



fh

food for the hungry

let's end poverty together

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Breaking the cycle of Poverty

“Sustainability” is not a word you will find in the Bible, yet it is a key concept in all we do in Food for the Hungry. Unlike the birds of the air, Man was created by God to work (Genesis 2:15). As part of our projects, we can provide education, healthcare and food, and very important foundations they are, but unless a community has a correct understanding of work when it graduates, it will not reach the potential that

God has given it and the progress made cannot be sustained or built upon. That’s why we try not to do things TO or FOR a community but we walk WITH a community, so through experience and example it learns the importance of generating income in fair, just and productive ways which are honouring to God and to its neighbours. The Bible teaches “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” (Colossians 3:23). If communities understand and follow this godly principle and continue to implement what they have learnt, then after Food for the Hungry withdraws, the progress already made can be sustained, with potential for further growth in the future.

Paul Cornelius

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PS We have enclosed a women of action newsletter. This describes the inspirational work with which FH is involved in Bangladesh.

PPS Take a look at our new web-site at www.fhuk.info We hope you like it!



Who is Food for the Hungry?

We are a Christian international development organisation that has been serving the poor globally since 1971. We tackle root causes of poverty until the change created can be sustained and communities graduate. We have a track record of real and lasting change in some of the toughest situations on the planet. Our mission is to walk with churches, leaders and families in overcoming all forms of human poverty by living in healthy relationship with God and His creation.

Strengthening livestock markets in Northern Kenya

The FH team works in three livestock markets to increase community engagement financed by a UK government grant. Sales have tripled in the last year benefiting all. The focus on encouraging women traders will help ensure that families and children see long-term benefits. Women have been trained in financial literacy, business development, negotiating and accessing bank loans. In addition, exchange visits were arranged to allow women from Illaut and Turbi to visit women traders in Merille to learn from them. Barriers for women traders were discussed and discussions held about fostering



a more enabling environment. Studies have repeatedly shown that when women receive extra income, they spend on family food and education at a higher rate than men do. Empowerment of women is also very significant in reducing maternal mortality.





Self help groups in Nkunga, Kenya



Self help groups meet in Nkunga, Kenya facilitated by FH. This community transformation project has had a number of successful outcomes prompted by community ownership, including a water project.

Puerto Camacho celebrates graduation

At the end of September, the project in Puerto Camacho was handed over from FH to the local church after a year of transition. At inception in 2009, the impression in the community was that they were trapped in a poverty cycle with an associated belief that if you are born poor, you'll die poor and there isn't much you can do about it.

Caroline Burns noted the impact of the project on some of the children. Jose was a child in 2009. In 2015, he is now a mature and responsible 16 year old who plans a career in medicine, even to be a brain surgeon. After researching his options, he plans to study in Cuba then return to help his fellow countryman. He is already a leader in his church youth club.

This is an example of probably the biggest change in Puerto Camacho. Inspired by understanding that they are made in God's image, the children have the belief in a better future. They dream of being doctors, lawyers, teachers, agronomists and even brain-surgeons! The trajectory has changed - these confident young people with a future and a hope will become the community leaders and members of thriving churches and families of tomorrow.



Photos showing Jose (circled) in 2009 and 2015



Maternal health in Haiti

The sustainability of the FH maternal health project in Haiti is secured in a number of ways but the most important is through promotion of local ownership. The local Department of Health and the community leaders (elected leaders, religious leaders and influential men and women) have been engaged from inception. Additionally, the Care Group model of cascading health messages through volunteer leader mothers focuses on increasing knowledge, building motivation, and constructing a network of positive social relationships.



Overcoming poverty requires reconciled relationships

Colossians 1:20 says that Jesus came to reconcile broken relationships in heaven and on earth. Mending relationships is key to sustainable poverty-reducing programs. For example, in the DRC (as in Haiti), FH works through Care Groups. Each group has 10-15 members and is led by a community volunteer (a mother leader). The relationship concepts are taught while the mother leaders also provide practical lessons on maternal health. Life-saving information is passed on to young mothers who are often under-educated regarding basic nutrition, health and hygiene practices. Part of the training encourages women to give birth in hospital particularly when they suffer from the complications they have learnt about.

Thanks to the generosity of supporters, we have also worked with Nyangezi hospital to improve their maternal health facilities when mothers do need to go to hospital. Other community initiatives FH completes include establishing savings groups to access loans for small income generating ventures and teaching better agricultural and nutritional practices.



Jonathan Rushworth, a supporter writes...

“Such an amazing and inspiring story which goes beyond childbirth and education to broader healthcare, combating hunger, savings groups and micro-finance. That’s one of the impressive things about the charity; it addresses so many of the survival and sustaining needs of a community.”

Community transformation in Mwumba, Burundi

The IMF’s latest report says Burundi is the poorest country on the planet, with a GDP per capita of just over \$315. The African Union and the European Union are moving towards further targeted sanctions against the regime. The Burundian Government has been backed into a corner, is facing international isolation and condemnation. Meanwhile, the FH project in Mwumba continues to thrive. The farming associations established a year ago harvested their seasonal crops of soya beans

and potatoes. Church leaders are shown below embarking on a year long training program discussing the love of Christ in word and action. Participants attended from Catholic, Anglican, Pentecostal and Methodist churches. Meetings to encourage Sunday school teachers and to share challenges were also facilitated. These activities that bring the community together are particularly important when the country is racked by sectarian violence and factions pro and against the government.



Azizi Life Christmas cards 2015

Azizi Life started by helping train and equip local artisans in southern Rwanda to run successful businesses. It then developed to give artisans access to wider markets in the developed world. See the exciting story on <http://azizilife.com>

If you would like to order some cards please download the form from the ‘ways to give’ tab on the FH website www.fhuk.info



I would like to support the work of Food for the Hungry



I would like to give £ monthly quarterly annually

Standing order form

Name and full address of your Bank or Building Society

To: The Manager of

Bank address:

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Bank sort code Account number

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Title Name

Address

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Tick to increase the value of your gifts *giftaid it* Date

I want to Gift Aid my donation today and any donations I make in the future or have made in the past 4 years to Food for the Hungry UK I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.

I would prefer to give a **single gift** to support the work of Food for the Hungry

Enclosed is my gift of £

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