

AUTUMN/WINTER 2017

Walking

TOGETHER

THE NEWSLETTER OF FOOD FOR THE HUNGRY UK



**FOOD FOR
THE HUNGRY**

A LESSON FROM THE FARMER

Have you ever considered how much faith it takes to be a farmer? Each year the soil is prepared – meticulously turned, levelled and fertilized and each seed or seedling is planted. Then the farmer waits, allowing the sun and rain to do their part before seeing whether the work of their hands will be fruitful. During the waiting, the farmer is no longer in control – pests, weeds or bad weather all have the power to ruin a crop.

It's hard, risky work but the hope of the harvest is what keeps them focused.

It's the same hope we in Food for the Hungry have as we walk with communities around the world helping them lift themselves out of poverty. We cultivate lives with training, resourcing and encouragement and wait patiently to rejoice with them in their harvest of prosperity and security.

We know you will be encouraged to read in this newsletter about the faith and hard toil of the farmers in the communities we walk with in Uganda, Kenya and Burundi.

As you read their stories please would you consider whether you could commit to sponsoring a child with us for just £22 a month, or simply give a one-off donation towards a specific community?

*P.S As you can read on page 3, we have updated our vision, purpose and values statement – the heartbeat of our organisation – to reflect how God has developed us in recent years. I think you'll agree they are both inspiring and challenging statements to live up to...
...but with God's help, we can.*

We couldn't do what we do without the big-heartedness of friends and supporters just like you.

In 1 Corinthians 9, Paul exhorts us all to be generous; *"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously... Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be enriched in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."*

Thank you for walking with us – we pray God will bless you and keep you.



Sarah Smart

*UK Director of
Development and
Communications.*

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THE HEARTBEAT OF FH

1. We follow Jesus

We are ambassadors of Jesus in our thoughts, words and deeds.

2. Our work is relational

We pursue reconciled relationships of grace with those with whom we work, partner and serve.

3. We invest wisely and focus on results

We are stewards in God's Kingdom and strive to invest all resources to maximise missional impact.

4. We serve with humility

We recognise the dignity of others and put their interests above our own.

5. We pursue beauty

In a broken world, we are witnesses through our relationships and work of God's beauty, goodness and truth.

Our vision

All forms of human poverty ended worldwide.

Our purpose

Together we follow God's call responding to human suffering and graduating communities from extreme poverty.

POST HARVEST HANDLING (UGANDA)

Growing crops for food is one thing, but for an impoverished farmer this is not the only challenge. What happens to the crops once they have been harvested?

Unfortunately, in Eastern Uganda a substantial portion of harvested crops are lost for lack of proper storage facilities, which has been the case in Magada sub-county, a part of the Namutumba district. Most farmers in this region have been losing 30-40% of their harvested

crops, and some have lost up to 60%. This is such an unnecessary waste in any conditions, especially when you consider that just under half of the population live below the poverty line.

Storage and post-harvest management are crucial requirements to get the most out of a crop. The situation in Eastern Uganda could improve if farmers are given the training and equipment to reduce post-harvest grain losses.





We have started a project in Magada which aims to increase household income by over 30% within the first year through the provision of Hermetic silos for storage and training of smallholder farmers in post-harvest management. This could reduce grain losses to below 5% and give smallholder farmers the chance to sustainably improve their livelihood.

Hermetic silos increase food quality and safety as pests and carcinogenic chemicals produced by mould in grains are destroyed by lack of oxygen inside the container.

600 grain-producing smallholder farmers will be selected for the project, but the benefits will ripple outward to their families - positively impacting an estimated 4000 people.

After the completion of their training, each farmer will be requested to contribute half the cost of their locally manufactured silo, ensuring their commitment to the long-term sustainability of the project.

Each Farmer will also receive training in how to manage their increased income and potentially invest in more silos for the future.

The children of Magada community will greatly benefit. Not only will their own diet be more plentiful and nutritious – resulting in stronger, more healthy bodies and increased ability to learn at school – but the increase in family income will improve their chances of lifting themselves out of the cycle of poverty.

