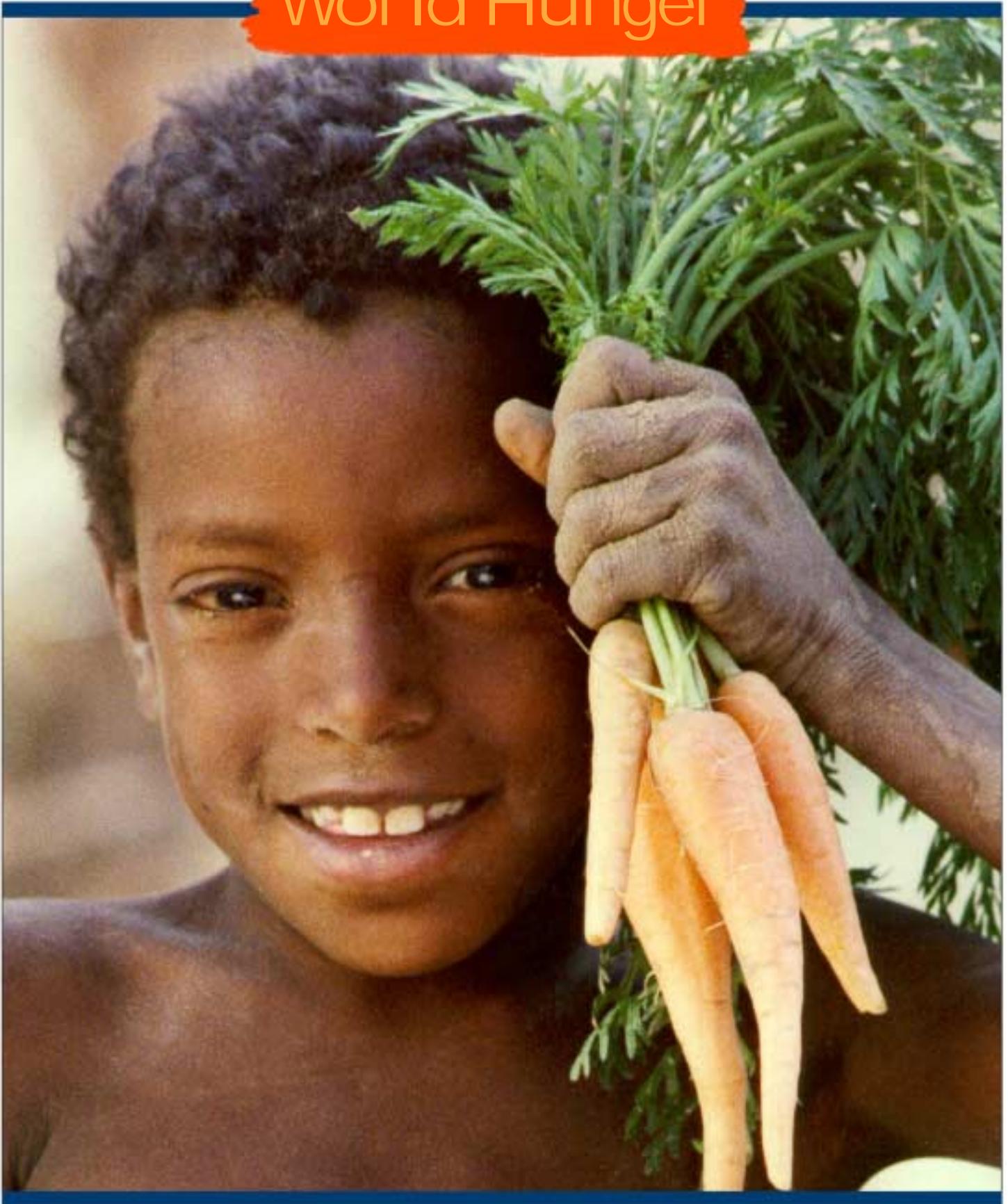


World Hunger



World Hunger

The words *hunger* and *famine* may seem like one and the same. The horror of famine comes and goes, at times claiming hundreds of thousands of victims. But for hundreds of millions of people around the world, hunger does not pass. It is with them every day of their lives.

Globally, almost 826 million people go each day without the food their bodies need for healthy development. This chronic undernourishment feeds a never-ending cycle of disease, stunted growth, delayed development and grinding poverty. Now, for the first time in history, the world has what it takes to end hunger.

The following pages will give you the inside story on world hunger:

- The breadth and depth of hunger in the world
- The impact of hunger on individuals and countries
- Food security, and nutritional approaches that work to end hunger
- Global factors that “feed” hunger, and advocacy campaigns to change these factors
- What you can do to help reduce world hunger



World Hunger: An Overview	3
The Impact of Hunger	5
Can Hunger Be Beaten?.....	7
Solutions: Food Security for All.....	9
Solutions: Nutritional Interventions.....	12
Challenging the Systems that Feed Hunger.....	14
What You Can Do	17
Student Exercises.....	19
Youth Group Activities	23
Teacher Notes	26

THE SHAME OF HUNGER IS A DOUBLE SHAME—IT BURNS THE HUNGRY WITH THE BRAND OF HUMILIATION, DESPAIR AND DEPENDENCY, AND IT BURNS US WITH GUILT AND A FEELING OF POWERLESSNESS.

DINYAR GODREJ, *NEW INTERNATIONALIST*

1. World Hunger: An Overview

World Hunger: An Overview

Hunger is a difficult term to nail down. Analysts generally use the more quantifiable concepts of *undernourishment* and *malnutrition* to describe the state of hunger in the world.

Hunger terms

People are *undernourished* when their diet is inadequate in food energy, as measured by the number of calories consumed. The most recent estimates of the United Nations Food and Agriculture Organization (FAO) are that 826 million people are undernourished. Ninety-six per cent of this total—791 million undernourished people—live in developing countries.

Malnutrition means poorly nourished. It is broader than undernourishment because, while it can be caused by lack of food energy, it is also caused by not getting enough of the right kinds of food. Malnourished people often lack essential proteins, fats and/or micronutrients (vitamins and minerals).

Micronutrient deficiency describes a condition of not having adequate vitamins and minerals that are essential to our health. This is often called “*hidden hunger*” because people who lack micronutrients such as vitamin A, iron or iodine may look healthy, but can have serious health

consequences. The World Health Organization estimates that two billion people are micronutrient deficient. See Section 2, The Impact of Hunger (page 5) for more details.

The number of undernourished

Table 1 (Hunger’s Top Ten) lists the countries of the world where undernourishment has the greatest impact. With their large populations, India and China have the most citizens living in hunger. Almost half of the 791 million undernourished people in the developing world live in these two countries. In regional terms, Asia is home to the greatest number of undernourished people. But when we look at the percentage of the population in a country that is undernourished, it is largely the countries of sub-Saharan Africa who top the list. These African countries, located south of the Sahara Desert, are among the poorest in the world. The distribution of hunger by percentage of population can be seen graphically in a 1999 map produced by the FAO (<http://www.fao.org/FOCUS/E/SOFI/img/map-e.pdf>).

Table 1: Hunger’s Top Ten

Total Number Undernourished in millions		Undernourished as Percent of Population	
#1–India	204.4	#1–Somalia	73%
#2–China	164.4	#2–Eritrea	67%
#3–Bangladesh	44.0	#3–Burundi	63%
#4–Ethiopia	28.7	#4–Afghanistan	62%
#5–Pakistan	26.3	#5–Haiti	61%
#6–DR Congo	25.8	#6–DR Congo	55%
#7–Brazil	16.2	#7–Ethiopia	51%
#8–Philippines	15.6	#8–Korea, DPR	48%
#9–Thailand	14.3	#9–Mongolia	48%
#10–Vietnam	14.1	#10–Chad	46%

Source: World Food Programme / FAO estimates 1995/97

THE WORLD HEALTH ORGANIZATION ESTIMATES THAT 11 MILLION CHILDREN UNDER THE AGE OF FIVE DIE EACH YEAR IN DEVELOPING COUNTRIES. IN ONE HALF OF THESE DEATHS, MALNUTRITION IS A FACTOR.

1. World Hunger: An Overview

Depth of undernourishment

Another way to look at hunger is to measure the severity, or degree of undernourishment among the hungry people in a country. The UN Food and Agriculture Organization (FAO) calls this the depth of hunger. The FAO has come up with a method of measuring depth of hunger among the undernourished population of a country (see Table 2).

The deepest hunger is largely found in the countries of sub-Saharan Africa. In 2000, the FAO calculated that in 19 of 46 sub-Saharan countries, hungry people had an average daily shortfall in their diet of 300 kilocalories or more (a 300-kilocalorie deficit is considered severe). In the 19 countries in Asia and the Pacific reported on by the FAO in 2000, only three experienced this depth of hunger. By way of comparison, undernourished people in Canada have an average daily deficit of 130 kilocalories.

