

World Hunger Campaign

ADULT DEVOTIONAL

Farm to Table



35
YEARS
OF FIGHTING
WORLD HUNGER

 WorldRenew

And on the 8th day, God looked down on his planned paradise and said, "I need a caretaker." So God made a farmer.

God said, "I need somebody willing to get up before dawn, milk cows, work all day in the fields, milk cows again, eat supper and then go to town and stay past midnight at a meeting of the school board." So God made a farmer.

"I need somebody with arms strong enough to rustle a calf and yet gentle enough to deliver his own grandchild. Somebody to call hogs, tame cantankerous machinery, come home hungry, have to wait lunch until his wife's done feeding visiting ladies and tell the ladies to be sure and come back real soon — and mean it." So God made a farmer.

God said, "I need somebody willing to sit up all night with a newborn colt. And watch it die. Then dry his eyes and say, 'Maybe next year.' I need somebody who can shape an ax handle from a persimmon sprout, shoe a horse with a hunk of car tire, who can make harness out of haywire, feed sacks and shoe scraps. And who, planting time and harvest season, will finish his forty-hour week by Tuesday noon, then, pain'n from 'tractor back,' put in another seventy-two hours." So God made a farmer.

God had to have somebody willing to ride the ruts at double speed to get the hay in ahead of the rain clouds and yet stop in mid-field and race to help when he sees the first smoke from a neighbor's place. So God made a farmer.

God said, "I need somebody strong enough to clear trees and heave bails, yet gentle enough to tame lambs and wean pigs and tend the pink-combed pullets, who will stop his mower for an hour to splint the broken leg of a meadow lark. It had to be somebody who'd plow deep and straight and not cut corners. Somebody to seed, weed, feed, breed and rake and disc and plow and plant and tie the fleece and strain the milk and replenish the self-feeder and finish a hard week's work with a five-mile drive to church.

"Somebody who'd bale a family together with the soft strong bonds of sharing, who would laugh and then sigh, and then reply, with smiling eyes, when his son says he wants to spend his life 'doing what dad does.'" So God made a farmer.

Farm to Table

Like many of you, I first heard the “God made a farmer” during a Super Bowl Commercial in 2013. At the time, I didn’t realize that the speech was already 35 years old.

Originally spoken by Paul Harvey, a radio broadcaster for ABC Radio networks in the United States from the 1950’s through the 1990’s, the speech was made in 1978 at Future Farmers of America convention. Yet the picture it paints still strikes a chord with us today. In our hearts, we believe that farmers are hard-working folk whose jobs are never done, men and women who strive to do what’s right with whatever is around them, and who form the backbone of our society.

While this image hits home in communities across the United States and Canada, it is also true in the developing world. Experts estimate that there are over 500 million family farms in the world, with the vast majority of them located in Asia, Africa and Latin America. These farms vary in size, but many are less than five acres. While that is significantly smaller than our North American farms, there are a lot of similarities between farmers here and there.

Just like North American farms, farms in the developing world are plowed, planted, weeded, watered and harvested by men, women and their children. Sometimes, when the field is too big, the need to harvest is too urgent, or circumstances prevent the farm owner from doing it herself, the farmers bring in hired hands to help with the labor.

Just like North American farmers, the work of these farmers is never done. They prepare fields, plant, weed, irrigate and harvest. They build stables, fix fences, feed livestock, breed animals, and nurse sick animals back to health.

And also like North American farmers, these men and women don’t just limit their skills to their own fields. Many are volunteers and leaders in their communities, contributing their time and talents to create a better life for them and their neighbors.

Unfortunately, farmers in the developing world are also extremely vulnerable. Over 70 percent of the world’s food insecure people live in rural areas of Africa, Asia and Latin America. They are farmers, who despite all their hard work, are struggling to grow enough food to feed their families all year long. History has shown that when these poor farmers receive adequate training and support, they can quickly improve their lives. In fact, investing in farmers might be the key to overcoming hunger worldwide.

