



GAME:
Food Tag



INSTRUCTIONS:

1. Divide the children into groups, into as many or as few groups as you would like.
2. Give each person in each group a small sticker, which represents a food group. One can be meat, one can be a vegetable, one can be a dairy and one can be a fruit.
3. Have 2 children who are 'it' and blindfolded. Each of these 'it' children will have their own 'basket' area where the children they tag are to go when tagged.
4. The idea is to tag as many children as they can so that they can 'eat'. As they tag a child, that child has to go to the 'it' area of the child who tagged them. Invariably one child will do better than the other and have much more food to eat.
5. Talk about how it feels to have more and how it feels to have less.
6. If you play it a second time, you can vary it by having one or two more 'it' children. The tag areas for these children should not be a basket but a 'waste' area. These children can be labelled after a problem, such as: drought, flooding, fire, stealing, lost job, illness, war, high food prices. The children tagged by these 'its' keep food out of the baskets.



ACTIVITY:
The Hunger Tree

This activity uses the image of a tree to help children understand the problem of hunger.

MATERIALS: Hunger Tree template

INSTRUCTIONS:

1. Divide the children into smaller groups and pass out copies of the Hunger Tree template.
2. Ask the children to think about ways that hunger affects people and communities and write them on the tree trunk. *(example: hunger makes it difficult for children to concentrate in school.)*
3. Come together to discuss their answers as a group.



PRAYER:
**God Always
Provides For Us**



Dear God, thank you for the food you give us, and give us a heart to share with others so we can work together to eliminate hunger in the world. Thank you for programs that provide food for people like Anne, and we pray that you protect her and her family so that she and her siblings can keep going to school. We are so thankful that we get to also learn and go to school. In Jesus' name, Amen.



PRESENTED BY



Hunger Bites in Kenya



Contact us to order additional copies of Kids Care at:

Canadian Baptist Ministries
7185 Millcreek Drive
Mississauga ON L5N 5R4

PHONE: 905.821.3533

FAX: 905.826.3441

EMAIL: communications@cbmin.org

cbmin.org

© KIDS CARE, Canadian Baptist Ministries. 2017. All rights reserved.



CBM embracing a broken world
through word & deed

LEARNING OBJECTIVE	To learn about the scope & impact of hunger around the
KEY CONCEPT	God Always Provides for Us
BIBLE APPLICATION	Genesis 9:3
MISSION ADVENTURE	Kenya



BIBLE VERSE:
Genesis 9:3

God is Always Provides For Us



INTRODUCTION:

Hunger has serious consequences. It breaks God's heart when he sees people who do not have enough to eat, because he provided everyone on the planet with enough food that we are all supposed to share. God wants us to care about the things that he cares about, so that we can help do something about it. God put us in charge of making sure everyone has enough food to eat. Let's ask God to help us remember people who are hungry every day, whenever we also feel hungry or are about to eat a meal.



BACKGROUND:
Kenya

Kenya is located in East Africa near the Equator (the imaginary line that divides the Earth into the Northern and Southern Hemispheres). CBM's Maai Mahiu project emerged out of the violence of the 2007 National Elections in Kenya. Maai Mahiu is an area of the Rift Valley about two hours from Nairobi. CBM's partner, the African Christian Church and Schools (ACC&S), has several congregations in this region. Development work began in 2005 with the *Guardians of Hope* HIV and AIDS program.

Post-election violence affected the entire nation, including Maai Mahiu. Over 600,000 people were internally displaced in Kenya. The majority never returned to their former homes. Thousands sought safety in Maai Mahiu. CBM and the ACC&S responded immediately with provisions, medical supplies, and creating safe spaces for children. Funding and technical support from *Canadian Foodgrains Bank* facilitated a major food aid program that later received government recognition.

After the crisis passed, local congregations asked CBM for assistance in the settlement of new families. 80% of Kenyans work on farms or in agriculture-related occupations. However, the semi-arid conditions of the Rift Valley were already made more difficult by climate change. A food security program was designed with CBM and Foodgrains Bank funding. Community-based training was provided on conservation agriculture – a form of farming that emphasizes improved productivity through restoring the capacity of soils. Church-based development workers provided mentoring and technical assistance.

Demonstration plots showed farming families the benefits of new practices of cultivation and different crops. Churches were used to hold community meetings, Bible studies and prayer for new members. Water projects provided secure sources for household use and irrigation.

The Maai Mahiu project has been visited by delegations from the Canadian High Commission in Kenya. It is considered an example of best practices in helping local farmers respond to climate change.

