

The Primate's World Relief and Development Fund

Fred Says

SUPER FRIENDS!

 5 A's of Food Security

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**Super
Friends5!**

 There is
enough food
for everyone

Why are
Canadians
hungry?

 Super
Friends in
action



Welcome to **SUPER FRIENDS!**

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.



5A's of Food Security

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**

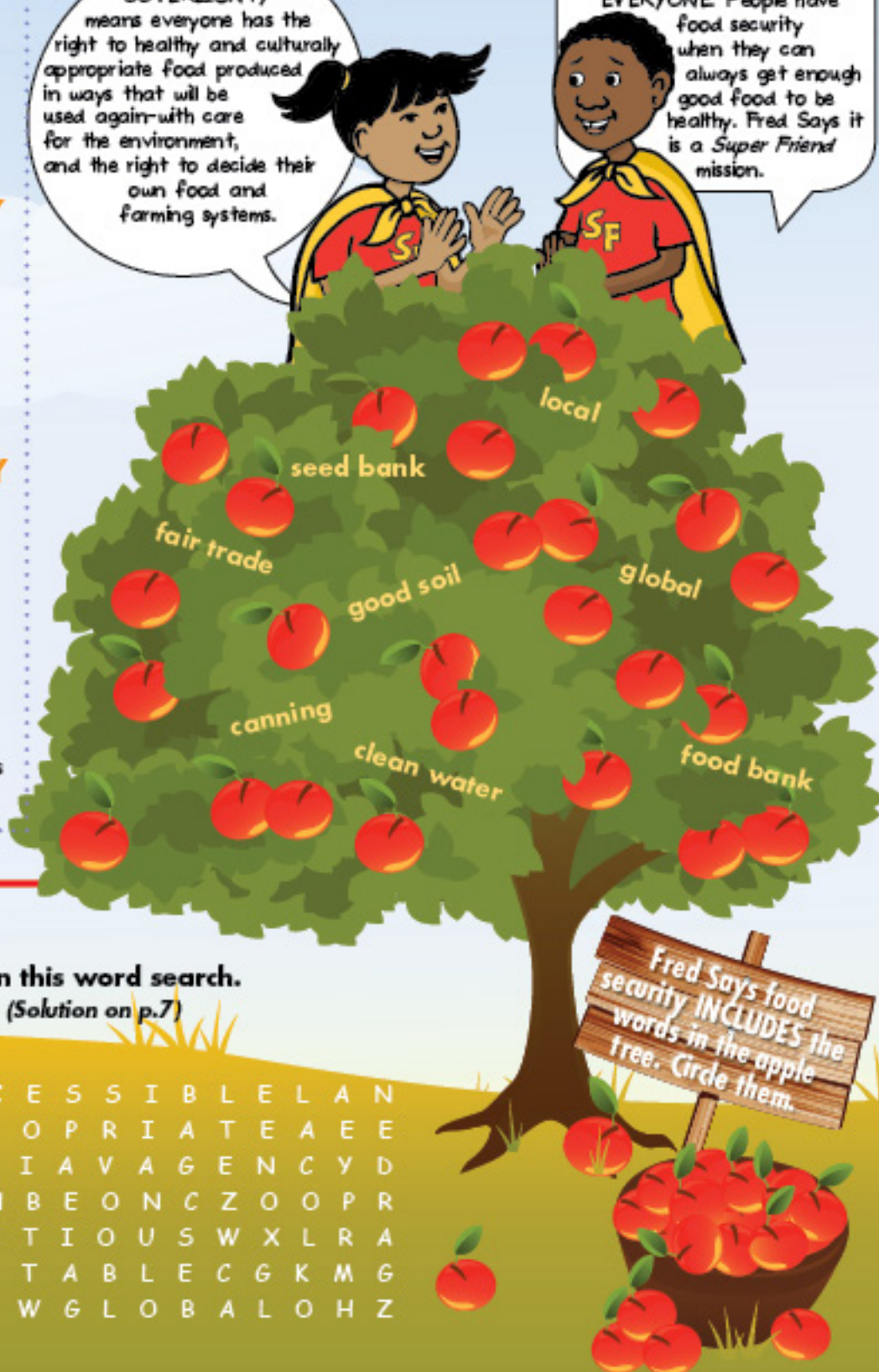
nutritious, free from harmful chemicals

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.