That’s why World Renew works with farmers across the globe to help them tackle the obstacles and challenges they face in their farming. In the following pages, we’ll introduce you to real farmers that World Renew is working with and share with you some of the challenges that they face. We’ll also offer some concrete suggestions for how you can support these farmers through your prayers and actions. Thank you for joining us on this journey.

BIBLICAL REFLECTION

Adam and Eve were the first farmers. Read Genesis 1 and reflect on what it means that God has given us every seed-bearing plant and every tree that has fruit in it for food. What does it mean to subdue and rule over the earth? How might we have misused this command in the past?

1.

Investing in Farms and Farmers



When Typhoon Haiyan hit the Philippines in November 2013, the world took notice. The 18-foot storm surge and 235 kilometers/hour winds created horrific scenes that stick in our memory. Homes were completely flattened, debris filled the streets, livestock and people were washed away never to be seen again.

Although most of the world's media attention on hunger is given to natural disasters such as typhoons, floods, earthquakes or tsunamis, these storms are not the major cause of hunger. The most common causes are less dramatic and harder to capture on film. They include things

like declining soil fertility, lack of access to quality seeds, and difficulty in accessing markets to sell goods.

These causes are particularly harmful to small-scale farmers who are entirely reliant on their small plots of land to provide for their family. With very little or no outside income to fall back on, even one poor growing season can spell disaster.

Willy Takamushaba in Kabale, Uganda knows this first-hand. He owns a small piece of land which he has farmed for many years. Like other farmers in his community, his primary crop is millet. Yet after years of growing the same crop on the same piece of land, his soil

has become less and less productive each year. While he does have a small field of banana trees as well, he is unable to support his family.

“My land couldn’t support any crop because of over-cultivation,” Willy recalls.

World Renew is working in Kabale through the local Pentecostal Assemblies of God (PAG) church to invest in farmers and help them produce a more reliable crop on their land. One of their primary techniques is teaching a conservation agriculture, which provides a biblical basis for organic farming practices. Conservation agriculture promotes practices such as the use of mulch, crop rotation, and disturbing the soil as little as possible.

In 2013, Willy was one of 100 farmers who were trained in conservation agriculture through World Renew and the local church.

“When PAG came and trained us in soil fertility restoration and water conservation practices, I started implementing them right away in my own garden. I was able to mulch my entire quarter-acre banana plantation and dig trenches to harvest runoff water because my gardens are on a hill slope. I also applied manure from compost which I had made myself. I can now see a difference on my gardens and I intend to use compost more often. I am sure my yields are going to improve,” he said.

World Renew works through churches such as PAG to carry out its agriculture programs. Churches are already located in the communities and are ideally situated to

identify farmers who could benefit from the program. Churches also enable the program to be taught based on biblical values. While the programs are offered to anyone in the community regardless of their religious background, connecting the lessons to values helps the ideas to stick and become part of the farmer’s world and life view going forward. This is also strengthening the witness of the local church.

WHAT YOU CAN DO

Please pray for the 78 churches and Christian partners that World Renew works with worldwide. Pray for their leaders and for the men and women who are leading agriculture programs in 3,550 communities around the world.

BIBLICAL REFLECTION

Our survival depends on the natural world, and that natural world depends on God. World Renew and its partners encourage farmers to remember that all of creation belongs to God and it is our Christian responsibility to care for it properly. Read Psalm 104 and reflect on ways that you can better care for the environment you live in. This could mean reducing your consumption and waste, recycling, composting, reducing water usage, driving less, or many other things.

2.

Giving a Voice to Women and Girls



IRRI / Flickr

Jubeda is an ordinary woman in Rauti village in Bangladesh. Like many women in North America, she is a wife and a mother. Like many women in rural parts of Bangladesh, she is also under-educated. She has never worked outside the home, has no formal training and has never gone to school.

Jubeda is also a farmer. Experts estimate that at least 43 percent of the agriculture labor force in developing countries is female. In fact, many women in the developing world bear the brunt of the burden for farming their family's land. In sub-Saharan Africa, for example, 80 percent of foodstuffs are produced by women.

Unfortunately, these women farmers face a difficult challenge. In many communities, women are excluded from decision-making and don't have control over their land and resources. They also lack access to credit and technical training.