Malnutrition: the silent emergency

Malnutrition has been called “the silent emergency.” Situations of famine—extreme shortages of food that put lives at immediate risk—will sometimes make the headlines and generate humanitarian responses from around the world. But far more people are affected by chronic malnutrition than by famine. Malnutrition is a daily fact of life for hundreds of millions around the world.

Malnutrition makes a body more vulnerable to disease, and weakens its healing capacity, leading to chronic illness and death. It can also stunt physical and mental development, and create despair and anxiety for self and for family. In countries and regions afflicted with chronic malnutrition, as is the case in the poorest developing countries, a vicious spiral of poverty and underdevelopment is difficult to break. According to the World Health Organization (<http://www.who.int/en/>), malnutrition:

- kills, maims, cripples and blinds on a massive scale worldwide
- plays a major role in half of all annual child deaths in the developing world; and causes disease and disability in the children who survive
- has economic ripple effects that can jeopardize development
- is both a medical and a social disorder rooted in poverty and discrimination

Table 2: Most Severe Hunger

The FAO calculates the average daily caloric deficit (recommended diet minus actual diet) for the undernourished people of each country. A deficit of more than 300 kilocalories is considered severe.

Country	Kilocalorie Deficit
#1–Somalia	490
#2–Afghanistan	480
#3–Haiti	460
#4–Mozambique	420
#5–Burundi	410
#6–Liberia	390
#7–DR Congo	380
#8–Sierra Leone	380
#9–Eritrea	370
#10–Niger	350

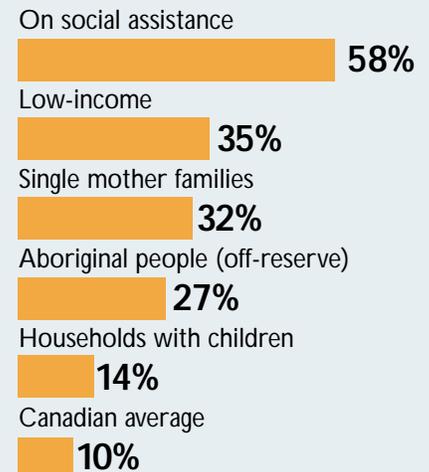
Source: FAO State of Food Insecurity 2000

▲ 300

Hunger in Canada

Even the world’s richest nations are not immune to hunger, and Canada is no exception. A recent survey by Statistics Canada found that 10 per cent of Canadians experienced some form of food insecurity (either going without food or worrying about access to nutritious food) during a one-year period in 1998-99. The numbers from Statistics Canada (Figure 1) clearly show that food insecurity is higher in some groups. While the number of households in Canada experiencing food insecurity may seem high, the idea that hunger is growing in this country is backed up by food bank research. According to the Canadian Association of Food Banks (<http://www.icomm.ca/cafb/>), in March 2000, almost 730,000 Canadians—40 per cent of them children—used food banks. This was almost double the rate of use in 1989.

Figure 1: Food Insecurity in Canada



The Impact of Hunger

We have all experienced the pangs of hunger at some time in our lives: even a few extra hours between meals can produce a rumbling pain, sometimes accompanied by headache or dizziness. These are actually just healthy signals from our body that it needs nutrition and it is time to eat.

The effects of chronic, or ongoing hunger are worlds apart from this temporary hunger. Chronic hunger has far-reaching impacts on individuals and their families and, by extension, on communities and whole societies.

Individuals and families

Malnutrition is a leading cause of disease and premature death in the developing world. Most affected are fetuses, children, and pregnant and nursing women. Their bodies have the extra demands of growth and development—their own, or in the case of mothers and mothers-to-be, their children's. Over the longer term, malnutrition feeds a vicious cycle of hunger and poverty.



It is well established that poverty is a leading cause of hunger. But the reverse is equally true: hunger is part of a downward spiral within households that traps families in poverty for generations. According to Catherine Bertini, executive director of the World Food Programme, “the damage hunger inflicts on children is often irreversible. Lasting mental and physical damage leaves them



Erivania (centre) with her family, northeastern Brazil

incapable of working their way out of poverty as adults. Then today's hunger becomes tomorrow's hunger.”

The impact of chronic hunger in northeast Brazil

Three-year-old Erivania and her family live in the state of Alagoas, in northeastern Brazil. For many years, northeastern Brazil has suffered from underdevelopment. Governments and landowners have invested only in what was profitable in the short term, with little consideration of the needs of the people. The area is also prone to cyclical droughts, which hit the poor—who work hard to seek out a living day by day—the hardest.

Erivania's family struggles to put together meals every day. Many times it is only bread for breakfast, with scanty helpings of rice and beans for lunch and dinner.

Nordestinos (the people from the northeast) are legendary for their hardiness and their patience in the face of difficulty. But even for the toughest of peoples, ongoing poverty and hunger is devastating. The under-five child mortality rate in northeastern Brazil is 189 deaths per thousand live births (the rate in Canada is 7/1000). When drought hit the area for a second straight year in 1999, the child death rate doubled to 425/1000. In one municipality, a third of recorded deaths were from diarrhea, caused by contaminated water. Well-nourished children do not generally die of diarrhea. These children were already severely weakened by hunger, and the added pressure of sickness proved the fatal blow.

Erivania and her family are survivors. But hunger has had a profound impact on their lives. Like many children in the northeast, Erivania is underdeveloped for her age. Her short stature is a visual sign of malnutrition. However, as with millions of others who experience hunger on a daily basis, there are other impacts that are not so easily seen. These include lower resistance to illness, limited ability to

2. The Impact of Hunger

do well in school, and a lack of energy for daily activities—from play to chores. Also unseen is the anxiety of not knowing if there will be enough food for each day and the social stigma, or shame, that is often attached to hunger.

Hidden hunger

The United Nations Children’s Fund (UNICEF) estimates that some 150 million children in developing countries are chronically malnourished, (i.e., they show physical signs of malnutrition). This is five times the population of Canada—all children—who are underweight or short for their age. But as the table below shows, millions more children and adults live with the more **hidden hunger of micronutrient deficiencies**. The World Health Organization estimates that two billion people, or one in three people on the planet, are missing one or more essential micronutrients (vitamins and minerals that are key to healthy development).

- food fortification: adding vitamin A to staples such as flour is a cost-effective way to meet vitamin A needs for entire populations
- supplementation: a single vitamin A capsule every 4-6 months can prevent blindness and build resistance to disease at a cost of just pennies per child

Broader social impacts

The links between hunger and poverty go far beyond the household level. By and large, countries that have large numbers of undernourished people are the same countries that have very poor economic performance. From 1985 to 1995, in countries where more than half the population was undernourished, per capita income (the average annual income per person) either stayed the same or declined, according to the FAO’s *State of Food and Agriculture 1998 Report* (<http://www.fao.org/docrep/w9500e/w9500e00.htm>).

Countries face an uphill battle in trying to increase prosperity with a population hampered by hunger. One study conducted in India in the early 1990s suggested that one form of malnutrition alone—iron deficiency—can cut adults’ capacity to work by 30 per cent, and children’s learning skills by up to 60 per cent. Work-related productivity and education are key factors in a country’s ability to develop economically and improve the social conditions of its people.

The increased rate of illness and infection associated with

malnutrition takes a toll on the economy because of the extra demands on health-care services. Widespread malnutrition also puts increased demands on the education system. Malnourished children are more likely to need special education supports, and to repeat grades. This increases education costs and leads to a less educated population. Examples of World Vision’s work supporting local communities in breaking the poverty-hunger cycle are found on pages 10–13.

Table 3: Common Micronutrient Deficiencies

	Vitamin A	Iron	Iodine
Number affected	250 million preschool children affected	1 billion people (mostly women and children)	1.5 billion people live in iodine deficient areas
Impact	higher risk of infections—can lead to death; eye damage; blindness	reduced energy and mental capacity; risk of death in childbirth	slowed growth; goiter (swelling in neck); speech and hearing disabilities; reduced mental capacity; infant death

Our bodies need many micronutrients but the World Health Organization focuses on three—**vitamin A, iron and iodine**—for effective interventions in developing countries.

Nutritionists have developed effective strategies for helping people meet their micronutrient needs. For example, with vitamin A, three types of interventions are commonly used:

- dietary diversity: dark green leafy vegetables, orange or yellow fruits, and foods from animal sources are sources of vitamin A

3. Can Hunger be Beaten?

Can Hunger be Beaten?

