



9 x 22 x 169 = 35,000

Meals for Millions Freedom from Hunger Foundation

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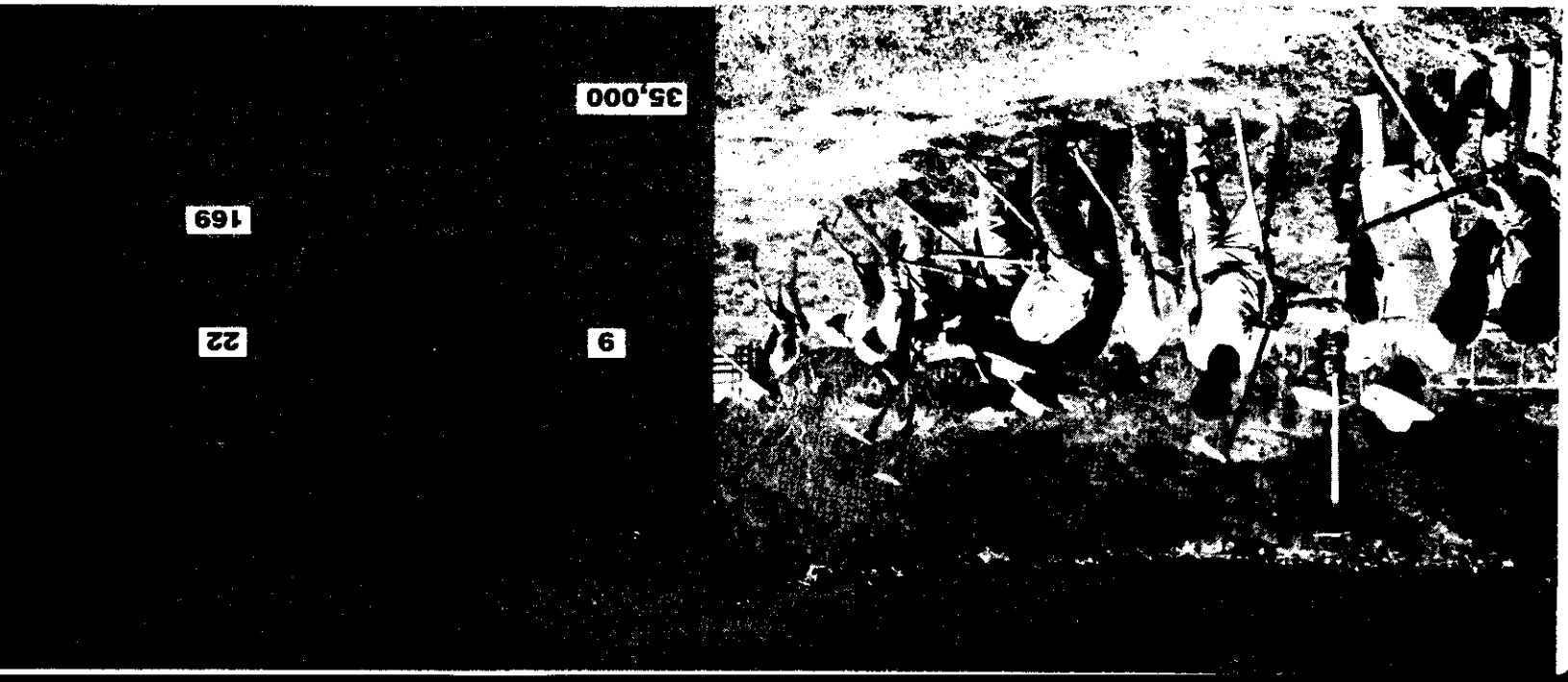
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At Meats for Millions, we're always looking for effective means to interrupt the vicious cycle of poverty. What began in 1946 as a food relief operation has grown into exciting self-help programs in Asia, Africa, Latin America and our own country.

Over the years, we've learned that what people need is not a hand-out, but self-help. That's why we train people to become involved in improving their own well-being—in solving for themselves the complex web of problems that keep them mired in poverty, malnutrition, illiteracy and disease.

