



CROP Hunger Walk Recruitment Activities and Demonstrations



Charlotte CROP is a poverty-fighting organization that honors the call to improve the quality of life of people suffering from poverty and hunger. We educate, inspire and empower the Charlotte community to become agents of change through fund-raising events with local and international impact.

Twenty five percent (25%) of the funds raised stay in Charlotte to benefit three local agencies: Crisis Assistance Ministry, Loaves & Fishes, and Second Harvest Food Bank of Metrolina. The balance of the money (75%) is used worldwide by CWS Global (Church World Service) to relieve the tragic results of catastrophic events such as earthquakes, flooding, and famine. The agency also provides sustainable development and education in impoverished countries.

The following activities and demonstrations can be used during Minutes for Missions, outreach announcements, or other presentations with audiences of all ages, faiths, and backgrounds in order to recruit and excite walkers for this year’s Charlotte CROP Hunger Walk. Most of the activities and demonstrations take 5-10 minutes. Any of these activities can easily be adapted to meet your group’s needs.

If you would like additional information or have questions regarding these demonstrations, please contact us at:

Charlotte CROP Hunger Walk
300 Hawthorne Lane
Charlotte, NC 28204
704-333-9255
www.charlottecropwalk.com
director@charlottecropwalk.org

I. Hunger Activities and Statistics:.....	3
<i>A. Facts for Action</i>	3
<i>B. Grocery Bag Challenge</i>	5
<i>C. The BB Illustration</i>	6
<i>D. Parent’s Choice</i>	7
II. Water Activities and Statistics:	8
<i>A. How hard can it be to carry water?</i>	8
<i>B. Thinking about Water in the Global Village</i>	9
<i>C. Water For All</i>	10
III. Health and Education Activities and Statistics:	11
<i>A. Health in the Village: A Simulation</i>	11

Facts for Action:

- 1.1 billion people are forced to survive on less than a dollar a day – one of every six people in the world. However, while there is progress in Asia, many other regions, especially sub-Saharan Africa, are staying the same or falling further behind on poverty levels.
- The proportion of the world's population living on less than two dollars a day: almost 50% (2.8 billion).
- Over 805 million people – almost three times the population of the United States – are undernourished, meaning they do not get enough food to lead active, healthy lives. MDG 1: The percentage of the world's population suffering chronic hunger has fallen somewhat in recent years, but the decline is slowing. Furthermore, the actual number of people suffering from hunger is increasing.
- Every day, almost 16,000 children die from hunger-related causes – one child every five seconds.
- **CROP really is helping:** the world hunger statistic has dropped by several hundred million people over the last 10 to 15 years because of a huge push by governments and NGO's (like CWS- where 75% of our funds raised go). With continued support we can help even more people.

- In 2013, 45.3 million people (14.5%) in the U.S. were in poverty
- 19.9% of children under the age of 18 in the U.S. were in poverty (2013)- 14.7 million children
- In 2013, 4.2 million (9.5%) of seniors 65 or older were in poverty in the U.S.
- In 2011, 4.8 million seniors (over the age of 60) (8% of all seniors in the U.S.) were food insecure
- In 2013 17.5 million U.S. households were food insecure (14%)¹
- Persons below poverty level in Mecklenburg County, North Carolina: 15.4% of the population (155,931.006))²
- Persons below poverty level in the state of North Carolina : 17.5% of the population (1740193.7)³
- Charlotte Child poverty rate: 22%⁴

- Crisis Assistance Ministry Facts:⁵
 - Over 200 families seek assistance from CAM on an average day
 - 273 mattresses distributed in an average month
 - 2,771 families received furniture or appliances
 - 17,354 households received emergency financial assistance

¹ <http://www.feedingamerica.org/hunger-in-america/>

² <http://quickfacts.census.gov/qfd/states/37/37119.html>

³ <http://quickfacts.census.gov/qfd/states/37/37119.html>

⁴ <http://datacenter.kidscount.org/data/tables/43-children-in-poverty-100-percent-poverty?loc=1&loct=2#ranking/2/any/true/36/any/322>