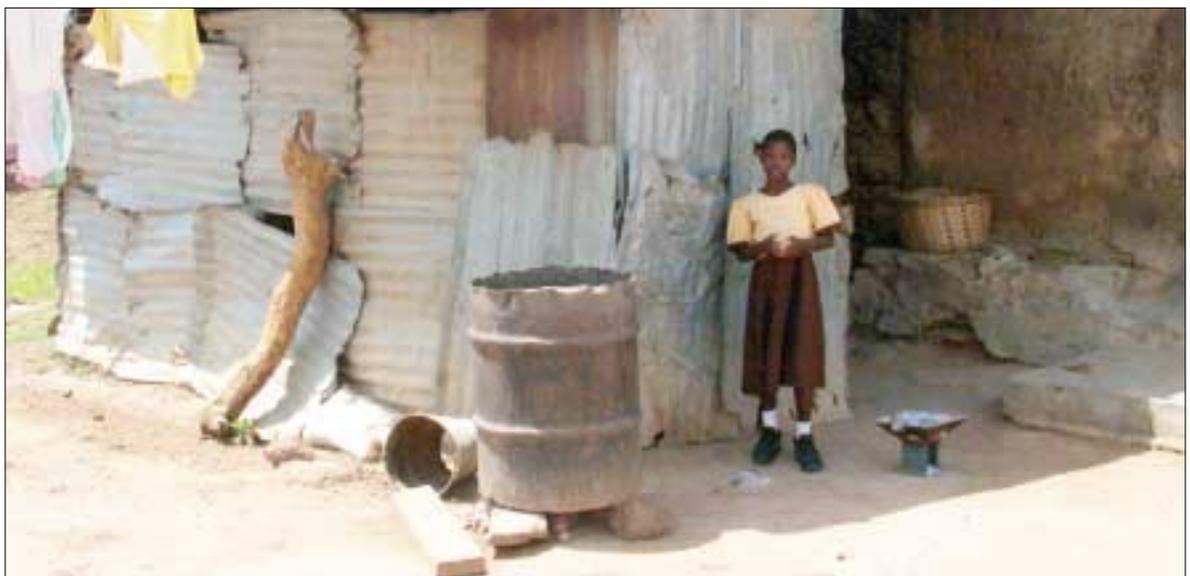
In 1996, governments from around the world met at a World Food Summit (<http://www.fao.org/wfs/homepage.htm>) in Rome to address the challenge of hunger in a world of plenty. They set a target of cutting the number of undernourished people in half by the year 2015. As the most recent figures at that time showed 800 million people undernourished, the summit target is 400 million by 2015. In June of 2002, the World Food Summit reaffirmed its pledges to end hunger—and called for the international community to help in meeting its original goal set in 1996.

In total numbers, there has actually been an increase in world hunger, a situation that World Vision Canada President Dave Toycken describes as “a shame to us all and a cry for greater compassion and justice.” The FAO predicts that at the current pace, we will meet the summit goal of 400 million by the year 2030—15 years off target. Given the tremendous human cost of hunger, the organization states, “the hungry cannot wait another 15 years—immediate, determined and truly effective actions” are needed to reach the goal.

Asia: On target

Hunger has been in decline in East Asia since the beginning of the 1970s, and in South Asia since the early 1980s. In China and India, the world’s two largest countries, the rate of undernourishment is expected to fall from 16 per cent of the population (for 1996-98) to 7 per cent in 2015.

Measured in total numbers, Asia is on track to meet the World Food Summit goal of reducing hunger by half (using the 1991-92 base established at the summit). These improvements are expected because of slowing population growth and increased economic growth.



Deep poverty in Africa requires increased efforts to end hunger

Projected Trends in Undernourishment

The UN Food and Agricultural Organization (FAO) predicts we will only meet the goal of 400 million undernourished people by 2030—15 years behind schedule.

Sub-Saharan Africa	186	34%	184	22%	165	15%
Near East/North Africa	36	10%	38	8%	35	6%
Latin America/Caribbean	55	11%	45	7%	32	5%
China and India	348	16%	195	7%	98	3%
Other Asia	166	19%	114	10%	70	5%
Total Developing Countries	791	18%	576	10%	400	6%

millions of people undernourished ■
percentage of population undernourished ■

Source: FAO Source of Food Insecurity 2000

Sub-Saharan Africa: A tougher struggle

The countries south of the Sahara desert in Africa include some of the poorest on earth. Here, most countries have few prospects for rapid economic growth that would help lift people out of poverty. Many, such as Eritrea and Burundi, endure ongoing conflict, which uproots vast numbers of people and drains the economy. According to the FAO, the number of undernourished people in sub-Saharan Africa will decline slowly because of the existing

3. Can Hunger be Beaten?

depth of poverty and hunger, and the predicted slow economic growth.

World Food Summit Update

World leaders met in June 2002 in Johannesburg to review progress toward their goal of cutting hunger in half by the year 2015. The conference was attended by delegations from 179 countries. It was reported that progress towards the goal set at the original World Food Summit in 1996 has been painstakingly slow.

Progress and challenges

Despite the discouraging numbers, the situation globally is showing signs of improvement. The numbers show that as an overall percentage of population, the prevalence of hunger has fallen dramatically. This continues a trend established in the last few decades.

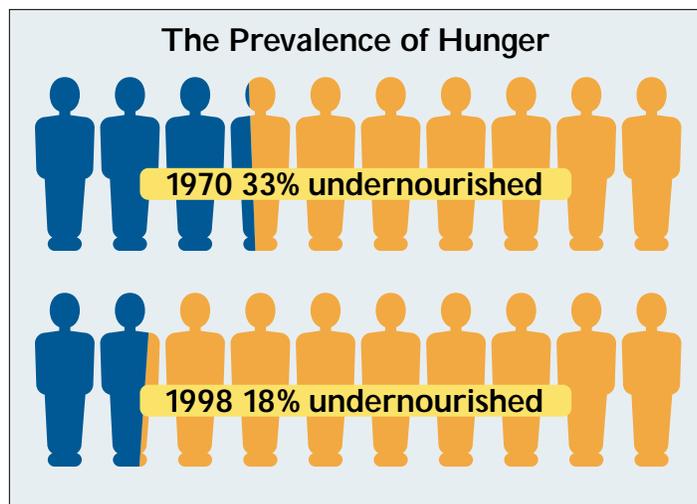
Thirty years ago, proportionately more people living in developing countries were undernourished. As the diagram here shows, in 1970, one in every three people living in developing countries was undernourished. Today, it is one in five.

Still, for many analysts the pace is woefully slow, especially considering that global wealth has been increasing at a dramatic pace over the same period. According to the financial service industry's *2001 World Wealth Report*, privately held wealth grew by 6 per cent in the year 2000 alone. But the gap between rich and poor has continued to widen, and it is the poor who go hungry. In 1960, the richest fifth of the world's population had 30 times the income of the poorest fifth. In 1990 it was 60 to one. By 1997 the richest fifth of the world's population had 70 times the income of the poorest fifth, according to the UN Development Program's *Human Development Report 2001* (<http://www.undp.org/hdr2001/>).

To beat hunger, the FAO has called for "immediate, determined and truly effective actions." These actions will most certainly have to do with alleviating poverty. The charts and stories from the previous two pages clearly demonstrate that hunger is deepest and most widespread in the poorest countries and among the poorest people in those countries. Even the numbers from Canada (page 4) show that within Canada, it is the poorest groups that are most food insecure.

World Vision Canada has launched a "No Hungry Children" initiative to focus its development efforts on

reducing hunger wherever the organization is operational. The basic strategy is to determine what is working best and then do more of it. World Vision Canada is currently working with partner offices in seven countries on a pilot phase of the initiative. The



following pages outline practices in three integrated approaches to beating hunger: food security, nutritional interventions and global advocacy. (Check out World Vision's International Programs at www.worldvision.ca to find out more about World Vision's responses to hunger.)

4. Solutions: Food Security for All

Solutions: Food Security for All

- Have you ever had to think about where your next meal was coming from?
- Does your country produce or import enough food to meet everyone's needs?
- Does your family earn enough money to purchase the food it needs?
- Is the food you eat safe and nutritious?
- Could drought or crop damage wipe out your supply of food?

These questions go to the heart of food security, which the FAO defines as existing when “all people at all times have access to safe, nutritious food to maintain a healthy and active lifestyle.”

The evolution of food security

Our ideas of how to build food security have evolved as we have come to understand better the causes of hunger. World Vision has been helping families to become food secure for more than 50 years. Over this time, it has adopted a food security framework with four key components: **availability**, **access**, **use** and **asset creation**.



A two-year-old looks out on drought stricken fields in Kenya

World Vision Food Security Framework

There are four key elements to ensuring food security at the household level:

- 1. Food Availability:** improving agricultural production and marketing to provide an adequate supply of food in all seasons.
- 2. Food Access:** creating some generating activities and food marketing systems so households can get good quality food in sufficient quantities.
- 3. Food Use:** proper food preparation and storage; knowledge of basic nutrition; equitable distribution of food by gender and age.
- 4. Asset Creation:** creating food buffers (i.e. stockpiles, contingency plans for emergencies) so that families will have a secure supply of food in times of shortage.

Our earliest understanding of food security dealt only with the availability, or supply, of food: did countries produce enough for the needs of their people? But in the early 1980s, analysts recognized that even in areas with surplus food, overall nutritional health was poor if individual families did not have access to food. An example of this is when poor families cannot afford to buy food that is available for sale.

By the mid-1980s, agencies realized it was important to look more closely at how households actually use the food they have. Families with the same access to food can have very different health outcomes depending on their knowledge of the nutritional value of foods and how to prepare safe, healthy meals. In the wake of the terrible famine in Ethiopia 1984-85, World Vision recognized the importance of having emergency buffers in the food supply. A fourth component, known as “asset creation,” was added to the World Vision food-security framework.

