

The Primate's World Relief and Development Fund

Fred Says

SUPER FRIENDS 4!

 5 A's of Food Security

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5A's of Food
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Welcome to **SUPER FRIENDS 4!**

Fred Says Food security INCLUDES:

5 A's of Food Security

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.

- 1 **AVAILABILITY**
food is available to all people at all times
- 2 **ACCESSIBILITY**
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

FOOD SOVEREIGNTY
means everyone has the right to healthy and culturally appropriate food produced in ways that will be used again-with care for the environment, and the right to decide their own food and farming systems.

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.



Plum Word Search

Circle the "Fred Says" words in this word search. They may be in any direction.

(Solution on p.7)

FARMER
FERTILIZER
GARDEN
GLOBAL
HARVEST
LOCAL

NUTRITION
ORGANIC
PARTNERS
SEEDS
SOIL
WATERMELON

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

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, including 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.

What do PWRDF Partners grow?

Philippines:

rice, corn, coconut, sugarcane, banana, cassava, pineapple and vegetables

Guatemala:

sugarcane, coffee, bananas, corn, beans, rice, and fruits and vegetables

Sri Lanka:

rice, tea, vegetables and fruits

Mozambique:

cassava and maize/corn, millet, rice and beans

Tanzania:

maize, sorghum, millet, rice, wheat, beans, cassava, potatoes, bananas and plantains

Cuba:

sugar, bananas, potatoes, and rice

Canada:

wheat, durum, barley, corn, oats, rye, canola, flaxseed and soybeans



GRACE

FOR FOOD IN A WORLD
Where many walk in hunger
FOR FAITH IN A WORLD
Where many walk in fear
FOR FRIENDS IN A WORLD
Where many walk alone
We give you thanks O God.

Source: PWRDF Prayer,
pwrdf.org

GRACE

Loving God,
we thank You for food
and remember the hungry;
we thank You for health
and remember the sick;
we thank You for friends
and remember the lonely;
we thank You for freedom
and remember the enslaved.
May our gratitude stir us to
service,
that Your gifts to us
may be used for others.
Amen.



10 Reasons to visit a farmer's market

Meet Your Farmer – Meet the person who grew, raised or made your food.

Awaken Your Taste Buds – Local food tastes better.

Avoid GMO's – Avoid pesticides and chemicals in your food.

Start Talking – You get to talk with your farmers, your friends and other shoppers.

Participate in Community – It's a time to see your friends, family and neighbours.

Learn Where Your Food Comes From – See, smell, taste real food and experience buying it from the farmer who grew it.

Boost Your Nutrition – You are getting the freshest and most nutrient dense food available.

Support Your Local Economy and Area Businesses – Every dollar helps support small local farms and local businesses.

Experience the Seasons – Each season you get to try eating only those things that grow during the season.

You Become a Conscious Consumer – Choose where you want your food to come from.

Source: marycrimmins.com

Food Banks in Canada

- **850,000** Canadians use food banks each month
- **310,000** of these are children

Percentage of Canadians who use food banks across the country

But what can I do, I'm only a kid? **Super Friends** can:

- volunteer with a grown up at your local food bank—search the map at foodbanksCanada.ca
- Share this information with your family, your friends and your parish

Source: HungerCount 2014, Food Banks Canada



QUIZ

#1 People are hungry because there is not enough for everybody on our planet.
☐ True ☐ False

#2 People in places such as Africa and India are hungry because they don't know how to grown their own food.
☐ True ☐ False

#3 If Canada sent more food to hungry countries hunger could be eliminated.
☐ True ☐ False

#4 Hunger is not a problem in a powerful, wealthy country such as Canada.
☐ True ☐ False

#5 Do you think ending hunger is possible?
☐ Yes ☐ no

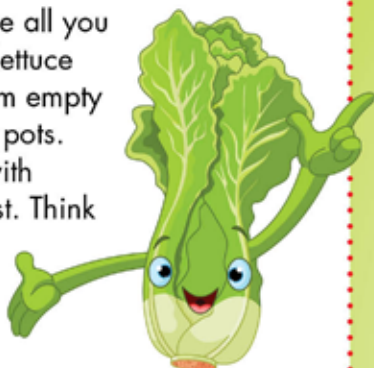
#6 If you answered YES to question #5 list two ways to end hunger.

1. _____
2. _____

How to Grow a Great Salad!

SUPER FRIENDS don't need anything complicated to grow lettuce: a container, seeds and soil are all you really need. You can grow lettuce in any kind of container from empty ice cream tubs to terracotta pots.

1. Fill your container with some soil or compost. Think about how it feels, what it looks like, what lives in the soil and how it changes when it is wet or dry.
2. Put your seeds on a paper plate or in a plastic pot and pick up individual seeds and gently push them into the soil about 1.5 cm deep and 3cm apart.
3. Make sure that your container is in a warm, sunny place either outside or on a window sill and then water your seeds.
4. You will be surprised at how quickly the seeds start to grow green shoots and produce lettuce leaves that are ready for picking....and eating!
5. Depending on the weather, your lettuce should be ready for eating after four weeks.
6. Just make sure that you keep watering your plants regularly and enjoy watching them grow.



Monkey Tails



These chocolate-covered frozen bananas are a great summer treat. The ripe bananas have a wonderful creamy consistency when frozen and the rich chocolate coating is delicious. You can vary the toppings to suit your taste.

INGREDIENTS:

- 10 ice pop sticks
- 5 ripe bananas, peeled and halved crosswise
- 1 (16 ounce) package semisweet chocolate chips
- 1 tablespoon butter
- 10 tablespoons flaked coconut or as needed

DIRECTIONS:

Insert 1 pop stick into the cut end of each banana. Place the bananas on a waxed paper covered baking sheet and freeze until the bananas are frozen, about 2 hours.