⁵ <http://www.crisisassistance.org/>

- Loaves & Fishes Facts:⁶
 - Within the last year, 93% of Loaves & Fishes clients surveyed reported that at some time in the last 12 months they ran out of food before they had money to buy more
 - 78,602 hungry people (the amount Loaves & Fishes fed in Mecklenburg County in 2014) is enough to fill the Bank of America stadium

- Second Harvest Food Bank of Metrolina Facts:⁷
 - In 2014 SHFB distributed 45 million pounds of food and household items
 - Distributes 327 pounds per minute for every minute the food bank is open
 - Provides food and other resources to 650 partner agencies who help feed the hungry
 - Approximately 520,000 people in Second Harvest's 19 county region live at or below the poverty level
 - Over 42% of the people at risk of hunger in their region are children and seniors
 - More than 40% of the families served by SHFB do not make enough money to meet the basic monthly expenses of food, housing, transportation, child care, and health care

⁶ <http://www.loavesandfishes.org/>

⁷ <http://www.secondharvestmetrolina.org/Capital-Campaign/Where-We-Started-Where-We-Are-Going.aspx>

Grocery Bag Challenge – End hunger with a match

Mission Moment:

Items needed: Grocery bag filled with: grocery receipt, sample junk food, small bag of rice.

(Holding up a grocery store bag) See this grocery bag I'm holding. When you need food for dinner or to restock the fridge, you grab your grocery bags, drive to the store and buy what you need, right? How often do you go to the store? Weekly? Daily?

What about when you have a holiday approaching? For example, when you go to the store to stock up for the Labor Day cookout, what do you put in that grocery bag? Chips, sodas, cookies, pies? *(pull out a sample junk food)*. How much of your grocery bill goes to buying non nutritious items such as junk food?

How much do we really spend each shopping trip? *(Show a receipt)*. The average grocery bill for family of 4 in the United States is about \$854.60 per month⁸. That equals about \$215 a week. For some with small children it will be less, if you have two teenage boys it will be more – much more! \$215 a week is the low-cost estimate. Half of the world's population must try to survive on an income of \$18 a week or less. Putting these side by side is like comparing our full grocery bag to this little packet of rice. *(show packet of rice – holding it in one hand and the bag in the other like a balance)*.

The CROP Hunger Walk is an opportunity for all of us to recognize our blessings and in gratitude share our resources with those who are in need. Your donations and the sponsorships you secure help hungry families throughout the world to eat today and feed themselves long into the future. When you support the CROP Hunger Walk, you establish farms, set-up small businesses, provide vital nutrients, and create opportunities to flourish.

This month you are challenged to write a check or make an online donation to the CROP Hunger Walk in an amount equal to one of your grocery bills. Match what you spend on food with a gift that will feed the world. \$_____ can provide_____ *(insert price point below)*. Help us raise \$_____. **Join me on October 18th at 2:30 pm at Independence Park.**

Price Points:

- \$1,000 Pump and maintenance training – allows women and girls to grow food and attend school, instead of carrying water long distances daily.
- \$250 208 children receive vital nutritional supplements and a fighting chance to reach their 5th birthday.
- \$150 Tools, training and seeds for 9 families to grow their own food, sustainably.
- \$80 1 nutrition workshop to make sure a community has the know-how to develop sources of food that promote growth and resiliency.

⁸ United States Department of Agriculture, Center for Nutrition Policy and Promotion,

The BB Illustration (5 to 10 minute demonstration)

The BB illustration is based on the following hunger statistic:

Each day almost 16,000 children die from hunger related causes – one every five seconds.