4. Solutions: Food Security for All

Food security in practice

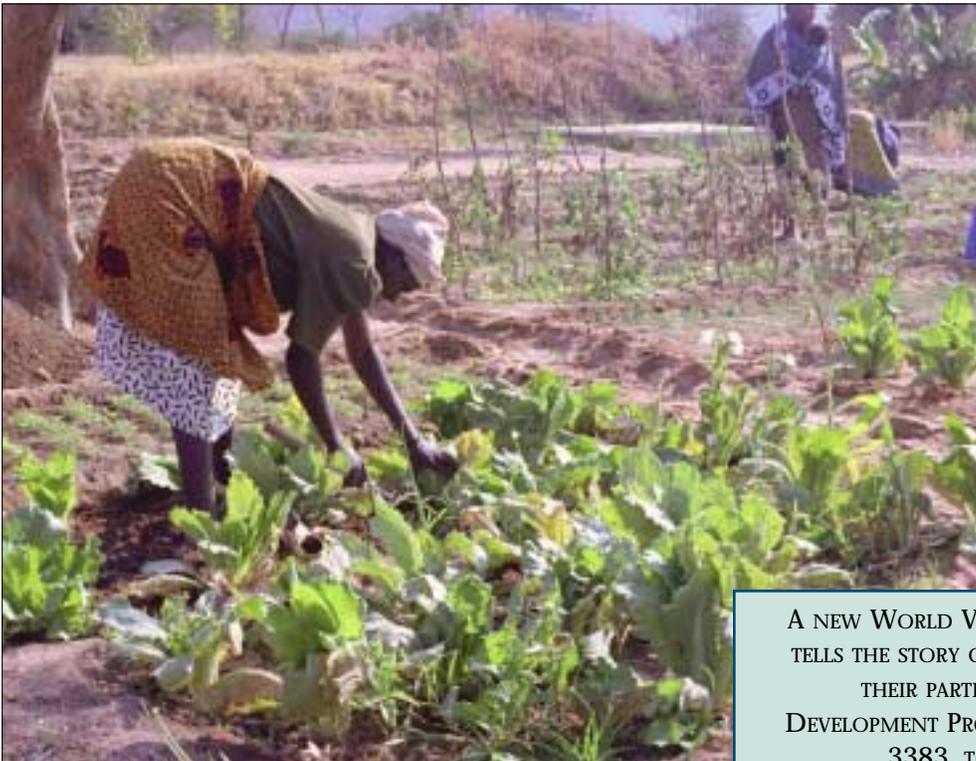
In real terms, what does it mean to help families become food secure? What kinds of projects and programs help people achieve food security?

Tanzania: Working in partnership

In the Shinyanga district of Central Tanzania, drought and hunger are always a threat for local residents. There is one short season each year to grow the crops that families depend upon for their food supply all year long. Most years, the rains are not adequate and the yields are low. In these years, families suffer hunger as food stocks run out. In the past, as many as 50 per cent of the children in the region have suffered from severe or moderate malnutrition. It was not uncommon for small villages to experience six or seven child deaths per year: in most of these deaths malnutrition was a factor.

The anxiety of wondering where the next meal will come from has now lessened. For the past 10 years, World Vision Tanzania has been working with local families to help them become more food secure. One of the keys to the success of the program has been a focus on **partnership:**

- **World Vision Tanzania staff** work with **community leaders** to organize the families into groups.
- **government agricultural technicians** teach modern farming methods to the groups.
- WV Tanzania provides drought-resistant seed stocks to the farmers. In some areas these seed stocks come from **TanSeed**, a Tanzanian organization supported by the **Canadian International Development Agency (CIDA)**.
- WV nutritionists teach **families** how to store the food and prepare nutritious meals.
- the families themselves implement the new methods and pass the information on to **neighbouring families**.
- all funding for the work is provided through **Canadian child sponsors** who support children in the area.



Family farming in Tanzania

The food-security work is part of an integrated approach that works on health care, water and sanitation, and education. The results have been impressive. Today, residents of Shinyanga are realizing increases in their maize yields of 500 per cent. And they are surer to get a decent crop in poor seasons. Child malnutrition is down to 2 per cent of the child population and it is very rare for a child to die of hunger or preventable diseases.

A NEW WORLD VISION VIDEO, **TRANSFORMING LIVES**, TELLS THE STORY OF THE RESIDENTS OF SHINYANGA AND THEIR PARTICIPATION IN THE SAMUYE AREA DEVELOPMENT PROGRAM. CALL (905) 565-6200, EXT. 3383, TO ORDER, OR GO ONLINE TO WWW.WORLDDVISION.CA/RESOURCES, GRADES 9-12.

4. Solutions: Food Security for All

Mongolia: Challenging a fierce climate

Traditionally, the people of Mongolia are nomadic herders, travelling with the cattle they depend on for meat, milk and clothing. However, the winters of 1999-2000 and 2000-2001 have brought disaster: A combination of severe blizzards and drought—known locally as *dzuds*—have killed more than 4.5 million livestock. This threatens the livelihood of some 200,000 herder families throughout Mongolia.

Farming is unfamiliar to the nomadic people, but the short, hot summers are suited to growing a variety of vegetables, if started under glass or plastic. To provide a more dependable food supply, and a healthy dietary mix, World Vision Mongolia introduced a community garden project among woman-headed households in the capital

Ulaanbaatar in the late 1990s. Women were taught gardening techniques, and healthy ways of storing and cooking vegetables. Within two years, more than 3,000 families were involved.

But the food-security approach did not stop there. Mongolia is one of the poorest countries in the world with an average per capita income of \$500 per year. With such poverty, the money available for basics such as food and clothing can soon run out. To help families increase their income, World Vision Mongolia introduced training on how to process and market wool products. Today, families use income earned from the wool of their livestock to purchase basic supplies, but also to pay for school supplies and school fees for their children—taking steps to lift the next generation out of poverty.



Nurturing vegetables through the short Mongolian summer

Solutions: Nutritional Interventions

- Regularly measuring the weight and height of children to note early warning signs of malnutrition
- Working with government officials to ensure that all salt sold for household consumption is iodized
- Organizing regional health campaigns to vaccinate all children against common diseases
- Testing the iron level of pregnant women to determine if anemia is a problem for mother or child
- Helping communities fight water-borne diseases by building improved latrines and better water storage systems

These are just a few common examples of nutritional interventions. Nutritionists do not separate nutritional interventions from providing good health care. A well-nourished child who is getting a full range of vitamins and minerals, along with the proper amounts of protein and energy, will have high resistance to illnesses. The child who is sick with malaria, diarrhea or intestinal parasites will not be able to absorb nutrients as well as a healthy child, and will be at higher risk of malnutrition and death.

Even with the knowledge of modern science, there is no “magic pill” for ending malnutrition. The problem is vast—150 million children chronically malnourished; 2 billion people micronutrient deficient—the poverty is deep, and health systems are under-funded. Nutrition-based solutions alone are not the answer to the problem of world hunger. However, they can often result in dramatic improvements. The stories that follow—from **Malawi, Guatemala and Toronto’s Hospital for Sick Children**—show how nutrition-based remedies are being used to fight hunger.

MICAH: Seeing results in Malawi

The Micronutrient and Health (MICAH) program helps people respond to nutrition and health needs in Ethiopia, Tanzania, Senegal, Ghana and Malawi. MICAH is operated by World Vision Canada, with support from the Canadian International Development Agency (CIDA).

MICAH uses a range of strategies to reduce deficiencies of vitamin A, iron and iodine among women and children, while combating diseases that prevent their bodies from absorbing micronutrients.

In rural Malawi, community mills are an important access point in the local food chain. Women often walk for miles to bring the maize they have grown for their family to the mill. The shared mill is both a place to grind maize into corn flour and to meet with neighbours. Through the MICAH program, small pouches of iron and essential

vitamins are mixed into the maize as it is ground. This creates enriched flour, which will benefit the whole family. “My children are not ill as often and have fewer eye problems,” says Edna Nkoola, a mother of six who makes weekly trips to the mill in the village of Domasi.

In the area of Nitza, in southern Malawi, testing showed that women and children were anemic (their levels of iron were too low). MICAH workers introduced the raising of chickens and rabbits among the women. Each woman agreed to give away the first born of their animals to another family so that the program would spread. Now there is an adequate supply of protein and iron for everyone in the community—especially the women and children who need it most.

Regular monitoring through the MICAH program indicates progress is being made. In the areas of Malawi where MICAH has been operational, the percentage of mothers exclusively breastfeeding their babies for the first six months rose from 45 to 72 per cent between 1997 and 2000. A focus on water and sanitation led to the percentage of households with safe drinking water rising



In Malawi, women add vitamins and minerals to maize flour

5. Solutions: Nutritional Interventions

from 49 to 84 per cent. And the percentage of children showing signs of malnutrition declined from 56 per cent to 42 per cent in the same period.