For Jubeda, this became a problem when her husband died 12 years ago leaving her to work their farm alone and care for their four children. Without an adult male in the household, Jubeda was extremely vulnerable. She couldn't go to a bank or money-lender for a loan and struggled to come up with enough capital to invest in her farm. She tried poultry raising and small-

scale farming but couldn't grow enough to feed her family and as a woman, she struggled to get fair prices for her goods at the local market.

World Renew recognizes that true change can't happen in a community unless everyone's voice is heard and everyone is involved in making decisions and implementing new methods. That's why it incorporates gender equality into all its programs.

This often takes the form of starting groups where women can meet with other women and receive training, support and encouragement. As women grow in their skills, they become more confident to speak up and become leaders in their homes and communities.

World Renew's approach also involves working with men and helping them to see the value in women's equal decision-making and leadership. The idea isn't to advance women at the expense of men, but to help entire families and communities grow towards a better future together.

Through World Renew's local partner, Jubeda joined a women's group. She received training on vegetable gardening, compost-making and farming. She also began to save a small amount of money each week.

Through her community group, Jubeda was able to take out a small loan. She used that to buy some land and began to grow a variety of vegetables. Using the things she learned and her new-found confidence and leadership skills, Jubeda was able to grow enough produce and sell it for a fair

price. She doubled her investment. She then paid back her loan and invested some of her additional profit into purchasing a cow. Today, her children are all in school and Jubeda is proud to be able to support them adequately.

WHAT YOU CAN DO

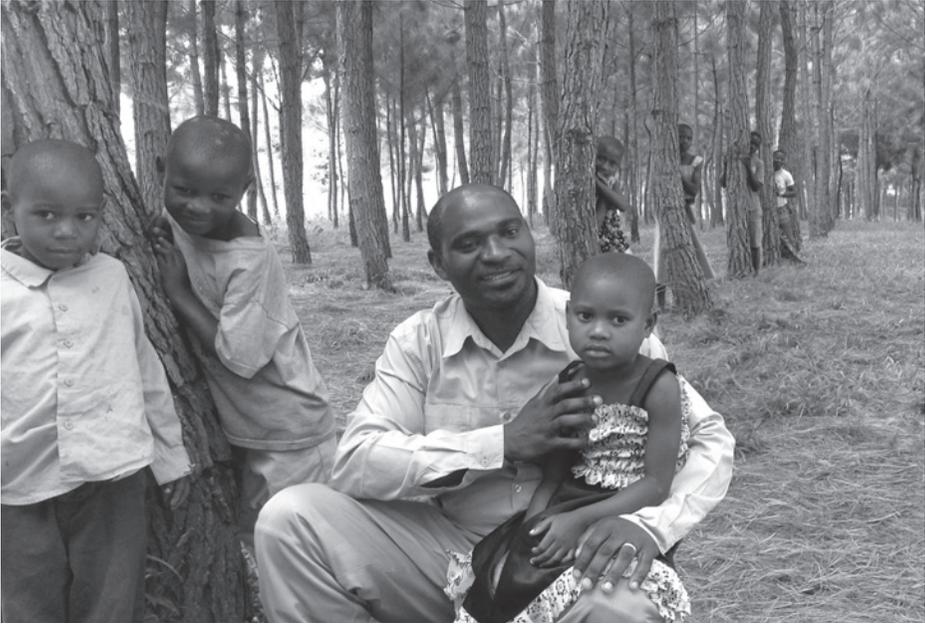
Investing in women farmers is one of the best ways that we can create long-term change in the developing world. Pray for World Renew and its partners as it works to change mindsets in various communities and bring about greater gender equality. Pray for women farmers that they will have the courage to acquire and use new training and to speak up in their homes and communities. Pray also for the men in these communities, that they will become champions for women and will fight injustice that they see.

BIBLICAL REFLECTION

World Renew's approach to gender equality is not to attack cultural traditions, but to instead remind people that both men and women are created in the image of God, that gender brokenness is a result of the Fall, and that Christ's redemption affects all of life including our relationships with each other. Read Galatians 3:23-29. Reflect on what it means to be co-heirs with Christ in God's kingdom. How does our equality in Christ impact our relationships in our families, our communities, and our churches? How does it impact our relationship with people in the developing world?