To start the presentation, mention several statistics about world hunger. (For example)

- *There is food enough for all, yet hunger persists: 1.02 billion people are hungry worldwide. Simply put, one in seven people doesn't get enough to eat – and as many as half of them are children.*
- *Hunger and malnutrition are the number one risk to global health, killing more people than AIDS, malaria and TB combined.*

(These statistics and others are included in a brochure CWS has called, "Facts Have Faces: Hunger in a world of plenty." They can also be seen on the website: www.cwsglobal.org under the CROP Hunger Walk tab.)

Then I quote the statistic that *1 child dies of hunger related causes every 5 seconds.* (I don't mention the 16,000/day statistic until the end of the presentation.)

To try to understand the "1 child every 5 seconds" statistic better, I drop a couple of BBs into a bowl. Each BB represents a child that dies of hunger. I ask people to close their eyes and listen as the BBs are dropped into the bowl. I ask them to visualize in their mind how many children will die in one day as I drop BBs representing that number. I then slowly pour the BBs into the bowl – letting the sound ring off the sides of the bowl. There is usually a slight pause while I reach for another container to pour into the bowl. This actually adds a dramatic effect – people think you are done, but then it starts up again and the BBs seem to never end.

After pouring all the BB's into a bowl, I ask them to open their eyes and then I tell them the total of 16,000.

This presentation often has a very emotional impact on the audience. So after I've finished I always try to end with something uplifting; a positive action that they can support that saves lives and helps people who are suffering in the world - like participating in a CROP Hunger Walk. (I like showing one of the inspirational CROP music videos).

On a practical note: I bought the BB's from Walmart. They came in a 4,000 BB container - each costing \$5 and I used a tin bowl so that the sound resonates. Total preparation cost \$20.00.

(This Activity provided by Kevin McCoy, CWS Global representative.)

Parent's Choice

Objective: To move beyond the statistics of hunger in order to understand some of the real human emotion involved with this issue.

Audience: Works best with adults, although with the right facilitation, it can be effective with youth groups

Time: 20-30 minutes

Activity: Give your audience the following situation:

You are now a part of a Third World family. The father has not been able to find work for several weeks, and no one has eaten for the last two days. Finally, today he has found work and has earned enough to purchase food containing 900 calories (around one third of the average daily per person calorie intake). You have the following members in your family:

Father.....age 36
Mother.....age 34 (She is seven months pregnant.)
Son.....age 14
Daughter.....age10
Son.....age 6
Daughter.....age 2
Grandmother.....age 68

Break your audience into small groups and ask them to decide how the food should be divided among the family. Give the groups 5 to 10 minutes to make their decisions. Draw a chart on a blackboard or on a transparency and put the results in full view of your audience. Discuss the results with the group, asking each small group to explain their decisions. If the father is not given enough food to be able to work the next day, it could mean that the entire family would starve—remember he worked hard today and has not eaten in three days. So if the food is divided evenly (or many would say fairly), the group is making a decision for all to die. This is not a realistic solution. Therefore, raise the question as to what is the most realistic solution in this case. Have the group react to the solutions that are offered.

How hard can it be to carry water?

A Demonstration (15 minutes)

The daily challenge to find safe water preoccupies over a billion people each day. Often the water is far away, requiring hours of labor to make the round trip. As the task often falls to girls, the chore prevents them from attending school. This demonstration gives a glimpse into this difficult and physically demanding daily task.

Materials needed:

- Containers: one-gallon milk jugs or five-gallon containers with lids (for example, buckets used to hold paint or joint compound).
- Water: Water weighs eight pounds per gallon. Use an amount appropriate to your group. For children under age eight, use one-gallon jugs. For ages 8-12, use two one-gallon jugs. For ages 12-15, use one five-gallon container. For people 16 years and older, use two five gallon containers.
- Consider making some of the water “dirty” with leaves, soil, etc. to show how many people work this hard for water that may not even be healthy for them.
- If doing this activity indoors, have some towels or a mop nearby in case of a spill.

Preparation:

- Gather your water containers (see above).
- Set up a race course in a playground, field, CROP Hunger Walk rest stop, or a large room.