Learning from what works in Guatemala

San Juan Atitlan is an area of Guatemala where people know hunger well: 45 per cent of children in the community are malnourished. A major factor is the migrant nature of the community. Almost half of the local population depends for a living on harvesting coffee. Entire families migrate to coffee plantations for three to six months of the year. Unstable living conditions and low wages make it difficult for parents to provide decent food for their children while working at the plantations.

In 2000, World Vision Guatemala worked with the people of San Juan Atitlan to address the high levels of



Chickens bring nutrition and income to families in Guatemala

malnutrition and food insecurity. This was done through a program called Hearth. The Hearth program starts by looking at what is being done right. Volunteers meet with local women whose children are healthy. They gather information on the feeding, childcare and health practices that work for these families. These “best practices” are combined with nutritional training from World Vision staff to form easily followed models for the mothers of malnourished children.

For example, the families that had a more diverse food source had better nourished children and were not as dependent upon income from picking coffee. Seeing the success of the lead mothers, others were motivated to have backyard gardens and hens to lay eggs. The eggs and hens provide food, and are sold for extra income.

The families that took part in the Hearth program in 2000 all reported improvements in the nutritional health of their children. The knowledge and skills of mothers and caretakers improved, and local volunteer networks were strengthened. Almost 70 per cent of the families involved reported they now had the security to stay at home rather than uproot themselves for the annual coffee harvest. As the program continues, the families involved are sharing their experience with others in the community.

Sprinkles: An innovative approach to providing micronutrients

One of the most difficult nutrients to give as a supplement is iron. It is not easily absorbed from all sources, it tastes unpleasant, it discolours food and it must be given in small doses. A critical time for children to get iron is when they stop breastfeeding and are starting to eat solid foods.

To address the risk of infant anemia, UNICEF approached Toronto’s Hospital for Sick Children. Research led by Dr. Stanley Zlotkin resulted in the creation of “Sprinkles,” a balanced mixture of essential vitamins and minerals which can be sprinkled into infant porridge. This gives mothers a simple way to ensure their children receive the iron and other nutrients they need. World Vision is now using Sprinkles in its nutrition work with communities in a number of countries and is testing the potential of the product as an affordable and easy-to-use dietary supplement.

6. Challenging the Systems that Feed Hunger

Challenging the Systems that Feed Hunger

When we look at the countries suffering the greatest hunger, such as Somalia, Burundi or the Democratic Republic of Congo, we find a complex web of causes. War, environmental degradation, crippling debt, and economies that do not meet people's most basic needs are among the factors working in cruel combination. In all countries where hunger is rampant, a common factor is deep poverty.

In the “post-9/11” world, where the fight against terrorism has changed the political landscape, the situation is likely to get worse before it gets better. The World Bank estimates that an additional 10 million people will likely become poverty-stricken due to the economic impact of the terrorist attacks on the United States. More than ever, ending hunger requires challenging the very roots of poverty. World Vision works to change global structures that keep developing countries in poverty. Two of these structures are international debt and current trade practices.

The debt drain

Just like families and businesses, countries borrow money to finance their development. Even rich countries like Canada carry hundreds of billions of dollars in debt. But for many poor countries, the levels of debt owed have

become insupportable. These countries saw their debts balloon in the 1980s and '90s, when rising interest rates dramatically increased the money owed. At the same time, falling world prices for developing countries' goods meant that they had less money to repay their debts.

Today, debt repayments are costing many developing countries between a quarter and a third of their total government revenue. There is a **direct link to hunger** as these payments to creditors outside the country must come out of funds that should be invested in health care, education or job creation—areas that desperately need greater funding to help lift people out of poverty and hunger.

Current Debt Relief—Too Little, Too Slow

The International Monetary Fund (IMF) and the World Bank have initiated a debt-relief process for the poorest countries. But critics argue that the current plans have not been effective in freeing up funds for development. This chart shows the status of three countries that are part of the IMF and World Bank debt relief. (Source: www.jubileepius.org)

Current social and economic situation	Debt service after debt relief
Honduras: 53% of the population living below the poverty line; still recovering from devastation of Hurricane Mitch	Honduras is estimated to have paid \$134 million in debt service in 2001; under current projections, it will pay \$246 million in 2004 and \$499 million in 2010
Niger: second poorest country in the world; only 20% of the population has access to adequate sanitation	Niger currently spends more on debt service than on health care; in 2002 it will send out of the country \$48.6 million in debt service
Zambia: more AIDS orphans than any other country in the world; 86% of the population living below the poverty line	Zambia transferred \$158 million to rich countries and financial institutions in 2001; it currently spends three times more in debt service than on health care

6. Challenging the Systems that Feed Hunger

Another twist on the debt-hunger relationship is the **conditions imposed on debtor countries by creditors**. The reality of the global economic system dictates that even as poor countries require debt relief, they need new loans to support much needed development efforts. The international financial institutions holding the purse-strings—notably the IMF and the World Bank—have made access to debt relief and the new loans conditional on countries agreeing to certain economic policies. These conditions include:

- currency devaluations and promotion of exports (including cash crops over food crops)
- cuts to government spending, including spending on food subsidies and social services
- opening up the economy to profitable foreign investment through privatization and reduced worker protection, such as minimum wages and health standards

While there is some need for conditions on new loans, critics argue that in practice the conditionality has been more concerned with repayment to creditors than with the well-being of the poor people whom the money is supposed to be assisting. In some cases, this has led to greater poverty and hunger. (For more information on the impact of debt and the international movement to urge governments to take constructive action to cancel poor country debt, see www.jubileepius.org.)

Free trade or fair trade?

Globalization weaves together the economies of the world through trade and investment. Some people favour open markets—free trade and investment with few or no strings attached. They claim that everyone will eventually be better off as increased business generates more wealth. Others argue history clearly shows that free-market economic regimes that lack procedures to ensure basic human rights do not help all people and have led to widening gaps between rich and poor. Nowhere is this debate more heated than in the area of world trade agreements.

Trade, hunger and drugs in Mexico

In Mexico, the indigenous people of the Tarahumara mountains have lived for generations from small-scale farming and woodcutting.

But the 1992 North American Free Trade Agreement opened the surrounding forests to multinational companies. Clear-cutting now erodes the soil local people use to grow food.

At the same time, lower tariffs on imports have flooded Mexico with cheap imported wood. So small landholders can no longer support themselves from the forest products that they have in plenty.

With their problems compounded by drought, many Tarahumara Indians are forced to choose between hunger or making a living growing marijuana or poppies for the drug trade. This has led to a growing number of military attacks on poor, indigenous villages under the guise of a “war on drugs.”

Trade and food security

The World Trade Organization (WTO) Agreement on Agriculture was negotiated between 1986 and 1994 in a series of talks known as the Uruguay Round. According to Wendy Phillips, a public policy officer with World Vision Canada, the WTO Agriculture Agreement has “managed (trade) to protect the interests of wealthy countries at the expense of poor developing countries.”

In general, free trade agreements focus on reducing taxes (called tariffs) on imports, and cutting government subsidies to producers and exporters. The idea is to create

6. Challenging the Systems that Feed Hunger

a “level playing field” for companies to compete internationally without interference from government protection.

But the reality is that there is no level playing field. By and large, wealthy countries have used their greater influence to successfully protect their own farmers and markets, while demanding that developing countries open themselves up to their exported surpluses.

Such unfair trade policies do more harm to developing countries than we can undo with foreign aid. According to the FAO, developed countries subsidized their own agriculture sectors by US \$361.5 billion in 1999. In contrast, the total amount of aid to the South for agriculture in 1998 was just US \$7.4 billion. While these subsidies do not violate WTO agreements, FAO Director-General Dr. Jacques Diouf points out, “there is little doubt that it gives the industrialized countries a competitive edge which poorer countries cannot match.” (FAO Press Release 01/32, May 20, 2001)

A fairer way to trade?

It is unlikely that we can reverse the trend towards freer trade. But we can take steps to make the terms of trade fairer for poor producers. A small but growing sign of hope is the new market for “Fair Trade” goods. Fair Trade involves paying growers a price for their goods that allows them to make a living wage.

Large retailers buy many goods, like coffee, cocoa and sugar, at world low prices from southern producers. These products are then resold to northern customers at highly marked-up prices. Farmers in the developing country often earn a very low income from their produce, forcing them to borrow money from local loan sharks between growing seasons, and keeping them in perpetual poverty. Fair Trade ensures growers a decent price, so they can make a living on the land, and provide for their families off their labour. For more information on Fair Trade, contact TransFair Canada (<http://www.transfair.ca>) the main certifier of Fair Trade products in Canada.



Farmers in developing countries often earn a very low income from their produce.

What You Can Do

Support efforts to end poverty and hunger



Around the world...

You can:

- Organize or take part in a **30 Hour Famine** fundraiser. The 30 Hour Famine is a great way to learn more about hunger, and raise money to help end it. In 2001, over 150,000 Canadians participated, and raised more than \$3.9 million.

Around the world, about \$35 million was raised last year. Check out www.famine.ca or call 1-888-8FAMINE.