3.

Providing Proof of Land Ownership



Samwel Manyama is a farmer in Itagumba village, Tanzania. He supports his family on seven acres of land. On four of these acres, he grows food crops. On three acres he has planted pine trees that he hopes to sell for timber.

The trees were a considerable investment, costing Samwel around \$400 for tree saplings. When these 2,500 trees are harvested eight years from now, however, they are projected to be worth about \$65 each. His initial investment could bring him over \$160,000!

For many years, Samwel wasn't willing to try tree-farming. His reason was simple, there

was no guarantee that someone wouldn't come to seize his land and sell it to others. Samwel's family has been farming these seven acres for decades but like most other farmers in his part of Tanzania, he had no legal title to prove that he owned the land. This meant that he couldn't use his land as collateral for loans. It also meant that he could not demand compensation if someone tried to take the land from him. As a result, he was hesitant to put too much money or time into improving the land for the long-term.

Unfortunately, this situation is one that faces many farmers in the developing world. In recent years, demand for land in the

developing world has soared as investors look for places to grow food for export, grow crops for biofuels, or simply to buy-up land for profit. In many cases, the land that is sold is farm land that the poor have been using for generations but lack legal title to. In Tanzania, for example, it is estimated that 98 percent of farmers lack legal title to their land.

World Renew works with local churches and Christian partners to address this need. In Tanzania, World Renew is working with the Sengerema Informal Sector Association (SISA) to educate farmers about land rights and the application process.

Samwel attended the SISA training in 2011. He learned about the steps he needed to take to have his land surveyed and apply for a title deed. He was the first farmer in his village to put his name on the list of farms to be surveyed. Next, he took out a loan of \$600 from his local community group and bought good quality seeds and fertilizer. After the harvest, Samwel repaid his loan and used the additional profit to pay the survey fee. Today, Samwel has an official land title certificate from the district government.

“After I got my certificate, other farmers said how proud they are of me and that they also are motivated and inspired to get their land title,” he said. “Now I can go to any micro-finance institution and get assistance with larger loans to buy farming equipment, a tractor, or even more land! The government land officers told me that they want to see many more farmers pursue their land titles so that we can improve agriculture in the area.”

WHAT YOU CAN DO

It isn't inherently bad to have wealthy companies invest in agricultural land for commercial use. The issues arise when families don't receive adequate compensation for their land, or when they aren't given the option to keep their land if they don't want to sell. Having less land available for the production of food is also problematic as it can lead to food shortages or an increased cost for the food that is available.

You can help by becoming an informed consumer. Read up about the companies you support and find out if the ingredients they use are grown on land that has been obtained in an unjust way. You can also advocate for better trade laws that protect indigenous land rights, and urge Canadian or American companies which work in the developing world to also invest in marginalized communities in a broader way. The Micah Network's "Exposed" campaign might be a good place to start (www.exposedcampaign.com)

BIBLICAL REFLECTION

Read Isaiah 58. How does this passage relate to your life? Where can you loose the chains of injustice, set the oppressed free, share your food with the hungry and provide for the poor?

4.

Seeking Peace



Wars, terrorism, and civil unrest all seem common place in our media today. When we turn on our televisions we see footage of bomb blasts, hear about military coups, or listen to the stories of refugees who have had to flee for their lives because of violence in their hometowns. While we in North America have been blessed with lives of relative peace, the same can't be said for all of our global neighbors. This violence and uncertainty has a huge impact on farming.

When a situation is unstable and tensions are growing, farmers tend to invest less in their fields. They are hesitant to commit time and resources to a farm that they

might have to abandon if forced to flee. Their energy is also diverted as they monitor the situation around them. As a result, they grow less food.

When violence breaks out farmers become even more vulnerable. Many lose the market for their crops. They either have no one to sell to because everyone has fled, or there are people who desperately need food but have no cash to pay for it.

