

Activities to Promote Food Issues

An MCC Penny Power Resource

Fall 2007

Food – The world produces enough food for everyone, **yet millions go hungry everyday.**

MCC Penny Power helps hungry people have food for today, grow food for tomorrow and share food for all.



MCC responds to food needs in many places.

Learn more about 2 places where food was needed and supplied recently –

In **Tanzania**, Africa, a drought combined with the effects of HIV/Aids left many communities and orphans in

need of food.

In **North Korea**, Asia, less than 20% of the land is farmable & this land does not produce enough to feed the country's 22 million people.

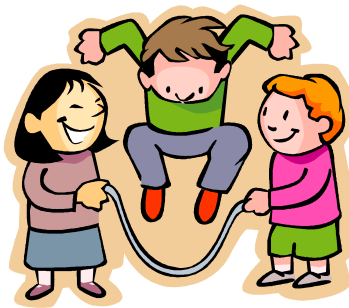
Photos and Stories to complement this packet can be requested from your nearest MCC Office as part of the FoodBasket Toolkit and are available online at www.pennypower.org as PowerPoint slides.

Please use these activities in your family, community groups, Sunday School classes, congregations, schools and relief sales. Adapt them to your setting and share with others. Let us know how you've creatively promoted MCC's response to hunger in our world by contacting us at the website:

www.pennypower.org.

Activities for Children

Create a “**garden**” out of brown construction paper. Add cut-outs of vegetables to the garden as coins come in. Or have each child make their own “garden” using cut-outs provided on the website: www.pennypower.org. Collect coins in a lined vegetable basket and ask adults to donate 10 cents for every vegetable their child eats this week.



Recycle! **Skipping rope**: cut plastic bags into strips, knot together and braid into a rope. Children all over Africa enjoy making toys out of found materials. Skipping rope is an active game – switch twirlers often! Perhaps your group could invite sponsors for a “Jumping Marathon”. Individual ropes could be sold and the money given to Penny Power, or perhaps a rope could be sold at your MCC Sale, promoting Food needs and raising funds for Penny Power.

Game of Pulling (Mchezo wa Kuvutano in Tanzanian): Two teams stand facing each other with arms around each other. Each team huddles and then chants.

1st team: “We need a friend; we need a friend whom we have chosen.”

2nd team: “Who is your friend, who is your friend?”

1st team: “Our friend is _____, our friend is _____!”
(Someone from the 2nd team)

2nd team: “Who will take him (or her)? Who will take him (or her)?”

1st team: “_____ will take him (or her)! _____ will take him (or her)!”
(Someone from the 1st team)

The two players meet in the middle, draw a line in the dirt and have a hand tug-of-war. Both players join the winner’s team. The game ends when everyone is on the same team.

Steps of Life in North Korea

In this activity, participants stand in a line, shoulder to shoulder and facing the Leader. The Leader should explain that our life is enriched by gifts from others – and hardships sometimes multiply to keep us from stepping easily through life. Many people in North Korea have a disease that is very rare in Canada or the United States: tuberculosis.

Let's step into the life of some people in North Korea. Participants will be asked to take steps depending on what color they are wearing (those wearing many colors will be stepping frequently).

Ready? Let's begin!

Red: You were able to eat 3 meals today. You may take 2 steps forward.

Blue: For the 4th day this week, you only had 1 meal today. You may take 2 steps backward.



Yellow: Your crops were flooded last month, so there's not enough food for you to eat supper. You may take 1 step backward.

Green: A neighbor gave your family a can of meat today. You may take 2 steps forward.

Red: You are sick and your family cannot afford a doctor. You may take 1 step backward.

Purple: You are in a hospital that received soup mix. Because you received a warm, nutritious soup for supper, you may take 1 step forward.

Yellow: An MCC worker volunteers to help farmers in your town. Crops are growing better now and your family may have enough food this year. You may take 2 steps forward.

Green: The government policies would not allow food distribution last year. Your family's crops also were flooded. Take 2 steps backward.

Red: You didn't get enough to eat this week, again, and so don't feel well. Please take 1 step backward.

Green: You are sick and a friend can take you to the hospital. You may take 1 step forward.

Purple: Someone brought medicine to you today. You may take 2 steps forward.

Yellow: Your family received dried fruit today. You may take 1 step forward.

Red: The government is letting some organizations like MCC, give food to those in need. You may take 2 steps forward.

Blue: A mission worker brought canned meat to your village today. Even though your family is very poor, you will have enough to eat for many days. You may take 2 steps forward.

You've taken some steps into the life of those in difficult situations. Let's think about (encourage participants to answer & wonder):

- How did it feel to take a step forward?
- What were your hopes when your color was announced?
- When you stepped forward, did you think about the gift that helped you to take the step?
- Would you like to help others step forward by giving to Penny Power?

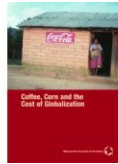
Adult Activities

- Consider a **matching donation** to Penny Power. Individuals, families and/or businesses choose a children's Sunday School class, or one Sunday's Penny Power offering, and match the amount
- Learn about young people from Tanzania who travel to the United States or Canada through MCC's **International Volunteer Exchange Program** (IVEP). Through the **Serving and Learning Together** (SALT) program, youth from the United States and Canada spend a year in Tanzania and many other countries. Encourage a young adult to volunteer for a one-year term with SALT.
- In Tanzania, sometimes people don't have money to give in the offering, so they bring a cow, goat or chicken to church. They tie it up outside and after church announce that they will sell their animal and give the money to the work of the Lord. Do you have an item to sell?
Consider giving the money to Penny Power.
- In Bumangi, Tanzania, people pray on their knees. **Pray together in your group on your knees today.**
- Currently, MCC and the Canadian Foodgrains Bank are in discussions with the World Food Program about the possibility of resuming large-scale food shipments to North Korea. **MCC encourages the US and Canadian governments to use engagement rather than confrontation in political dealings with this politically and economically isolated country.** MCC Washington Office monitors US public policy for its impact on MCC's domestic and international relief, development and peacemaking work. View up-to-date information at <http://www.mcc.org/us/washington/issues/asia/index.html> US
<http://www.mcc.org/canada/ottawa/> Canada



Resource list for more ideas:

- African Adventure – Teacher book available free of charge from the MCC Store (www.mccstore.org) as booklet or included in the Africa Resource Box. The book includes letters from Tanzanian children & Bible study lesson plans for children.



- Borrow MCC DVD entitled “Coffee, Corn & the Cost of Globalization” from the nearest MCC office or purchase from the MCC Store at www.mccstore.org.

- Purchase a cookbook from MCC. “Simply in Season”, a world community cookbook, is commissioned by Mennonite Central Committee to promote understanding of how the food choices we make affect our lives and the lives of those who produce the food. Cookbook, Study guide and child’s version available at www.mccstore.org.

- FoodBasket Toolkit available from your nearest MCC office. Call 1-888-563- 4676 US or 1-888-622- 6337. Toolkit includes stories, photos and giving calendar. Stickers are also available at the MCC store at www.mccstore.org.



- Visit the Penny Power website at www.pennypower.org to learn more.
- An audio interview with Susan Ritchie is available online at mcc.org/podcasts.
- Maps courtesy of www.mcc.org/tanzania and www.mcc.org/northkorea.



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