Word Search

Circle the "Fred Says" words in this word search. They may be in any direction. (Solution on p.7)

ACCEPTABLE
ACCESSIBLE
AGENCY
APPROPRIATE
AVAILABLE
GARDEN
GLOBAL
LOCAL
NUTRITIOUS

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

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.

How did my food get here?

Some of our favourite foods do not grow in Canada. Food is sent from other countries to Canada, especially in winter—foods that we don't grow here as well as foods that only grow in Canada in the summertime.


Do you know how far some of your favourite foods travel to get to your plate? Find out where your favourite foods come from, an adult may be able to help, and then calculate the distance your food travels by going to:

www.travelmath.com/flying-distance/

Decode the Bible Picture Story

A Bible picture story from Romans 13:9

Jesus ld us 2  our nA-brrrr; 
 2  1 another. In fact, the -ble
 says U only have 2 remem-brrrr 2  others
 as much as U  y  self + U will 
 O  all the rules.
 Friends  is a relation . Friends are
 we  and who  us. Learning 2 
 our nA-brrrr is a way of ma  friends.

Favourite Food	Where it comes from	How did it get here? (truck, plane)	Kilometres
	GUATEMALA CITY, GUATEMALA	AIRPLANE	3,389 KMS

Canadian Foodgrains Bank Prayer

Dear God, thank you for the food we receive, and for the abundance of food on our tables. Thank you for all of the people, known and unknown, who have had a hand in growing food and getting it to our table.

We ask you to bless those, in our country and in other countries, who do not have enough to eat. May you help us share with others so they do not go without.

Amen.



Why are Canadians hungry?



14,000,000 visits

were made to food banks in 2014—15 times the population of Nova Scotia



310,461 children

are helped by food banks each month—that is the equivalent of 6,200 full school buses



47% of children in northern Canada do not know where their next meal is coming from

HUNGER QUIZ

1. When a person goes hungry for a long time (many years) they can

- ☐ A. Be stunted in height
- ☐ B. Be more prone to disease
- ☐ C. Have brain functioning affected
- ☐ D. All of the above

2. Most underweight children live in

- ☐ A. South America
- ☐ B. Africa
- ☐ C. Latin America
- ☐ D. South-central Asia

3. The people most at risk for malnutrition are:

- ☐ A. Children under five
- ☐ B. School-aged children
- ☐ C. Mothers who are pregnant or lactating
- ☐ D. Under-fives and mothers

4. The main causes of malnutrition are:

- ☐ A. Not knowing the right foods to eat
- ☐ B. Inadequate food and care, disease, and lack of health care services
- ☐ C. Going to bed hungry
- ☐ D. None of the above