And when this violence stretches out into long periods of conflict, many farmers abandon their farms altogether. With their families they flee for safety and find refuge in temporary camps or with relatives in

neighboring countries. Their abandoned farms become overgrown with weeds and their children grow up far away from ancestral lands, never learning farming methods.

This is exactly the situation that has faced the country of South Sudan. Following more than thirty years of civil war, South Sudan gained its independence from Sudan in 2011. Thousands of South Sudanese returned to their ancestral homelands after living in refugee camps for decades. While South Sudan is rich in agricultural land, most of the returnees lack the training and the tools they need to make a living as farmers.

World Renew has been working with these farmers for the past four years — guiding them towards productive and viable farms through training in methods such as planting seeds in rows, spacing plants for optimal growth, weeding in a timely way, rotating their crops, and storing their harvests. World Renew also provided tools to farmers and started a radio program to help farmers learn the fair market value of their harvested crops.

Taipule Mudure, a farmer who participates in this project, said, “This training allowed me to meet my household’s food needs. The farm radio program, which I conscientiously follow, guided me in proper pricing and the right timing to sell my produce. If this is sustained, the future is looking up.”

World Renew doesn’t just assist farmers after violence and insecurity is over. It also works with communities to deal with trauma and reconcile differences so that there is better hope of peace in the future.

WHAT YOU CAN DO

Peace is a central component of Christ’s ministry. When we read the Bible we see numerous instances of Jesus telling people that he has come to bring peace and he challenges his followers to be peace-makers. In our lives, however, it can be easy to feel separated from the conflict and violence that is going on in our world. We forget about the need to yearn for peace.

One of the first things we can do to become peace-makers is to be informed about what is happening: read the newspaper, follow the news, and pay attention when things occur. Another thing we can do is to pray for God’s peace to prevail in these circumstances. Pray, too, for World Renew, its partners, and its target communities as they work to help people overcome conflict, rebuild their lives and reconcile their differences for a more peaceful future.

BIBLICAL REFLECTION

Read Isaiah 55. In this passage, Isaiah connects the natural world to times of peace. How do you see creation flourishing during times of peace around you? What can you do to foster greater peace in your relationships?

5.

Competing in a Global Market



When Sarom Yang Taeng was a teenager, she also became a breadwinner for her family. Her parents make their living as small-scale farmers in Cambodia growing rice and raising chickens and pigs. They struggle to get by, especially when there is an unexpected medical expense or an expectation to contribute financially to a community festival. To help them out, Sarom decided to seek work in Cambodia's thriving garment industry.

She is not alone. With few job prospects in rural areas, more and more young people, like Sarom, are leaving family farms and flooding into cities to find employment. In

Cambodia alone there are approximately 600,000 people employed by the garment industry. In Bangladesh that number tops four million.

In some ways, this is a huge blessing. For girls like Sarom, garment factory jobs provide an opportunity that was never available to girls in previous generations. She is able to gain some independence and self-worth by earning her very own income. She is also able to contribute financially to her family which means that her younger siblings can stay in school longer and her family is less vulnerable to unexpected costs. In addition, Sarom has become exposed to

more modern thinking and lifestyles, which can benefit her family. It is not uncommon for factory workers to return to their home villages and demand that people build latrines.

Unfortunately, there is also a downside to this employment. Many employees in the garment sector are poorly paid and face horrible work conditions both in the factories and in their living quarters.

Sarom is fortunate because she can continue to live at home and doesn't need to find housing in the crowded urban center. Six days a week, she leaves her home at 5 A.M. and doesn't return until well after 7 P.M. The typical wage for Cambodian garment workers is about \$3 a day. After paying for her transportation, she has a small amount left to contribute to her family's income.

Many other garment workers aren't so fortunate. They find homes in the city and often share small rooms in the factory dormitories with several other employees. The conditions are crowded and cost the employees at least half of their earnings. The factories, themselves, are also often crowded, loud, and unsafe. A fire in a garment factory in Bangladesh in 2013, for example, led to the death of more than 1,100 workers.

Another consequence of the garment industry is that fewer and fewer people are left in the villages to work on the farm. This reduced labor force makes it harder for World Renew to introduce new, more labor-intensive agricultural processes which could improve crops.