- Join the **Youth Action Network**. Be part of a nationwide movement of young people who want to stay informed and make a difference. For more details or to signup, go to: www.worldvision.ca/resources or e-mail: deved@worldvision.ca
- Sponsor a child and his or her community through **World Vision's Child Sponsorship Program**. Call 1 800 268-1650 for details.
- Buy fair trade goods when you can, through outlets such as **Ten Thousand Villages** (<http://www.villages.ca/>). **Transfair Canada** also provides a list of retailers across Canada that carry its certified Fair Trade goods. Fair Trade helps to ensure that producers earn a living income from their crafts and products. Find out more at www.transfair.ca.
- Write your Member of Parliament and let him or her know that you support trade and foreign aid conditions that put food security first. The Parliament of Canada (<http://www.parl.gc.ca>) provides contact information for all MPs and senators.



...and in Canada

You can:

- Support the efforts of the National Anti-Poverty Organization (NAPO), a non-profit organization that represents low-income Canadians. NAPO's Web site (<http://www.napo-onap.ca>) offers ideas for action on how you can help fight poverty in Canada.
- Give to local food banks. Food banks don't address the underlying causes of hunger, but they provide critical help to Canadians living in poverty today.

Put nutrition first in your own diet

- Make sure your own diet is giving you what you need for a healthy, active lifestyle. While hunger is a problem for some in Canada, a more common nutritional problem is obesity.
- Find out what you need, and how to get it, through Canada's Food Guide. It is available online at Health Canada's Web site (<http://www.hc-sc.gc.ca>).
- Want more detail on your food needs based on your age, sex, size and level of activity? Try the Healthy Body Calculator on the Ask the Dietician Web site (<http://www.dietitian.com/ibw/ibw.html>).

Learn more

World Vision Canada has a number of other educational resources related to hunger, including videos such as *No More Hunger* and *Hunger: Not so Far Away*. These and other educational resources are listed on our Global Education site at www.worldvision.ca/resources. You can also stay informed through **Voices**, our magazine on current global issues. **A subscription is free.** Call 1 800 268-1650 to subscribe or to order resources.

You can also check out these related sites on the Web:

The FAOStat Nutrition Data page links you to a wealth of comprehensive databases giving the latest information, searchable by country, on food supply, food aid, and national food balance sheets. It is available through the FAO's Web site (<http://www.fao.org>) under "Statistical Databases."

The Micronutrient Initiative

(<http://www.micronutrient.org/>) is a Canadian-based development agency working globally on solutions to micronutrient malnutrition, largely through food fortification and food supplements.

The FAO publishes regular "State of" Reports

(http://www.fao.org/sof/index_en.htm) on Food Insecurity, Food and Agriculture, Forestry and Fisheries and Aquaculture. These provide up-to-date information on the latest developments in food policies, strategies, technologies and progress in meeting global commitments to end hunger.

The World Food Programme (<http://www.wfp.org>) is the UN's front-line agency in combating global hunger. It plays an important role in coordinating food aid and emergency food relief.

The Rome Declaration on World Food Security,

available through the FAO Web site's (<http://www.fao.org>) "Virtual Library," sets out the commitments made by world leaders at the 1996 World Food Summit and is accompanied by a seven-point action plan.

Canada's Action Plan for Food Security

(<http://www.agr.gc.ca/misb/fsb/fsap/fsape.html>) is Canada's response to the commitments made at the 1996 World Food Summit. It details how Canada plans to contribute to reducing hunger by half, and which federal departments share responsibility.

Campaign 2000 (<http://www.campaign2000.ca/>) is a public education campaign by a coalition of groups working to end child poverty in Canada. Campaign 2000 Report Cards detail Canada's progress toward the 1989 House of Commons' commitment to end child poverty.

Use these resources to inform yourself and educate others in your community. Check out our youth activities (page 23) and our ideas for teachers (pages 19–22).



Student Exercises

1. World Hunger: An Overview

Knowledge/Understanding

1. Describe the differences between undernourishment, malnutrition and micronutrient deficiencies.
2. Tables 1 and 2 provide three different measures of hunger. Which do you find most helpful in understanding world hunger? Explain your reasoning.
3. On which continent do we find the greatest number of hungry people? Why? On which continent do we find the largest percentage of people hungry? Why?
4. On a classroom globe or map, find the countries listed in Tables 1 and 2. Which country ranks among the “top 10” according to all three measures of hunger?
5. On a scale of one to 10, rate Canada’s performance in dealing with hunger this past decade. In your view, what can individuals do to reduce hunger and poverty in Canada? What should governments do?

Inquiry/Communication

- A. Each year, the FAO produces an annual *State of Food Insecurity (SOFI) Report*. Check out the latest SOFI report (http://www.fao.org/sof/sofi/index_en.htm), and find an example of a country that is making progress in combating hunger. Prepare a brief presentation on the country’s food situation, and what measures are helping to improve the outlook for its people.
- B. Malnutrition has been called the “silent emergency.” Talk about the reasons why the number-one cause of child death in the world rarely makes the news and even less often mobilizes effective political action to end hunger. Watch *No More Hunger* for ideas. This 18-minute video also explores what we can do about hunger. (Order at www.worldvision.ca/resources or call 1 800 268-1650.)

- C. Find out more about what Canada is doing to improve nutrition and food security. CIDA (<http://www.acdi-cida.gc.ca>) provides information on how Canadian foreign aid is used to combat micronutrient malnutrition. Information on how Canada is working to improve food security at home and abroad can be found through the Food Security Bureau (<http://www.agr.gc.ca/misb/fsb>) of Agriculture and Agri-Food Canada. Choose and present one concrete example of how Canada is working to improve nutrition or food security.

Take action

Raise awareness about hunger and solutions to hunger by holding an “end world hunger day” event in your school or community. Create “hunger facts” handouts using information from these two pages or other sources. Invite guests from government, local food banks or international aid organizations to speak on hunger and what can be done about it. See the What You Can Do section (pages 17–18) for other ideas on how to contribute to ending world hunger.

2. The Impact of Hunger

Knowledge/Understanding

1. Who tends to be the hardest hit by malnutrition? Explain why.
2. Explain the poverty-hunger cycle in your own words. Why is it called a “cycle”?
3. Find the state of Alagoas on a map of Brazil. If the child death rate in Canada were 425 out of 1,000, how many members of your class would be alive today?
4. How “micronutrient aware” are you? List as many sources of vitamin A, iron and iodine as you can.
5. Talk about it: Which method of supplying vitamin A is the quickest? Which do you think is the most effective? Which do you think is most sustainable in the long-term?
6. List some of the ways in which widespread hunger can affect overall social well-being within a country or region. How might a better-nourished population change its prospects for development?

Inquiry/Communication

- A. Using imaginary *nordestino* neighbours of Erivania as characters, create a one page monologue or dialogue among to show a) the impact of hunger on Erivania, and b) how Erivania’s situation is representative of the cycle of poverty and hunger. This exercise could be expanded by including research into the social conditions in northeastern Brazil.
- B. “Many of the things we need can wait,” writes Chilean poet Gabriela Mistral. “The child cannot. Right now is the time his bones are being formed, his blood is being made and his senses are being developed. To him we cannot answer ‘Tomorrow.’ His name is ‘Today.’” Find out more about why children cannot wait for a healthy diet. Research the impacts of malnutrition and undernourishment on children and present your findings. UNICEF’s Nutrition Overview (<http://www.unicef.org/programme/nutrition/overview.htm>) and the World Health Organization Global Database on Child Growth and Malnutrition (http://www.who.int/nutgrowthdb/intro_text.htm) are excellent resources to start with.

Take action

Your family, class, youth group or faith community can help prevent hunger in communities around the world by organizing a 30 Hour Famine event. Funds raised through the 30 Hour Famine go towards projects that help improve health, nutrition and food security. In Rwanda, for example, funds provide food, health care and agricultural skills training to households headed by orphaned children. Find out more at www.famine.ca or call 1-888-8FAMINE.

3. Can Hunger Be Beaten?

Knowledge/Understanding

1. Graph the data in Table 4. Make two tables: one for millions of people undernourished and the other for percentage of population undernourished.
2. Analyze the data listed in Table 4, from the graphs above or directly from the table. What trends do you notice? What are some reasons for concern? What signs of hope do you see?
3. Explain the broad differences in the situation of hunger in Asia and in sub-Saharan Africa.

Inquiry/Communication

- A. Given the information in “Can Hunger Be Beaten?” and previous sections, write a short essay offering your assessment of how we are progressing globally in terms of ending hunger. Discuss how optimistic or pessimistic you feel about the world’s ability to feed itself. Conclude with your thoughts on what is most needed to end hunger.
- B. Check out the World Food Summit (<http://www.fao.org/worldfoodsummit>) Web site. Present an update on progress toward reducing hunger.

