayden Street, Toronto, ON M4Y 3G2 • 1-866-308-7973 or 416-924-9192 • pwrdf@pwrdf.org • www.pwrdf.org