FARMING GOD'S WAY



Kenya's economy depends on agriculture. But the land has become tired and depleted because of overgrazing and poor agricultural practices. A growing population and unreliable rainfall patterns add to the problem and the productivity of the land has been drastically reduced. In Kenya, we have been adopting the practices of the *Farming God's Way* network – a centre of resources which teach about biblical principles on farming. There is also a spiritual dimension to this approach to farming which includes acknowledging God and His ways. We have set up a demonstration farm in the Ndunyuruma community, where the aim is to teach the local farmers all about the practices of biblical farming and how it can rejuvenate the fruitfulness of the land.





Among the practices being taught is the planting of fruit trees to act as wind breaks around cultivated areas. Because of deforestation, strong winds blow away the “mulch” which is a vital protective layer laid down on the soil to retain moisture and improve fertility. The fruit trees planted also provide more diversification in nutrition.

Conserving rainwater in the area is also being considered with solutions such as the renovation of a 100,000 litre water pan in the school grounds, giving the children vital access to clean, safe water. The drilling of a bore hole or shallow well is also an option.

Weekly groups have been set up from within the Ndunyuruma community where training is given on the *Farming God’s Way*

model. As a way of taking responsibility themselves, the groups carry out weeding activities at the demonstration farm before their sessions begin.

After the first three months since the beginning of the project, and despite a discouraging dry period, the crops at the demonstration farm exceeded all expectations. Already, school children in the region have had their diets enriched by the addition of kale – a cabbage which is high in nutrients and considered to be one of the world’s healthiest foods – harvested from the farm.

News of the farm’s high productivity has travelled beyond the community, and visitors have come to learn about the methods being used, determining to replicate the practices in their own farms.

WOMEN FARMERS, BURUNDI

Needs are often thought about in terms of food, shelter and clothing. But there are other needs which can be overlooked, particularly in poorest countries. Dignity and self-worth are as scarce as food for the women and children of Burundi, who suffer excruciating hardship and abuse from the poverty and gender imbalances that pervade the country.

Poor harvests have led to women and children fending for themselves while the men have sought work in towns and cities. Typically, women have limited access to household income, and little say about how it is used.

Food for the Hungry stepped in with a two-year project in Mwumba, focusing on helping 150 vulnerable mothers lift their families out of the vicious circle in which they find themselves. They have been organised into 17 associations and together have learned how to work as a cooperative, receiving training in modern farming techniques and shown how to construct kitchen gardens. A demonstration farm has been used for training women farmers in modern agriculture techniques and a basic tool and seed kit has been provided.





Dancilla, is a warehouse manager for the associations. She is only 23 but is a very impressive and motivated young lady. Surplus food is stored in the warehouse with air circulating to reduce moisture and spoilage. Food can be accessed when needed, or sold at market when prices rise. Dancilla has already seen and understands the benefit the warehouse will bring.

Each woman has also been provided with a goat and a pig. A cascade process ensures that the first recipient will pass on the first offspring from her pig and goat. This system

encourages group unity and discourages the sale of offspring for immediate financial gain.

Also, each association has been given a cow, with the end goal being each family receiving an offspring of the cow.

Within 2 years the women will be empowered to carry on what they have learned without external help and will be in a better position to address the dangerous imbalance that exists between them and the men of their community.



UK Updates



From Wadhurst to Burundi

Earlier this year a team from Wadhurst visited the Mwumba community in Burundi. They had a great time seeing how well the community were thriving and meeting up with their sponsored children. We want to thank each member of the team for their continued support and commitment to the community and we look forward to their next visit!

We need volunteers!

If you have skills and abilities that could use to help us in our work here in the UK, then we need you! We are looking for someone to work with our team focusing specifically on our online communications – including social media pages and our website development. For more information, drop Sarah an email ssmart@fh.org or call her on **07939 171145**.

Host a Speaking Engagement in Your Area



Did you know that we travel all around the UK speaking at churches, schools, coffee mornings – and all other kinds of groups and venues? We would love to come and visit you!