World Renew and its partners are working with farmers, including Sarom's parents, to teach them improved farming practices that will make it easier to support a family through farming alone. This will make it less necessary for children to drop out of school and find jobs. World Renew also reminds people about their rights and encourages them to work together as a community to advocate for better working conditions at urban jobs.

WHAT YOU CAN DO

In our North American society there is a strong push for inexpensive products including clothes. This drives companies to seek cheap labor in the developing world. You can make a difference by becoming an informed consumer. Find out if the brands you support have living wages and safe factory conditions for their employees. You can also speak up when you discover that a brand isn't meeting ethical standards.

BIBLICAL REFLECTION

Read the parable of the workers in the vineyard in Matthew 20:1-16. In this story, the landowner hires temporary workers at various points throughout the day and pays them all a daily wage. What might this story teach us about providing jobs to those in need and treating them justly?

6.

Responding to Changing Weather



Cesar Antonio Martin lives in San Joaquin, Nicaragua and like the farmers of his parents' and grandparents' generations, he relies on his sense of history to predict when the rains will come. Each year, he carefully prepares his fields and plants his seeds at just the right time to reap the benefits of the annual rainy season. Unfortunately, these rains are becoming more and more unpredictable each year.

While farmers have always faced climate variability, the weather in recent years has been especially unpredictable. Farmers all over the world are talking about changing weather patterns that they have experienced. They cite huge changes in the

onset of the rainy season, the length of the rains, and the frequency of both droughts and floods.

These changing weather patterns and extreme weather events are disrupting global food production. While we see some evidence of this in North America, the changes in developing countries are even more drastic. The impacts are also felt more severely since small-scale farmers have no fallback plan if their crops fail.

Cesar's story in Nicaragua is a great example. About 17 percent of Nicaragua's population live in extreme poverty with 76 percent of the poorest people living in rural areas and

making their living as farmers. Over the past 50 years, Nicaragua has seen significant climate changes. According to the United Nations Food and Agriculture Organization, the average temperature in Nicaragua has increased by two degrees Celsius and rainfall has decreased by about 15 percent. And it isn't just the UN that says so.

When World Renew and its partners interviewed farmers to find out how the climate was impacting food production they heard just how damaging the changing weather has been. Cesar and his neighbors reported that rainfall has become increasingly erratic, there is less rainfall overall, and that the rainy season has shortened from eight months to six. They also explained that they are no longer certain when to plant their crops to get the maximum rainfall.

To combat this crisis, World Renew and its church partners are working with farmers to not only adapt to their current reality but to also incorporate creation care into all their activities. In Nicaragua, World Renew and its partners encourage tree planting to control soil erosion and take carbon out of the atmosphere. They have also introduced several new varieties of crops that are more drought resistant because they can mature more quickly than traditional varieties.

Cesar has participated in the climate change analysis process in his community. He has also taken steps to secure regular water on his farm. Using PVC tubes, tape, a hose and a two-liter plastic bottle, Cesar has assembled a simple hand pump that enables him to

bring water from a small stream up the hill to irrigate his fields when there is no rain. He is grateful to have learned new strategies to adapt to his increasingly unpredictable environment.

WHAT YOU CAN DO

Caring for God's creation is something that we all have a responsibility for. While farmers in the developing world are answering this call by planting trees and putting nutrients back into the soil, we can also do our part. One step we can take is to consider our diet. Growing fruit, vegetables and even fish or poultry requires a lot fewer resources than raising pigs or cows. Going meatless once a week can reduce your carbon footprint and save precious resources like fresh water and fossil fuels. This, in turn, contributes to a healthier global environment.

Similarly, the more processed food you eat, the more resources and energy are used to produce that food. Eating simple meals that you prepare from scratch are a great way to reduce your carbon footprint and care for the environment. For some great recipes, check out the "More with Less" cookbook by Doris Janzen Longacre.

BIBLICAL REFLECTION

In Mark 16:15 Jesus calls his disciples to proclaim his gospel not only to all people but to the whole creation. What does it mean for us to proclaim the gospel in our relationship with our environment? What are some simple steps you could take today to live that out in your life?