Take action

Write a letter to the government of Canada with your thoughts on how Canada can play a role in ending hunger. This exercise could also be done after studying the section “Challenging the Systems that Feed Hunger.” Letters can be sent to the Prime Minister and your Member of Parliament c/o House of Parliament, Ottawa, Canada, K1A 0A6. You do not need a stamp when sending to this address.

4. Solutions: Food Security for All

Knowledge/Understanding

1. Define food security in your own words.
2. Using your own family as a case study, and the four key elements of World Vision's food-security framework as a model, list some of the ways that your family does or does not enjoy food security.
3. Using the four key food-security elements as an outline, go through the two case studies and classify each of the interventions under one of the four elements.
4. Explain why it is not enough to ensure a country has an adequate food supply.
5. How do you think food security issues in developing countries might be different from questions of food security facing wealthier nations? What kinds of food security challenges do you think impoverished groups in Canada might face?

Inquiry/Communication

- A. Research the seven commitments world governments made on food security at the 1996 World Food Summit. Present a brief summary of these commitments in your own words. The World Food Summit Action Plan can be found with the Rome Declaration on World Food Security through the FAO Web site's "Virtual Library" (<http://www.fao.org>).
- B. What is Canada doing to promote global food security? The Canadian Food Security Bureau provides an executive summary of Canada's Action Plan for Food Security (<http://www.agr.gc.ca/misb/fsb/fsap/fsape.html>). Prepare a summary of the top 10 priorities identified by government and civil society representatives.

Take action

Find out more about the state of food insecurity in your own community. Drop in on a local food bank and talk to staff and volunteers about the numbers of people who use their services, and why. Find out more about the experience of those who go hungry by volunteering at a local food bank.

5. Solutions: Nutritional Interventions

Knowledge/Understanding

1. Explain in your own words why good nutrition is dependent upon good health care and good health care requires good nutrition.
2. If nutritional interventions are highly effective, why are they not sufficient to address the problem of hunger?
3. Development workers often talk of an "integrated" approach to tackling hunger. Looking at the examples from Malawi and Guatemala, what do you think this term means?
4. Create a poster marketing Sprinkles in a developing country. Remember that a number of people may not be able to read.

Inquiry/Communication

- A. The Micronutrient Initiative (<http://www.micronutrient.org>) is a Canadian-based international development agency working to end micronutrient malnutrition around the world. It focuses primarily on food fortification and supplementation, working in response to commitments made at the 1990 World Summit for Children. Search its Web site for the following information:
 - What Canadian and international agencies sponsor the Micronutrient Initiative?
 - What are its mission and priorities? What specific commitments of the World Summit for Children is it intended to respond to?
 - Find examples of how it is combating deficiencies of iron, iodine and vitamin A.
 - Select one of its Country Assistance Projects and present a brief summary of its aims to your class.
- B. Does science hold the answer to hunger? Modern plant engineering methods can be used to increase crop yields, strengthen plant resistance to pests, drought and other adversities, and improve the nutritional content of staple crops. But there are worries also that some aspects of plant biotechnology, such as genetic engineering, pose a threat to the health of natural systems and our long-term food supply. What do you think? What kinds of plant modifications do you think are safe for the environment and human health? What limits should there be to how we manipulate our food supply? Present your views to the class.
 - Check out Agriculture and Agri-Food Canada's Research and Innovation site (http://www.agr.gc.ca/res_e.phtml) for links to

various examples of Canadian food engineering research.

- The research and education centre Future Harvest (<http://www.futureharvest.org>) provides news on a number of different projects to improve crop varieties and promote sustainable agriculture practices in developing countries.
- For a critical view on genetically engineered foods, check out the views and latest news from the environmental group Greenpeace (<http://archive.greenpeace.org/~geneng>).

Take action

Over the course of a week, keep track of the foods you eat. Using Canada's Food Guide, available on the Health Canada Web site (<http://www.hc-sc.gc.ca>), check to see if you are getting enough of each food group to meet your nutritional needs. Note that the number of recommended servings of each group is given as a range, depending on your age, gender and level of activity. The section "How many servings from each food group do I need?" will give you a better idea of the number of servings you need. At the end of the week, decide whether you need to modify your eating habits to improve nutrition. Make a plan that works for you and suits your tastes and lifestyle.

6. Challenging the Systems that Feed Hunger

Knowledge/Understanding

1. Brainstorm a list of ways that global political and economic factors contribute to the problem of chronic hunger. Which of these causes have their origins in human activities?
2. Explain different ways that debt repayment and the conditions imposed on debtor countries are linked to hunger.
3. What is your reaction to the data in the table showing the debt situation of three countries? Do you agree that current debt relief is "too little, too slow?"
4. Where do you stand in the free trade debate? Give reasons for your position. (Note to teacher: it could be useful to have students position themselves on a continuum between "Ardent Free Trader" and "Radical Anti-globalization Activist.")
5. Find the nearest outlet for Fair Trade goods.

Inquiry/Communication

- A. What is Canada doing to assist with debt relief for the poorest countries? The Department of Finance Canada (http://www.fin.gc.ca/news00/data/00-095_1e.html) gives background on a moratorium on debt collection which Canada declared, effective January 2001. What must countries do to be eligible for this debt relief? Which three eligible countries owe Canada the greatest amount? What other steps has Canada taken to provide debt relief?
- B. Rock star Bono of the band U2 has been a high profile supporter of the Jubilee campaign for debt cancellation. He recently addressed Harvard University students about the campaign and what motivates him to "rebel against indifference." Read Bono's speech (http://www.jubilee2000uk.org/worldnews/northamerica/bono_addresses_harvard.htm). What does he have to say about how people from totally different spheres—rock stars, politicians, economists, and activists—can work together? How do you rebel against indifference? How would you answer Bono's final question about whether we can do the impossible?
- C. Food is a basic human right. Find out more by looking at the WHO summary of food as a human right (<http://www.who.int/nut/rights.htm>). Create a poster which lets others know about their rights related to health and nutrition. And consider the flip side of the rights equation: If everyone has a right to food security, what are some of the corresponding responsibilities we all share—in our families, our communities and in the world?

Take action

Buying Fair Trade products is a concrete way to challenge poverty, because it provides a better income to farmers and producers. You can buy Fair Trade gifts and clothes through outlets such as Ten Thousand Villages (<http://www.villages.ca/>). Some universities in Canada have also adopted rules about labour conditions in the factories where products carrying university logos, like bags, sweatshirts and other gear, are sourced. This ensures the workers earn a living wage and enjoy basic human rights. Find out more about how youth can organize to promote fairer working conditions in factories that produce student goods through Students Against Sweatshop (<http://www.campuslife.utoronto.ca/groups/opirg/groups/sweatshops/sas-c.html>).

Youth Group Activities

Stone Soup

Objectives:

- to identify individual responses that can make a difference in addressing local and global hunger
- to reflect on how collective action can magnify individual responses

Suggested time: 40-50 minutes

You will need: A version of the story “Stone Soup”; paper and pencils; a pot; highlights from the first three sections on World Hunger and the What You Can Do page.

Background: There are many variations on the folktale “Stone Soup,” which relates how the people of a miserly village come to share in preparing a feast. In some, the main protagonists are three soldiers returning from war; in others, it is a lone beggar. The main plot is that first one stingy villager, and then another, is coaxed into donating ingredients to a pot of stones, until the pot is brimming over with a rich and hearty soup to be shared by all. The lesson is that, by sharing what we have, we can produce plenty from what seemed to be nothing.

Prepare: Before doing this activity, locate a Stone Soup story to read aloud with your group. One delightful Canadian version is *Bone Button Borscht* by Aubrey Davis (Kids Can Press, 1995). Although written and illustrated for children, it has universal appeal.

Read the story aloud with the group: You may wish to animate the reading by sharing it among several group members—one may be the narrator, another the beggar or soldier, others the villagers.

Talk about it: Ask group members for their interpretation of the story. Present an overview of the first three sections of this series and discuss the situation of world hunger. What does the Stone Soup story have to say about solutions to hunger in our world? Do they see parallels with how their own actions can contribute to ending hunger? What about the contributions our governments can make? You might want to use ideas from the “What You Can Do” section if the group needs help.

Make your own “stone soup”: Ask each group member to think of something concrete (no matter how small) that he or she can personally do to challenge hunger. Have them write their suggestions down on a small piece of paper and put it in an ideas pot. Then ask them to think of something they feel Canada can do to combat hunger internationally. These ideas should also be added to the pot. Finally, pass the pot around and have each participant read out two of the suggestions. Ask: *If these words were actions, what would we have accomplished?*

A Biblical reflection for Christian groups

Objective: To how a biblical text can shed light on our role in the fight to end hunger

Suggested time: 40-60 minutes

You will need: Bibles; highlights from the first three pages of this series on World Hunger and the “What You Can Do” section; the *No More Hunger* video (optional).

Begin with a reality check. Give your group an overview of world hunger by sharing highlights from the first three sections of this series. You may wish to combine numbers and stories, bad news and good news. You may wish to watch the first two sections of the *No More Hunger* video. Discuss how youth feel about the extent of hunger in the world.