If you would like to host an event where we can share more about the work we do with some of the poorest communities in the world please email us at uk@fh.org

This year,
give gifts that

Matter

This year we want to give you the opportunity to buy gifts that really matter for your family and friends.

A great way to say
FLEECE Navidad!



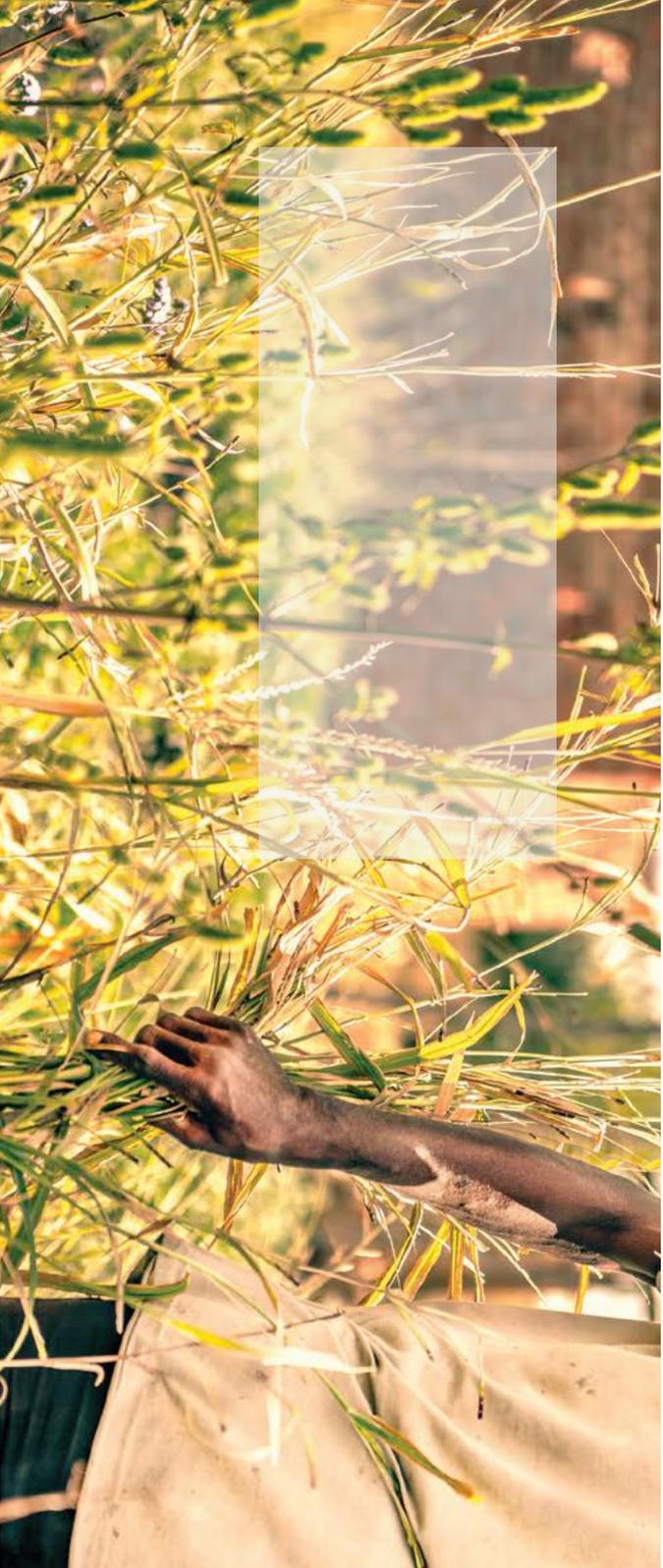
Our alternative gift appeal will be launched online at the end of October giving you plenty of time to browse and purchase one of our carefully chosen gifts for someone you love... including a piglet, chickens, a goat, school books, seeds, water filters, a bible... or even a pile of manure! If you are not yet signed up to our email list but want to make sure you don't miss the launch of the appeal please email us at uk@fh.org and sign up today.



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He who sows seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.

2 Corinthians 9:10 (ESV)