7.

Learning from Farmers



So far, as we've gone through this devotional, we've talked a lot about issues that farmers in the developing world face and what we can do to help them. While we can do a lot to pray for, financially support, and train farmers overseas, they can also do a lot for us.

Poverty can teach us a lot — especially in the spiritual realm — but those in poverty can also teach us a few things about good eating. Despite very low incomes, frequent food shortages, and acute political uncertainty people in rural communities in the developing world have some good habits that we can learn from.

Consider Mary Garaka, a farmer and mother in South Sudan. Mary recently left an abusive marriage and World Renew helped her start a new life on a small plot of land on the outskirts of the village. She gave a goat to

a man from her village in exchange for the work he did to clear this one acre plot and dig out the tree roots. She then planted her crops.

Today, Mary's diet relies almost entirely on what she grows from this land. In fact, almost all the food that she and her family consume travels no more than two miles to reach her table. Her salt comes from town and originated in East Africa. She grows sorghum, beans, corn, onions, okra, tomato, peanuts, cassava and a few herbs. Her cooking oil is pressed locally from palm nuts and peanuts. She also has six chickens.

Mary's weekly menu of meals for her family consists of fresh food that she prepares from scratch by hand. Aseeda — a porridge made from sorghum — is a family staple. It can be eaten three times a day and requires that Mary pound the sorghum into a flour, heat

water to boiling over a wood fire, and cook the flour into a porridge.

To this basic dish, Mary adds a variety of vegetables from the family farm according to what is in season. Once or twice a month, she will buy about half a pound of dried fish to make a fish and vegetable stew. She also eats about two eggs a week from her chickens.

During the “hungry season” when Mary’s new crop is not yet ready to be harvested but the old crop is beginning to run out, Mary’s family eats only two meals a day. Mary spends about 20 hours a week in the forest collecting roots, leaves and other wild foods to supplement her food supplies.

Mary’s food consumption is repetitive and even a bit monotonous by North American standards, but has much it can teach us. For example, Mary eats no imported foods other than salt. This keeps food costs down and also means that there isn’t a high environmental cost for transporting food. By relying on the food grown on her farm or sourced locally, Mary also eats seasonally. This means that she is eating food when it is at its peak for flavor and freshness.

Another thing we can learn from Mary is to reduce our reliance on processed foods. While North America is rich in agricultural land and has some of the choicest fruits, vegetables, meat and dairy in the world, many of us often turn to “convenience” foods, take-out, and junk food in our meal planning. This has led to sky-rocketing rates of obesity, diabetes, heart disease, and other health risks in the United States and Canada.

In contrast, Mary’s diet has no imported foods other than her salt and hardly any sugar. Her diet has almost no chemicals,

additives or other byproducts of processed foods. By cooking food that is in season and isn’t highly processed, Mary and her family are also not exposed to unhealthy levels of sugars, salt, fat and chemicals.

WHAT YOU CAN DO

Consider your eating habits and what you might be able to learn from global farmers. Perhaps you could try to incorporate more locally-grown food into your diet. This not only supports local farmers in your community, but also helps you eat fruits and vegetables when they are in season and taste their best.

Another idea might be to cut out one take-out or highly-processed meal each week and replace it with something that you make from scratch with simple ingredients. The cookbooks “Simply in Season” by Mary Beth Lind and Cathleen Hockman-Wert and “Extending the Table” by Joetta Handrich Schlabach offer some great recipe suggestions.

World Renew also has a new app for your mobile device called “Feed the Fish” that can help you reduce some of your food consumption and commit those funds to helping the world’s poor instead. You can learn more about it at worldrenew.net/feedyourfish.

BIBLICAL REFLECTION

Local produce is often cultivated and harvested by immigrant workers. Read Matthew 25: 31-46. Consider how you might be called to respond to God’s command to welcome the stranger among you. To learn more about immigrant worker rights visit crcjustice.org.

World Renew has a new app for your mobile device that can help you change some of your lifestyle habits and fight world hunger at the same time. Visit worldrenew.net/feedyourfish for more information.



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