

UZIMA

THE GIFT OF NUTRITION



3 THINGS TO KEEP A BABY HEALTHY:

- VITAMINS TO ENSURE HEALTHY GROWTH
- MEDICINE STOPS PARASITES FROM MAKING A BABY SICK
- SOYBEANS PROVIDE NUTRITIOUS MILK FOR A BABY TO DRINK

OH BABY.

In Honduras, 60% of the population lives below the poverty line. For Hondurans living in rural areas, farming doesn't always yield enough to feed a family every day. This is hard on everyone, but especially babies and young children who need nutrients to grow their bodies and their brains. When they don't get enough, they stop growing, their brains don't function properly, and they get sick more easily.

World Renew works with community health centers and village nurses to help prevent malnutrition by providing vitamins, medicines, and soybeans for milk to parents. We teach parents why these things are important and, when they see their children start to grow again and suffer fewer illnesses, they understand the connection between nutrition and health.

Dayana Arely (on the right in the pretty pink dress) was losing weight and even having trouble walking when a doctor at the community health center diagnosed her with malnutrition. Dayana's mother learned how to make soymilk and give Dayana vitamins and medicine and now she is recovered and in good health.

So far, we've connected with 650 mothers and their children in Honduras, walking with them as they try to provide for their children, keep them healthy, help them grow. A lot goes into that -- we also work with families on sustainable agriculture practices, seed projects, and other health training.

But a nutrition kit is a basic building block. It allows babies and young children to stay healthy and strengthen their prospects for a more abundant life.



ALMOST HALF OF RURAL HONDURANS SUFFER FROM MALNUTRITION



THE BREAD OF LIFE

Jesus said, ***"I am the bread of life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty."*** He was telling His Jewish audience that they no longer needed the Law to find eternal life. He was saying that they needed to put their trust in Him. He was announcing Himself as the only way to slake our spiritual hunger and thirst.

We celebrate Jesus being the Bread of Life when we celebrate the Eucharist, or communion, using bits of bread and drops of wine as reminders of His sacrifice for us. The wafers or cubes of bread and the tiny cups of wine or juice most of us see in church are a function of efficiency. They're meant to be a *symbol* of Christ's body and blood. But those tiny amounts can be misleading when we think about the vastness of the gift He offers us.

Here's another way to think about those small bits of bread and wee glasses of

wine: Jesus called himself bread ***just one day*** after miraculously feeding 5,000 people with only five loaves of bread and twelve fish. He had been preaching all day on a distant hillside and, as the evening mealtime approached, he said to his disciples ***"I have compassion on the crowd because they have been with me for three days now and have nothing to eat. And I am unwilling to send them away hungry..."*** (Matthew 5:32) And then he fed them all until every one of them is full. With tiny bits of bread and fish, he filled them abundantly. **Think of that next time you celebrate communion.**

Remember too, that the crowd's *physical* hunger was of concern to Jesus. He felt compassion for them. When we feel Jesus' compassion for others well in our hearts, we should recall the miracle of the loaves and fishes. If we can give a wafer, we should. If we can give a loaf, we should. And in every act of compassion, we should give thanks to God, who can take our small gifts and multiply them. Jesus does not want us to despair in the face of need, but remember his promise ***"I came so that they might have life and have it more abundantly."*** He cares about us all in every way.



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YUM YUM YUM

Add some fun to your lesson with a video, book, or game!

Grades 3 through 7 will be ready to look at the differences between their lives and the lives of other children around the world. Teacher David J. Smith's book ***This Child, Every Child*** uses statistics and stories to delve into the what and why of questions your students may have about what they're hearing from you and us.

GIVE ONE, GIVE ALL

The 3-piece nutrition kit gives you lots of options. Ranging in price from \$7-\$9, groups of any size can give the gift of health!

When kids get geeked about giving the gift of nutrition, these low-cost gifts make it easy for them to **simply collect money**. A secondary church offering collected in **babies' feeding bowls** makes a great visual, as does a gaggle of Youth-Groupers all **wearing bibs** as they wave their empty bean cans at congregants.

A school can help subsidize a gift by **donating proceeds from a day's milk sales** at lunchtime. Kids will love to feel more involved if they make signs and help distribute the milk. If your school only serves white milk, a special **Milk n' Cookies sale** featuring chocolate and strawberry milk can motivate milk-drinkers to give more moo-la.

Good old-fashioned babysitting nights at church or school can be renamed **Babysitting For Babies** events with all proceeds from watching children going to babies in Honduras who need special care too.

For more ideas, visit
www.worldrenew.net/kidsfundraisingideas



Young children are always interested in other children. Try ***Whoever You Are*** by Mem Fox for a beautifully illustrated read-aloud about children around the world who are different than them.

Looking for a movie your middle schoolers and teens haven't seen yet? Consider ***Babies*** from Focus Films, a look at a year in the life of 4 babies around the world. Just over an hour long and available online.

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