



MANZI'S NEWS



A Newsletter for Manzi's Buddies

October 2018

WORLD FOOD DAY: 16 OCTOBER

Hi Friends,

Did you know that millions of people around the world go to bed hungry without food? Because of lack of food, people become poorly nourished and become sick very easily. What causes hunger?

Wars

Some people are poor and do not have the money to buy food and they end up living in poverty. In some countries important activities such as farming are being stopped due to wars and people find themselves leaving their homes for safety. Such people become refugees in safe countries and depend on the other people and the government to provide food for them. These people can also come to our country and they will need help from us.



Refugees getting food and safe shelter
Credit: www.politico.eu



Dry wheat crops due to long periods of drought
Credit: www.abc.net.au



Climate Change

Climate change contributes a lot to hunger. Difficult weather conditions such as extreme floods and long periods of drought result in most of the farmers and fishermen having to leave their homes to seek for food as they have enough food to eat. These difficult weather conditions can make even good soils become very dry and be unable to produce good crops.

WHAT CAN WE DO TO HELP FIGHT HUNGER?

There are many small actions that we can do in our daily lives that can help us fight hunger.

START A FOOD COLLECTION CAMPAIGN IN YOUR COMMUNITY!

How often have you thrown away fruit and vegetables that have got rotten because you did not eat them in time? What about the canned foods and other food that were in your grocery cabinet at home that went past their expiry date?

In South Africa it is estimated that 70% of food that goes to waste is fruit, vegetables and cereals. Remember when food is produced a lot of energy and water is used in the process. The energy used to produce food that is wasted is estimated to be enough to provide power to Johannesburg for almost 16 weeks! Food waste also contributes a lot to pollution.

How about we start changing our attitude? You can start a food collection campaign where you can ask people in your community to donate food and you collect it and give it to the needy people of your community.

GROW VEGETABLES AT HOME OR AT SCHOOL

This can be a very special initiative that you and your friends can work on. Starting a small vegetable garden and donate food to the senior citizens and other children in the community or school. In this way you will be sharing and making a difference in the fight against hunger.

Friends hope you will enjoy starting your Fight Hunger Projects. Use World Food Day on 16 October to start making a difference. I like hearing about the projects that you have been working on. Please remember to keep me posted!

Lots of Love

Manzi



Food Collection Campaign

Credit: www.moveforhunger.org



Learners working on a tyre vegetable garden