Conservation agriculture is sometimes called Low Input Agriculture or Farming God's Way (in East Africa).



The general principles are: low tillage or non-tillage of soils, the use of natural fertilizers such as green manures and compost, the use of mulch to control weeds, organic pest control, and crop rotation to enhance soil fertility. The traditional techniques of plowing used in many cultures reduce soil moisture and nutrients by exposing tilled ground to wind and the elements of weather. This means that conservation agriculture requires a cultural shift in farming practices.

Conservation agriculture offers a proven model suitable for farms where intensive labour can be supplied. Nutrition training is often included in the program in order to introduce the concept of kitchen gardens with new crops that help to meet the need for a healthy family diet.

CBM's East Africa food security team meets annually to review progress and update training. A group of agricultural research scientists from Nova Scotia has sent representatives to provide technical input on issues ranging from soil fertility to post-harvest storage. CBM has conservation agriculture programs in Kenya, Rwanda, DR Congo, and India.



MISSION
ADVENTURE
STORY:

Hunger Bites in Kenya



Hi! Habari! My name is Anne and this is my family. Welcome to our village in rural Kenya. We live in a nice house with two rooms. A typical day for me and my friends looks like this:

I wake up at 5:00am. After washing up outside, we eat a little breakfast, usually tea and dinner leftovers from the night before - either ugali (maize porridge) or githeri (boiled maize and beans). Then I get dressed for school! At 6:00am I start my walk to school. Many kids in my region walk a long time, sometimes over an hour, meeting friends along the way. School starts by 7:00am. We study many subjects like math, reading and writing. My favourite subjects are English and Kiswahili. Soon, it is lunch time. Some of us bring a packed lunch if there's enough food at home.

Staying awake or concentrating on my school work is difficult when I don't have enough to eat and am hungry. Like during the time we had a drought. We had very little rain and all of our fields dried up. My parents could not grow anything to eat and sell, so we had no money and no food. They could not afford to pay my school fees. Many of my friends had to stop going to school. This made me very sad.

We could not believe it when we saw the truck arrive with food relief one day. It was organized by a church in our region, called the African Christian Church & Schools, and some of their international friends, CBM and Canadian Foodgrains Bank. We heard that churches from as far away as Canada helped us in our time of great need. We praise God so much for this blessing!

These churches and groups helped us start a new community development program. They are training my parents and other families on how to earn money through different ways of farming and to grow healthier food, helping us plant new crops and learning ways to protect the soil. We received seeds that grow strong without much water, and now we grow all kinds of crops, like maize, beans, big peas, and cassava.

School is over at 5:00pm and we head back home, where we have chores to do. I start to cook if my parents are still working in the fields. Some of my friends fetch firewood. Some go to the nearest well or water tank for water. During the drought, many kids stayed home from school and walked long distances to purchase and bring back water. The new program in our village is helping us to have water closer to the village. Some homes even have their own small tank outside to catch water off the roof when it rains.

Cooking used to take a long time and use lots of firewood until we were shown how to use this new stove called a jiko that uses less firewood. Better for the environment! We eat dinner around 8:00pm, which is usually ugali with some greens like kale or cabbage or githeri. After dinner, we clean and put the chickens and goats back in their pens for the night.



We are lucky that we have a goat. My mom got it from the program that helps people borrow small amounts of money. It is called microcredit. Sometimes we even get goat milk, and we can sell the baby goats for money to pay for my school and other important things we need, like medicine. We have chickens too!

Sometimes at the end of the day our neighbours come by for a visit. We talk, and laugh, and share our plans and dreams. One day, I want to be a doctor, so I can help people who are sick to get better. My dream is for my whole village to be healthy! Soon it is time for bed. I help my brothers and sisters get ready for bed. And then it's time for sleep. Good night, everyone!

DISCUSSION QUESTIONS:

1. What happened that made it difficult for Anne's family to grow food?
2. Anne would get very hungry when her family could not buy or grow food. Have you ever been hungry?
3. What kind of chores does Anne and her friends do? What chores do you have to do at home?
4. Name one thing Anne learned about protecting the environment.
5. What is one way you can show compassion by helping your neighbours?



SNACK:

Popcorn for Thought



Staple Kenyan foods consist mainly of corn, maize, potatoes, and beans. There are two national dishes: ugali (maize porridge) and nyama choma (roasted meat). Ugali is eaten by most Kenyans on a daily basis. However, popcorn is something you'll find being sold most places in Kenya as a snack or treat! Enjoy your taste of Kenya.

MATERIALS:

- Large bowl of popcorn
- Small cups or containers