Procedure

- If the challenge is done by individuals, have them carry the container over a short circular course – say 30 or 40 feet. If it is to be done by a group, divide your group into two equal teams and line them up behind a starting line.
- Give the first person on each team a container filled with water.
- When you say start, they should race around the course, carrying the water by hand. At the end of the course have them give the container to the next person. Continue until each has had a turn.

Discussion

- How did it feel to carry the water?
- How far do you think you could carry that water? (Point out that millions of people, mostly women and girls, have to do this every day – often for miles.)
- How much water do you think it would take to fill your family’s daily needs? (On average, a person living in sub-Saharan Africa uses 3 to 5 gallons a day, while someone living in the USA uses 100- 150 gallons a day.)
- How would your life change if you had to fetch all your family’s water each day? (For many of the world’s poorest people, being forced to carry water means being exposed to danger or injury, often missing out on an education, and being limited in the sorts of crops they can grow.)

(Adapted from “How Hard Can It Be to Carry Water?” activity from Rx for Survival – A Global Health Challenge. Used by permission. ©/™ 2005 WGBH Educational Foundation and Vulcan Productions, Inc. See www.pbs.org/wgbh/rxforsurvival.) CHURCH WORLD SERVICE www.churchworldservice.org)

Thinking about Water in the Global Village: A CROP Hunger Walk Reflection (5 minutes)

We all must have water to live and yet we rarely take time to appreciate how blessed we are to have easy access to water in our daily lives. I'm going to ask you some questions about water. If your answer is yes, please stand up.

Have you ever had to walk at least a mile to get water for you or your family?

- Fact: More than 200 million hours are spent every day by women and children to collect water from distant, often polluted, sources.

Have you ever collected rainwater to use in your home or to water your garden?

- Fact: 80 countries, home to 40% of the world's population, are encountering serious water shortages.

Have you ever suffered diarrhea from drinking unsafe water?

- Fact: The World Health Organization estimates that 80% of all sickness in the world is attributable to unsafe water and sanitation. UNICEF says that 4,000 children die every day from unclean drinking water.

Did you wash laundry this week?

- Fact: The average American uses 100-150 gallons of water each day to perform household tasks such as laundry and dishwashing. Compare this to the average African, who uses only 3-5 gallons of water each day.

Did you drink any bottled water today?

- Fact: In the U.S., we often choose to buy bottled water even though we have clean water at the tap. One of every six people in the world lacks this access to safe drinking water. Fact: Ground water in our own eastern U.S. is becoming increasingly contaminated.

Did you flush a toilet today? Maybe more than a couple times today?

- Fact: One toilet flush in the U.S. uses as much water (4-7 gallons) as the average person in a developing country uses for a whole day's drinking, cooking, washing, and cleaning combined. People in the third world might be dumbfounded to learn that we in the developed world (USA & Europe) flush our human waste with drinkable water.

When you walk in the Charlotte CROP Hunger Walk, you help CWS Global provide clean, safe water through wells, hand pumps, gravity-flow community water systems, water filtration systems, etc. Besides that, CWS provides education and training for village health promoters who work to improve community health, hygiene, and sanitation standards throughout the world.

Also, by helping communities secure adequate water to irrigate their crops, your walking provides a sure way for the poor to stay "ahead of the curve" of hunger.

Water For All

Objective: To create understanding of the need for fresh drinking water for all people around the world.

Audience: All age groups.

Time: 3-5 minutes

Materials Needed:

1. Large bottled water.
2. Several mason jars with dingy/dirty water with debris.

ASK: (While lifting the large bottled water for all to see) How many of you have had one of these before?

SAY: The U.S. and many other countries spend billions of dollars to filter and bottle water each year. Many of us have the luxury of having access to fresh water in bottles and also when we turn on the faucets in our sinks or bathtubs. That's not the case for many in Third World countries.

ASK: (While lifting the mason jar of dirty water) How many of you have had to drink or bathe in water that looks like this?