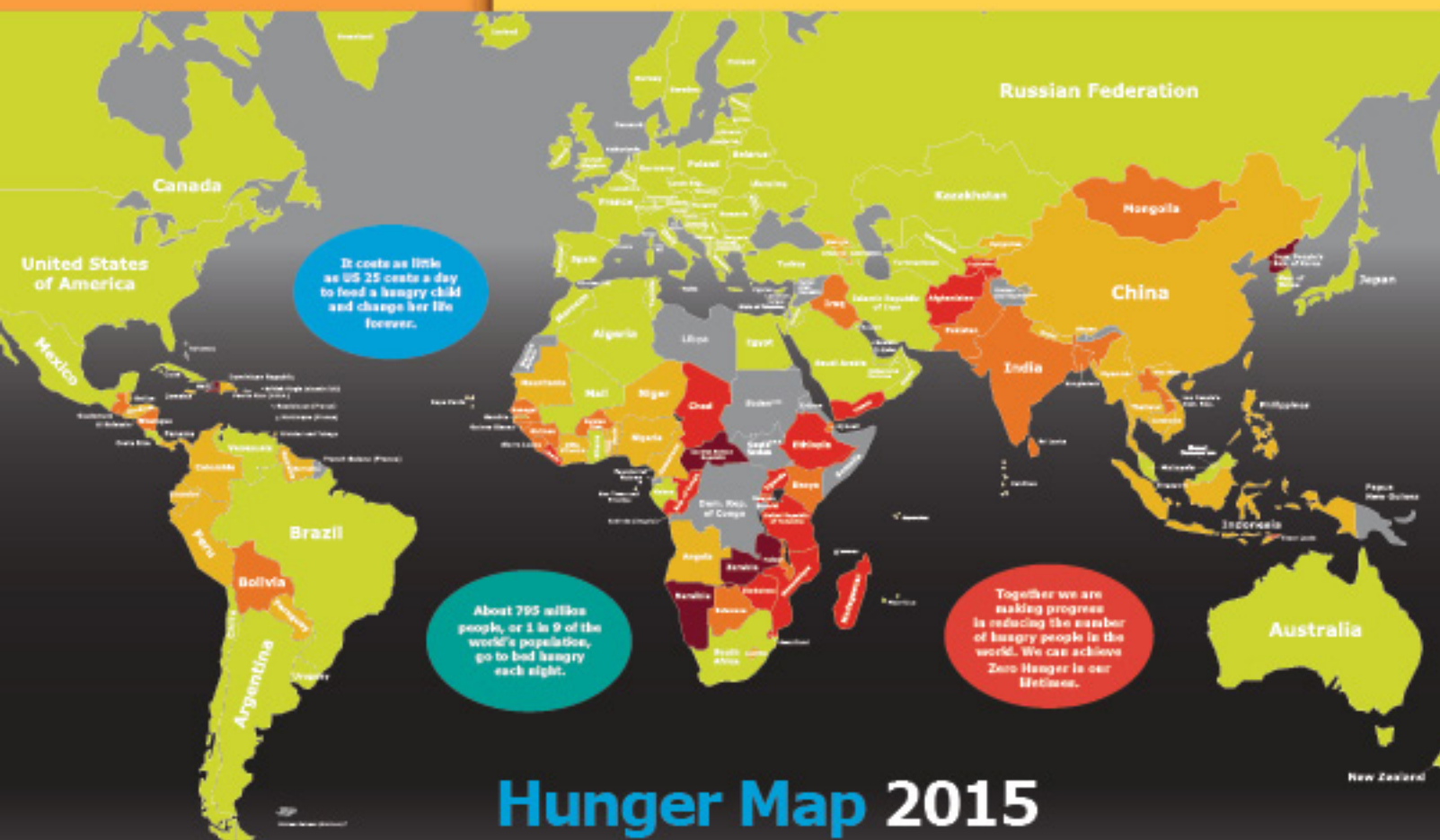
5. The number one health risk in the world is

- ☐ A. HIV and AIDS
- ☐ B. Tuberculosis
- ☐ C. Malaria
- ☐ D. Hunger



ANSWERS TO QUIZ

1-D
2-B
3-D
4-D
5-D



World Food Programme



Fun FOOD Bites



THERE are 7,500 varieties of apples grown throughout the world, and if you tried a new variety each day, it would take you 20 years to try them all.

RIPE cranberries will bounce like a rubber ball.



THE first food eaten on the moon was a peach.



Peanuts aren't nuts, they're legumes.



ONE of the most popular pizza toppings in Brazil is green peas.