Melt the chocolate and butter in a microwave-safe glass or ceramic bowl in 30-second intervals, stirring after each melting, for 1 to 3 minutes (depending on your microwave).

Dip the frozen bananas in the melted chocolate, spooning the chocolate over the banana to cover it completely. Roll in coconut if desired. Place the dipped bananas on the waxed paper-covered baking sheet and freeze until the chocolate is firm. Yum!

Funny FOOD Facts

EATING a lot of onions will make you sleepy.



LEMONS contain more sugar than strawberries.



ON average a typical banana travels 4,000 km before being eaten.



ALMONDS are a member of the peach family.

THE first food eaten on the moon was a peach.



Insects make our gardens grow!!

1. Grasshoppers damage food crops and they're also part of the local diet in some parts of the world, including Africa and Asia.



2. Ants don't sleep.

3. Insects eat 1/3 of the Earth's food crop each year.

4. Bees have five eyes—3 small eyes on the top of the head and 2 larger ones in front.

5. The blood of insects is yellow.

6. All insects hatch from eggs. The babies are called larva.



Jokes!



Q: What do you call a sleeping bull?
A: A bull-dozer.



Q: How do you fit more pigs on your farm?

A: Build a sty-scraper!



Q: What did the farmer call the cow that had no milk?

A: An udder failure.



Q: Why shouldn't you tell a secret on a farm?

A: Because the potatoes have eyes and the corn has ears!



Q: Why did the pig take a bath?

A: The farmer said, "Hogwash"!



Q: What do you call a pig thief?

A: A hamburglar!



Q: What runs around a farm but doesn't move?

A: A fence.

ARE you a waster? Take the Quiz

1. Did you eat leftovers in the last two weeks?

☐ Yes ☐ No

2. Would you buy a banana with brown spots?

☐ Yes ☐ No

3. You can't finish a meal at a restaurant. What do you do?

☐ Leave it on the plate
☐ Ask for a doggy bag
☐ Ask someone else at my table to finish it

4. You find a can of soup in the pantry that is 2 months past its best before date. What do you do?

☐ Eat it
☐ Throw it out
☐ Feed it to the dog
☐ Compost it

5. Do you compost your food scraps?

☐ Yes ☐ No

6. What temperature is your fridge?

☐ 1 Degree Celsius
☐ 1.6 Degree Celsius
☐ 0 Degree Celsius
☐ I don't know

7. Do you know somewhere in your neighbourhood where you can buy food that has been marked down (e.g. a shelf with discounted ripe produce or damaged packages)?

☐ Yes, and I buy that imperfect food all the time
☐ Yes, but I wouldn't buy it
☐ No

8. Does the grocery store you shop most at have a food recovery program (where they donate excess food)?

☐ Yes ☐ No
☐ I don't know

To see how you did, go to:
foodwastemovie.com/quiz-js/



in action



On PWRDF Sunday at Christ Church, Chloe Asbil along with her cousins Cassandra and Amanda put up a poster board with PWRDF information, printed out a PWRDF grace and decorated PWRDF cupcakes. They ate a simple meal and learned about how resources are distributed through a game about sharing candy. Along with parishioners, they raised money to buy food baskets for people living with AIDS in Africa.



St Anne's Steveston Richmond, BC
PWRDF parish rep. B...

PWRDF parish rep Rev Gladys Olsen arranged a 'hunger lunch' in June for Nepal. Potato cheddar soup, crackers and water were on the menu and after lunch came the entertainment. Serena and Sarah sang, Trevor did yo-yo tricks, Natalie and Olivia played their violins and donations of \$575 were received.

An afternoon violin recital of Music for the People was given by the same group.

An afternoon violin recital arranged by students of Music Director Jonathan Der raised another \$600 for the work that is being done by PWRDF in Nepal.



Dimes for Dinner
Parish of Bridgewater and the Conqueralls,
Nova Scotia

Nova Scotia
During October and November 2014, children from Holy Trinity Sunday School undertook a pre-Advent dinner to support the Fred Says Initiative.

They brought dimes for collection at children's time on Sundays and with parishioners' support they raised \$1,130! And with more support from the PWRDF representative and others, an additional \$470 was added to bring the total to \$1,600.



Page 2 puzzle solution

PERITILZER
PARTILNER
STSEVRAH
DRLTOLCAL
QJEESEXZ
NOTLWRETAV
RBUSTRVNC
GLOBALV
NEDRAYG

How to Use **SUPER FRIENDS 4!**

Tips for Parents and Teachers

- Use *Super Friends 4!* to raise awareness of PWRDF and food security. Visit www.pwrdf.org.
- Use *Super Friends 4!* for children's time during worship, for Sunday school or Vacation Bible Camp.
- Meet with worship leaders to discuss *Super Friends 4!* 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.
- Involve others in an inter-generational talk about food security in the world.



SUPER FRIENDS What KIDS can do...

Sharing

Start talking about hunger and teach your family and friends what you know about hunger.

Doing

Hunger is everywhere even in the city or town where you live. Find out who is doing something about hunger and help them by joining in.

Raise Money for PWRDF



- **Bake Sale** - Include baked foods from around the world. Ask an adult for help.
- **Book Sale** - Super Friends and their families can get their books together to sell. Donate all the money raised to PWRDF.



- **FAST** - Give up one meal a week or give up junk food for one week.

Birthday Donations - On birthdays Superfriends can ask parents, friends and grandparents to make a donation to PWRDF instead of buying a gift. Make a card for the birthday person letting them know that a donation was made in honour of his/her birthday. Explain how PWRDF works.



**Fred Says
thank you!**



The Primate's World Relief and Development Fund

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