SAY: This is the reality of life for one of every 6 people in the world -- every day.

DO: Have the group count off to every 6th person. Ask them to stand. Give them each a dirty water to hold.

SAY: Would you like to taste this water? Would you feel clean if you had to bathe in this water? Would you like to cook with this water?

SAY: (To everyone there) Take a look at the people standing and visualize them drinking this dirty water, cooking with this water, bathing with this water. This is the reality of what over a billion people face each day.

Water for health: The CROP Walk sponsors programs that improve health and meet basic needs by providing safe and sufficient water and improving sanitation conditions and hygiene practices.

Water for food: CWS Global programs help secure food supplies with 1) efficient irrigation; 2) use of under-utilized natural water resources (groundwater, rain harvests, rivers, lakes, and lowland collections); and 3) mitigation of risks by improving water management in communities that suffer chronic drought and/or flooding.

Water for peace: CWS programs support the peaceful sharing of water resources. When conflicting demands arise, CWS supports equitable and efficient water sharing and resource management.

Your support of Charlotte CROP Hunger Walk supports Church World Service programs for clean water and to eliminate hunger. Together we raise awareness and funds for international relief and development, as well as local hunger-fighting.

Health in the Village: A Simulation (5 – 10 minutes)

This simulation gives participants a vivid picture of some of the health issues faced by impoverished people around the world.

You are now in a village in the so-called developing world. You live in one of the impoverished areas of Africa, Asia or Latin America. To show you the challenges that many people face, I'm going to ask you some questions. Please stand if you are able.

Does anyone need glasses for reading? If so, raise your hand.

You would probably be illiterate, because glasses are rarely available. Put your hand over one eye and keep it there.

Has anyone ever broken a bone in their upper body or arm? If so, raise your hand.

Now put that arm behind your back. You'd have restricted movement because people with the skills to set the break were in short supply and the bone didn't heal right. A note on the ratio of doctors to population: 1 doctor to 350 persons in the U.S., while it is about 1 to 10,000 in sub-Saharan Africa.

Has anyone ever broken a bone in their lower body or leg? If so, raise whatever appendage you have left.

You might also be physically limited because the skills to set the fracture were in short supply and the bone didn't heal right. Stand on one leg.

Has anyone needed a blood transfusion to stay alive?

None is available due to lack of refrigeration and equipment. It is a two-day walk to the nearest hospital. You would likely die. Sit down.

Does anyone know a person with HIV or AIDS?

Eighty-nine percent of HIV-positive persons live in the developing world with only one-fifth of them having access to AIDS treatment drugs. You'd better sit down.

Is anyone here 65 years or older?

In the developing world the average life span is 64. In some countries it is much lower. You can sit down.

Has anyone ever had major surgery, without which they would not have survived?

Such surgery is often available only in urban areas. You would likely be dead. Sit down. **Have you ever had mumps or measles?**

In the developing world, as often in our inner cities, what are for us fairly benign "childhood diseases" often kill those already weakened by malnutrition. You can sit down.

Are you female?

In many parts of the world, women only eat after all the men and children are fed, leaving women weak and much more vulnerable to illness. Their weakness contributes to maternal mortality. In the poorest developing countries the rate is 100 times what it is here. If you are a woman, sit down.

Have you ever been bitten by a mosquito? About 40% of the world's population, mostly those living in the poorest countries, are at risk of contracting malaria, which causes 300 million acute illnesses a year and kills one million annually. You can sit down.

Has anyone had diarrhea?

An inconvenient discomfort for us, it is deadly for many in the developing world (especially children) where over a billion people lack access to safe drinking water. You can sit down.

REFLECTION

What struck you during this brief exercise?

What feelings arose?

What questions?⁹

Updated and adapted from Hunger and Homelessness Action: A Resource Book for Colleges and Universities, Bill Hoogterp, Jr., and Jason Lejonvarn, National Student Campaign Against Hunger and Homelessness, 1990.