Recipes

Ground up Frog Smoothie

This is a smoothie that will appeal to a kid's sense of humour and taste buds. You can't even taste the spinach with the great taste of bananas and berries. It's easy enough to make by yourself to enjoy or as a special breakfast for your parents.

Preparation time: 10 minutes

Makes: 4 servings

- | | |
|--------|-----------------------------|
| 375 mL | Vanilla soy beverage |
| 250 mL | Lightly packed spinach |
| 3 | Ripe bananas |
| 125 mL | Fresh or frozen raspberries |
| 125 mL | Fresh or frozen blueberries |
| 2 | Ice cubes |

1. In a blender, combine soy beverage, spinach, banana, raspberries, blueberries and ice cubes. Cover with lid and puree until smooth.
2. Pour into glasses and serve.



Moose Cakes



Using different fruit you can create different animals. It's fun to create on your plate! A perfect activity at your next kids' party.

Preparation time: 10 minutes

Makes: 4 servings

- | | |
|-------|--|
| 1Tbsp | cream cheese, low fat |
| 1/2 | whole wheat English muffin |
| 2 | raisins |
| 2 | sections of a clementine or a small orange |
| 1 | large green grape |
| 1 | slice apple |
| 2 | large pretzel twists |

1. Spread cream cheese on one side of the English muffin and place on plate.
2. Place banana slices near the top for eyes and place raisins in the centre of the banana slices. Use the clementine slices over the banana slices for eyebrows. Position the grape for a nose and the apple slice for a mouth. Place the pretzel twists on the top sides of English muffin to make antlers.

Tip #1: Substitute apple butter or peanut butter for the low fat cream cheese.

Tip #2: Make a fuzzy moose by sprinkling some toasted, shredded coconut all over the face.

Wasting away

It's easy to assume food waste is someone else's problem—restaurants? grocery stores?—but your own fridge is the real culprit

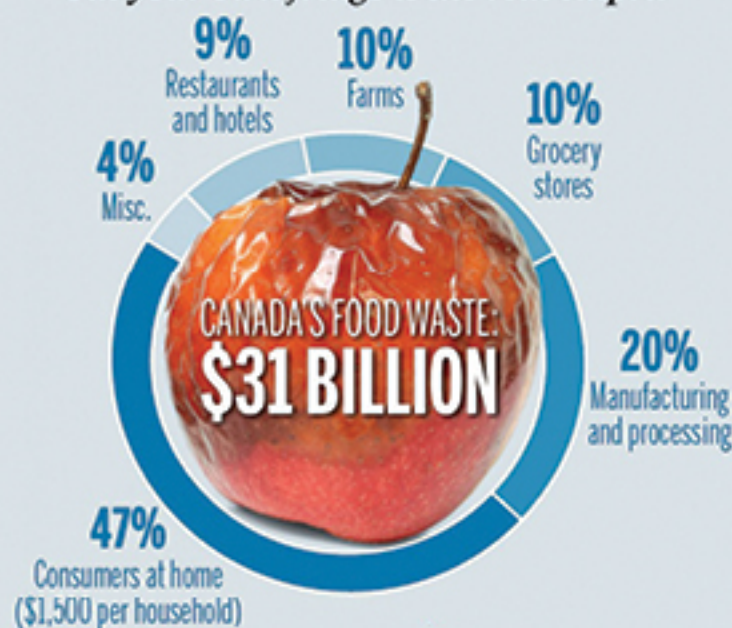


Chart source: Maclean's magazine from *The Waste Not Want Not Cookbook* by Cinda Chavich (Touchwood Editions)

Northern Canada

Close to 1/3 of Canada's land lies within the Arctic Circle. This land in the north can stay frozen for up to nine months out of the year. In the winter, it is dark most of the time.

Because of the distance and the cold weather, food needs to be flown in to many communities. And it is very expensive!

Here are some prices for items that most families need to run their lives and feed their families a nutritious diet – compare these prices to your family's grocery bill!

