




Food for Kenyan Families—Give a Gift that Grows

Atlantic Baptist Women 2017 Mission Action Project for Children and Youth

What are your favourite vegetables: carrots or corn, tomatoes or turnip?

For many families living in Kenya, having a choice of nutritious food may not always be available. Good, nutritious food is important for everyone to grow healthy and strong. Those who do not have enough good food are undernourished. This means that they do not have enough food to eat to meet their needs for an active life to be able to play, work, and go to school. It is estimated that 1.3 million Kenyans are food insecure and are in need of assistance (<http://www.wfp.org/countries/kenya>).

Food Facts:

-  Some 795 million people in the world do not have enough food to lead a healthy, active life. That's about one in nine people on earth.
-  The vast majority of the world's hungry people live in developing countries, where 12.9 percent of the population is undernourished.
-  Sub-Saharan Africa is the region with the highest prevalence (percentage of population) of hunger. One person in four there is undernourished (from: <http://www.wfp.org/hunger/stats>).



\$75 will help families in Kenya have better farms and gardens. This gift keeps on giving because it will help farming families improve the nutritional value and yield of their small plots of land. The impact of drought will be reduced with training in a method of conservation farming that nourishes and protects the soil and encourages the planting of trees.

Contributions to this project will help families now as well as in the future. Families in Kenya will learn the best practices for conservation and organic farming. They will receive help and be able to continue to grow their own nutritious food. Food will then be more available to more people, helping to reduce the number of those who suffer from being undernourished.

Your offering may be sent to your ABW provincial treasurer, designated for the 2017 Mission Action Project, "Food for Kenyan Families—Give a Gift that Grows."

Children and youth-ministry leaders may use the 2017 Canadian Baptist Ministries *Kids Care* resource (soon to be available) for stories and activities that will engage the learners. Watch for this resource that will help children and youth discover how Canadian Baptist Ministries is involved with food security projects; *Kids Care* will be available in the spring.

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This year, children and youth have an opportunity through the 2017 Mission Action Project to make a difference that will provide families in Kenya with food . . . food that the families can grow! Children of your church may contribute to the "Give a Gift that Grows" project.

\$25 will provide fresh fruit & veggies for a family. It will help a family grow their own food, and will provide a variety of seeds as well as training about kitchen gardens and organic farming. The training will teach families the best methods of gardening so that they will receive a good harvest after their hard work of planting the seeds and caring for the crop. The fruit and vegetables can also be sold to provide for other needs, such as medicine and school fees for children.



A Kenyan woman stands in a garden

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