

Food Security

One of the most pressing issues directly impacting poverty alleviation today is the growing challenge of food security.

Food security is the availability of and access to an adequate amount of healthy, nutritious food that meets populations' dietary needs and food preferences. Food security in turn has an impact on populations' access to education, their health, their livelihoods and their life outcomes.

WE Charity's Free The Children model continues to evolve and expand to meet the changing needs of our community partners. In light of these needs, we are proud to announce we are adding Agriculture and Food Security as the fifth pillar of their program.

The Agriculture and Food Security pillar, focuses on innovative farming techniques and water management projects to help ensure developing communities have access to self-sustaining food sources, directly impacting their health, access to education and life outcomes.

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Meet Daniel

Daniel Kirui was hoping for a miracle. When disease wiped out the crops in his small community of Emorijoi in Kenya, the father of two wondered how he would feed his daughters. He couldn't comprehend the magnitude of the situation and what it would mean for his family.

Daniel starts every morning waking up and heading straight to his farm. When he woke up one morning to find his crops destroyed, he felt helpless. He needs the maize he harvests to sell in the market to earn money to pay for the land he leases and to buy seeds for the next season.



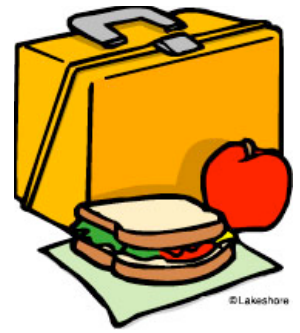
One of the most pressing issues facing developing communities is food security; availability of and access to healthy foods. During this time of emergency, **WE Charity's Free The Children** distributed seeds to Daniel and other small-scale farmers, giving them the tools to plant millet and cassava crops. Daniel cleared and ploughed his land for these new crops so that he could restore his lost income and be able to provide for his family.

"Now we have something to put in the ground," says Daniel, "something to look forward to."

Through this agriculture project and continued agricultural interventions in Daniel's community, Daniel and his family are going to be able to secure accessible, adequate and nutritious food for years to come.

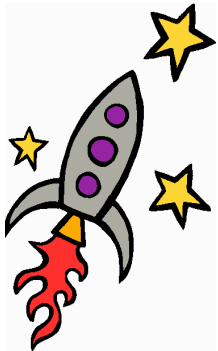
"Food Security" Activity

Have your child help to prepare his/her snack for school. Discuss some of the following as you work: *How many times do you eat at school? In a day?* Compare what you eat at school to what your parents ate when they went to school. *Does being hungry affect how you learn?* Explain. *What can schools do to help kids who come to school without food?*



WANTS VS. NEEDS ACTIVITY

Explain that Mission Control (which you represent) has discovered a new planet and as a family you are going there to start up a new community. Set the mood by naming the planet and the reasons for going there.



Ask your children to close their eyes and imagine the new planet. *How long will it take to get there? What does it look like? Do other people live there? Where will they set up the new community?* Tell them to form a picture of this community in their minds.

With their eyes still closed, ask them to think about the things they will want and need in their new community. Have children open their eyes and discuss ideas together as a family. Make a list or draw pictures of the different 'wants' and 'needs' items. **Explain that Mission Control will provide each family with 16 things you can bring with you to set up your new community.**



Wants & Needs Items:

- | | |
|----------|-----------|
| 1. _____ | 9. _____ |
| 2. _____ | 10. _____ |
| 3. _____ | 11. _____ |
| 4. _____ | 12. _____ |
| 5. _____ | 13. _____ |
| 6. _____ | 14. _____ |
| 7. _____ | 15. _____ |
| 8. _____ | 16. _____ |

Next...

Let them know that Mission Control now says space on the journey is limited. **Each family can now only take 12 items on the spaceship.** *As a family, you must negotiate to eliminate four items.*

Inform your family that Mission Control has issued an emergency announcement and there is even less space available. **Families may now take only eight items with them.** *Again, you must negotiate to eliminate four more items, leaving only the eight most essential for their survival.*

"Food for Thought":



Now that you completed the Activity, as a family discuss the following questions:

1. What was difficult about doing this activity?
What was easy?
2. Which items were easy to discard first? Why?
3. Were some items harder to eliminate than others?
Which ones? Why?
4. What is the difference between a '*want*' and a '*need*'?
5. What do we need for survival?
6. What category does food belong to? Why?

*Before the conclusion of the activity, ensure everyone recognizes that food is a need necessary for survival.

Your participation in the Dance-A-Thon will help fund school nutrition programs, provide agriculture training, assist in planting school gardens and farms, start tree planting programs to address desertification and provide irrigation and watershed development in the village of Rongena in Kenya, Africa.