- * \$26 for a jug of orange juice
- * \$40 for a package of toilet paper
- * \$11 for four litres of milk
- * \$28 for a head of cabbage

Sources: Global News and the Huffington Post



Q: What do you get when you put three ducks in a box?
A: A box of quakers.

Q: Why did the student eat his homework?
A: The teacher told him it was a piece of cake.



Q: What did the hungry computer eat?
A: Chips...one byte at a time.

Q: What did the cannibal order for take-out?
A: Pizza with everyone on it.

Q: How can you tell if an elephant has been in your refrigerator?
A: Footprints in the cheesecake.



Q: What's in an astronaut's favourite sandwich?
A: Launch meat.

Q: What did the left eye say to the right eye?
A: Between us, something smells.



Q: What starts with "T" ends with "T" and is filled with "T"?
A: A teapot.



Bookworm's Corner



Blueberries for Sal explores the practice of picking food and canning it for the winter. Learn about seasonal food and farming practices, and then try it yourself!



The Cow in Patrick O'Shanahan's Kitchen
Patrick O'Shanahan never even wondered where his breakfast came from. Until one morning when he found a COW in the kitchen!

The Crisis of Climate Change

The world around us is always changing. If you look out your window long enough, you might see changes in the weather. Look even longer and you might see the seasons change. The Earth's climate is changing, too, but we can't always see the ways in which it is changing.

from the Environmental Protection Agency



SUPER FRIENDS help in many ways

Liam Olsen

began fundraising in 2008 for The Primate's World Relief and Development Fund. Liam ran 5 km and raised more than \$1,700 for PWRDF's relief effort in China and Myanmar. In 2009 he ran 5 km for the Grandmothers Campaign at the

Stephen Lewis Foundation (because he said his grandmother was the one who inspired him). In 2011 he ran again for PWRDF raising \$4,050 for the Horn of Africa relief effort.

And Liam has not stopped running since....In May 2016 Liam ran 15 km to raise funds to build a greenhouse in the Cuban Parish of St. Mary, Itabo. The greenhouse will provide vegetables, fruits, flowers...all year long.

The Earth is gradually warming partly because we use too much energy from fossil fuels. Fossil fuels are taken from the Earth as oil, gas and coal. When they are burned, they go into the Earth's atmosphere and the air around the Earth begins to warm up. It might be hard to feel, but this is making a difference in how people grow crops and get water.



Farmers in many countries struggle to grow enough food for their families because of too much or too little rain. As ice in the polar north melts, the temperature of the ocean is getting warmer, and the changes can cause more storms, hurricanes, tornadoes and flooding. This can damage crops, homes, schools, even entire communities.

Guatemala

Many farmers don't have enough water to help their crops grow. In Guatemala when large agricultural businesses used all of the available water, PWRDF and Super Friends helped by building a drip irrigation system that releases small amounts of water throughout their fields as well as for use at home. Now Irma Gonon and her family don't have to collect water in buckets from water wells.



Page 2 word search solution

z	H	O	T	V	B	O	T	Q	M	B	f	s	A	A
W	K	Q	C	E	T	B	V	U	E	C	C	V		
V	T	x	M	S	N	O	E	I	V	I	N			
R	A	O	Z	S	N	O	E	H	A	X	H	N		
D	A	C	N	E	V	A	V	A	V	T	B	E		
E	V	E	A	E	A	E	A	E	A	E	A	E		
N	A	L	E	T	B	E	S	S	E	C	C	V	Z	I



How to Use **SUPER FRIENDS 5!**

Tips for Parents and Teachers

- Use *Super Friends 5!* to raise awareness of PWRDF and food security. Visit www.pwrdf.org.
- Use *Super Friends 5!* for children's time during worship, for Sunday school or Vacation Bible Camp.
- Meet with worship leaders to discuss *Super Friends 5!* 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, drama or prayer 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.



- **CHANGE YOUR DIET** - 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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