Read Isaiah 58:6-8:

**Is not this the fast that I choose:
to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?**

**Is it not to share your bread with the hungry,
and bring the homeless poor into your house;
when you see the naked, to cover them,
and not to hide yourself from your own kin?**

**Then your light shall break forth like the dawn,
and your healing shall rise up quickly.
(NRSV)**

Isaiah is talking about worship in the context of a broken world. He writes clearly about the true fast (worship) that God wants. It is to undo the thongs that bind the oppressed to their heavy yokes. A yoke is a wooden bar worn around the neck for carrying heavy loads. It was fastened in place by leather thongs. In the Bible, to remove the yoke is to free those who are oppressed. The writer of Isaiah is proclaiming that God wants us to go further—to break every yoke that oppresses!

World Vision and many church organizations actively lobby governments on issues of globalization that continue to oppress the poorest in society—issues

such as international debt, trade agreements that favour rich countries at the expense of poor countries, and irresponsible resource exploitation that disregards environmental or social concerns. How does this advocacy work fit with your understanding of the role of churches and Christian development organizations?

The Isaiah text places care for the hungry squarely in this context of a call for justice. One way that we work out justice is through assisting those in need. When we look at Jesus’ ministry on earth, we see many examples of **justice and compassion** hand in hand (healing, feeding, teaching, denouncing injustice, being with society’s outcasts, etc.). Similarly, we work out justice by being compassionate with the ones closest to us.

Is God even concerned about the one hungry person when millions are starving? The Bible answers in the affirmative. Jesus measures our love for Him by how we treat “the least of these”—the hungry, the naked, the sick, the imprisoned (Matthew 25:31-40). Also in the Matthew’s gospel, Jesus endorses even small, individual acts of compassion—the “cup of cold water” (10:42).

Where are we to start? Read the Matthew texts listed above. What actions can you undertake that respond to Jesus’ teachings? Look at “What You Can Do” or watch the rest of the No More Hunger video for ideas. Using wallet-sized pieces of paper, write your ideas down in a “note to self” and keep them somewhere where you can review them occasionally.

The end result? Our “light shall break forth” and our “healing rise up quickly.” We are working toward the better world so brilliantly described in Isaiah 65:17-25 below. Hunger and premature death will not be part of this new earth:

No more shall there be in [the new earth] an infant that lives but a few days, or an old person who does not live out a lifetime.

Read Isaiah 65:17-25 aloud. Reflect on the better world that God wants for us all. Pray regularly that you might be an instrument in bringing this new world into being. Expect to find your role.

Teacher Notes

World Hunger presents a comprehensive introduction to the causes and consequences of hunger, and provides an overview of food security, nutrition and structural responses that address the problem of global hunger. It is one of a series of Web-based topic sheets designed by World Vision to engage Canadians in global issues.

Like the other topic sheets in this series, *World Hunger* is presented in an easy-to-use pdf format. It may be printed and distributed as class handouts.

Objectives

World Hunger provides a current context for introducing and exploring several objectives of the following senior social studies and social sciences courses across Canada:

- Food and Nutrition
- Physical and Human Geography
- Global Issues
- Canada and the World
- Civics (Global Citizenship)

It may also be used as part of an inquiry module within language-arts courses or in reflections on ethics or moral responsibility in faith-based studies.

After completing this topic sheet and related activities, students will be able to:

- describe the extent of hunger both globally and in Canada
- identify the World Food Summit target for reducing hunger and current progress in meeting this goal
- describe the impacts of malnutrition on individuals and on social and economic development
- explain why women and children are the most severely affected by hunger
- summarize underlying causes of hunger
- give examples of food security and nutrition-based approaches to reducing hunger
- identify economic policies and factors that influence food security (debt, international trade agreements)
- identify how the right to adequate nutrition is established in major international agreements, such as the Universal Declaration of Human Rights and the Convention on the Rights of the Child

- explain the importance to human health of micronutrients vitamin A, iodine and iron
- give examples of Canada's role in improving food security and nutrition globally, including the role of the Canadian International Development Agency (CIDA) and non-governmental organizations
- demonstrate an understanding of the importance of Canada's global contributions
- demonstrate awareness of how individuals can contribute to reducing poverty and hunger both locally and globally
- demonstrate proficiency in using the Internet as a research tool

Student Exercises

Student Exercises are provided for each of the major sections of the sections. They may be used for assessment, enrichment, extension and extra support to meet the needs of mixed-ability classrooms. There are three assignment categories:

- Knowledge/Understanding exercises evaluate basic comprehension and invite students to further analyze and express personal views on what they have read. Responses can be shared in class discussion.
- Inquiry/Communication exercises invite students to go beyond the given content, investigate a topic further, practice their Internet research skills, and develop presentation skills in a variety of formats. It has been left to you to specify the format in which you would like students to present their findings, whether orally or in writing; in point-form or essay format; with or without visual support. In some cases, you may want to specify the use of a particular format, such as tables, or a software program such as PowerPoint.
- Take Action activities invite students to move beyond awareness to personal involvement—emphasizing the difference our actions can make, both locally and globally. As students follow up on these suggestions, they will be left with a sense that positive and concrete actions can be taken to address the challenge of hunger.

Assessment

- Knowledge/Understanding exercises can be used for initial diagnostic assessment. A student's level of basic comprehension will indicate areas that need reinforcement. Also, individuals who require extra support can be noted.
- Inquiry/Communication exercises can be used for formative or summative assessment, depending on the point you have reached in your teaching/learning cycle assignments. If a presentation is to be formally assessed, let students know in advance that it will count towards their final mark. Establish clear performance expectations.
- Take Action activities may be suitable for evaluation in provinces that include community involvement as a core or optional expectation in a given course of study.

Accommodating difference in the classroom

- Knowledge/Understanding questions may be discussed in groups before responses are shared with the entire class. Group interaction will assist those having difficulty with analytical thinking.
- The Inquiry/Communication sections include a range of difficulty in the scope of the assignments. Preview them and assign those best suited to the individual student's needs and abilities.

- The format you assign to the presentations in Inquiry/Communication may be adjusted to accommodate the needs and learning styles of different students. Consider assigning a more visual presentation accompanied by point-form text for ESL learners or others requiring extra support. Students can be asked for more detail on their conclusions in a follow up question-and-answer session.
- Students will vary widely in their skill in using various computer applications. All students should be able to independently investigate the Web links included in this document. Some may need assistance when assigned more open-ended research. Encourage more able students to go beyond the suggested links. Consider pairing less confident students with more experienced partners.
- You can reinforce curriculum technology requirements by asking students to use a variety of computer applications to prepare their presentations. This will also provide an additional level of challenge for enrichment or extension.

Supporting resources

Suggestions for additional Internet-based resources on this and related topics are provided under the heading "Learn more" in the "What You Can Do" section pages 17-18.

Global Education Resources Feedback Form

We want to hear from you! Your feedback is important as we constantly strive to measure impact and improve our resources. Please fax or mail this form back to us. You can also send comments or lesson suggestions to deved@worldvision.ca.

Please send this form, along with any comments to:
Global Education, World Vision Canada
 1 World Drive Mississauga, ON L5T 2Y4
 fax: (905) 696-2166 or
 e-mail: deved@worldvision.ca *Thank you!*

1. Name of resource: _____

2. How did you learn about this resource? _____

3. With whom did you use the resource? _____

4. What were your objectives? _____

5. Please rate the effectiveness of this resource in helping you to meet your objectives.
 Not effective 1 2 3 4 Very effective

Comments: _____

6. Please evaluate the resource according to the following criteria.
 Poor 1 2 3 4 Excellent

- Overall quality of the resource 1 2 3 4
- Clarity of facilitator instructions 1 2 3 4
- Breadth and depth of subject matter covered 1 2 3 4
- Effectiveness of format/layout 1 2 3 4

Comments: _____

7. What did you find most useful? _____

8. What did you find least useful? _____

9. Please comment on any impact(s) you perceived from the use of this resource (e.g., changed attitudes, actions taken by your group or yourself, etc.). _____

World Vision may use my comments in future promotional material.

Add my name to the Global Education Update mailing list (twice yearly): PDF sent to my e-mail, or print flyer mailed to my address.

Name: _____

E-mail: _____

Mailing Address: _____

Phone: () _____

World Vision Global Education

World Vision is committed to raising the level of informed public opinion in Canada regarding global issues. Our goal is to help Canadians to engage effectively with social justice issues around the world. World Vision offers videos and printed teaching kits, along with our growing inventory of online resources. Please check out our online resource catalogue and read more about Global Education programs at (www.worldvision.ca/resources).

Finally, we would like to hear from you. Please use our online feedback form to comment on this resource, or give us suggestions for future resources. If you have suggested teaching strategies for this resource, you can also share these using the feedback form and we will post them for other teachers.

Thanks!

from the Global Education team.

Global Education

World Vision Canada
1 World Drive
Mississauga, ON L5T 2Y4

Phone: 1 800 268-1650

Fax: (905) 696-2166

E-mail: deved@worldvision.ca

Web Site: www.worldvision.ca/resources