In the 10 countries where we worked last year, MFM self-help programs provided new techniques for growing crops, building potable water and sanitation systems, teaching basic nutrition and introducing cost-effective methods for processing and preserving food.

The difference these programs make is in the lives of people—people shaking off a yoke of ignorance and despair, and learning how to fight the scourges of poverty and malnutrition.

Honduras. In the village of Zopilotepe, Ernesto Medina and his friends are building a *glorieta*, or open air meeting place, because our courses on food, health and nutrition are so popular they've outgrown the local health center. Ernesto and his wife have watched three of their children die before the age of five. Now, as they learn about better diet and hygiene, and how to grow new food crops, the Medinas hope to see their other children survive to adulthood.

The Caribbean. In the bountiful harvest season, Sara Arrita's family eats well for a time. But all too soon, improperly stored grains rot, and fruits and vegetables spoil. Through an MFM-sponsored community group, Sara now uses a cheaply-built solar dryer to harness the sun and preserve food for leaner times.

Sierra Leone. Using what she learned at an MFM training course, Matilda Fomba, a social development worker, is

teaching mothers how to feed their children more nutritious foods and how to use simple, inexpensive technologies for food preparation and storage—iceless coolers, solar dryers and sawdust stoves.

Korea. The low-cost, high-nutrition snack food Yung Sa Kim gets at school comes from a local plant set up with MFM's assistance to help eradicate diet deficiencies among poor rural children. A new powdered weaning food to replace the traditional—and nutritionally inadequate—rice gruel is another means of combatting malnutrition.

Ecuador. Lautaro Andrade heads MFM's indigenous staff in a dramatically successful effort at improving the health and well-being of communities in one of the poorest regions of South America. Purebred poultry flocks and community



vegetable gardens now flourish and the water is safe to drink. Farmers are feeding their children better, and marketing their chickens, eggs and vegetables in larger towns to realize additional income.

In our own country. Here, too, there are pockets of poverty where the elderly go hungry, children suffer from malnutrition, and families struggle to stretch meagre food dollars or grow enough food from depleted soil. Here, too, MFM is putting multiplication to work.

In the Southwest, our Conservancy Garden and Seed Bank preserves the seeds of rare desert-adapted plants, and distributes them to poor Native American farmers. With the help of old tribal farming methods revived for the present generation and modern agricultural techniques, impoverished Hopi and Papago Indians are now feeding themselves better. And the knowledge gained may prove a boon to desert regions throughout the world.

A dozen vacant lots in Tucson now abound year-round with vegetables and fruits. Our successful Community Gardens project attracts residents aged four to 96 years, who benefit from the exercise, community involvement and, most of all, from the foods they raise so economically for their own use.

Planting the Seeds of Progress Where They Grow Best

Just as we once changed our approach from treating the symptoms of hunger to attacking its causes, we're now revising our training program to take it closer to the grass roots. All training will now take place in the field. Multiplication is beginning in the villages of the 10 countries we serve, making instruction even more specific to the health, growth and productivity of a particular area.

YOU Are Part of the Equation

Even though you can't join us in Sierra Leone, Korea, the village of Zopilotepe or on the Papago Indian reservation, you can still be part of the multiplier effect.

With your support we can motivate villagers to build wells, latrines and health centers, produce nutritious food from local crops...we can teach mothers to feed their children better so they no longer die from malnutrition-related diseases...we can teach villagers how to generate income, build self-sufficiency and achieve lasting development.

YOU are an important part of the equation that can equal a healthy, productive life for hungry people around the world.

Please Be as Generous as You Can

Even without famine, one person in seven in the world today lives enslaved by hunger. Each year more than 15 million people die of malnutrition and malnutrition-related diseases.

In developing countries, as many as a third of all children die before their fifth birthday, and more than a quarter are doomed to blindness and mental retardation from prolonged hunger.

In the face of these cruel statistics, Meats for Millions/Freedom from Hunger offers hope and help—the kind of help that can free people to build a life of health and self-sufficiency for themselves.

