



Food for Thought



ROTARIAN ACTION GROUP FOR THE ALLEVIATION OF HUNGER & MALNUTRITION
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MISSION STATEMENT

An association of Rotarians, Rotarian spouses & Rotaractors committed to providing nutritious food to the hungry and malnourished by creating & supporting projects & programs that will enhance & sustain food security to achieve our goal of self-reliant families & communities.

ORGANIZING OFFICERS

President
Barbara Feder PDG
D5510, Arizona
USA

Vice Presidents
Jesse Devlyn PDG
Olga Devlyn PDG
D4170, Mexico

Secretary
Joanne Larson
D5580, Canada

Treasurer
Charles Cotten
PDG D5730
Texas, USA

Visit us at Booth
1200 in the House
of Friendship at the
Los Angeles

Rotary International
Convention

Welcome To Our First Issue!

Welcome! We hope you enjoy this first edition of “**Food for Thought**”, the official newsletter of the **Rotarian Action Group for the Alleviation of Hunger & Malnutrition**.

Our Action Group was officially recognized by the Rotary International Board of Directors at its February, 2008 meeting. We are launching our Action Group at the Rotary International Convention in Los Angeles, California, USA June 15-18, 2008.

Hunger issues are not new to Rotarians. We have been feeding the hungry for a very long time because we know that in order to break the cycle of poverty, we must first make minds and bodies strong. The need for our humanitarian work is great: More than 850 million people in the world go to bed hungry, 400 million of them are children. Malnutrition contributes to the deaths of over 3.5 million children under the age of 5 every year. Every six seconds, a child dies from hunger-related causes.

The **Rotarian Action Group for the Alleviation of Hunger and Malnutrition** will provide the opportunity for Rotarians, Rotarian spouses and Rotaractors from every corner of the world to

come together and form a network of individuals working to alleviate hunger and malnutrition. We will share our experiences, our projects, our successes, challenges and our needs with one another to create a pool of information and form partnerships in service. We will learn from each other and use our combined expertise to succeed in reaching our mutual goal of creating self-reliant families and communities. Our Rotarian Action Group will work toward the alleviation of hunger by meeting the short-term needs of immediate food supply where appropriate while working to develop the necessary infrastructure that will enable communities to become self-reliant in either developing or being able to purchase their necessary nutritional needs. By partnering and coordinating our efforts with other groups and organizations working in the field, we will be able to stretch our dollars and avoid duplication. Instead of random, separate hunger and malnutrition projects, the Action Group will connect us and strengthen our efforts to make our Rotary projects and programs more effective.

If there is to be peace, goodwill and understanding, it begins when the hungry are

fed. Singer Pearl Bailey said “Hungry people cannot be good at learning or producing anything, except perhaps violence”.

We realize the prospect of alleviating hunger and malnutrition world-wide is mind-boggling. But the impact of this Rotarian Action Group will grow exponentially by the numbers of projects and programs that will be completed by its members, groups of volunteers and partner organizations.

How long will it take? The United Nations has estimated dates of 2015 to 2025. The sooner we begin unified efforts, the sooner the alleviation of hunger and malnutrition will be a reality.

Visit us on the worldwide web at www.alleviatehunger.org to learn more about us and join us!

Working for a World Without Hunger,
Barbara Feder,
Organizing President
Rotarian Action Group for the Alleviation of Hunger & Malnutrition

Please come! First Annual Meeting of The Rotarian Action Group for the Alleviation of Hunger & Malnutrition on Wed., June 18, 2008 from 15:00 to 16:00 hours in Room 301 AB of the LA Convention Center.

The H & M RAG Project Menu of Member's Projects

Moringa Tree Project by Norman Barnett



MORINGA
TREE

Lifetime H & M RAG Members Eve & Norman Barnett from Rotary District 5100 (Oregon/Washington, USA) are on their way to the dedication of a project in Obregon (District 4100), Mexico that will provide Moringa trees (tree of life) to 200 Mayo Indian families along with materials necessary to create an organic garden and instruction in their native language about how to grow vegeta-

bles. This project is a partnership with Save the Children, Mexico, which does the on-the-ground work with the indigenous families.

Dried Moringa leaves have been shown to alleviate malnutrition in children with doses of one teaspoon mixed in the regular diet 3 times a day. The Moringa tree requires watering only for the first six months. After that, it is self-

sufficient, even in desert areas. Moreover, the tree's branches can be cut back dramatically to harvest the leaves and the tree will regrow them. Thus it appears to have promise for alleviating malnutrition in even the most severely stricken areas of the world.

See <http://www.treesforlife.org/our-work/our-initiatives/moringa/introduction/the-moringa-tree>.

SCHOOL LUNCH PROGRAM IN NICARAGUA



Community Service Project Idea-Gleaning

Gleaning is the act of collecting leftover crops from farmers' fields after they have been harvested. In ancient cultures, gleaning was an early form of a welfare system to help feed the poor. Today, gleaning can be in your own back yard!

Food Banks know that fresh produce is a key ingredient to a well-rounded diet but produce is too expensive for the Food Bank to purchase. Luckily

though, in some areas, back yards can be an ample source and Food Banks can benefit from a community gleaning program.

Volunteer groups made up of families, church groups, senior citizens, businesses, Scout troops or **service organizations like Rotary** can call your local Food Bank Volunteer Coordinator to connect the donor and volunteers to arrange for a convenient time to

glean fruits or vegetables for the donors' yards and gardens. The Food Bank will arrange to deliver containers to the site. Once the crop is harvested the Food Bank will send its truck to pick up the full collection bins. Check with your local Food Bank to see if your Rotary Club can help!

TEN THINGS YOU CAN DO TO STOP HUNGER

- 1. Get the facts.** What is hunger & food security all about?
- 2. Look in your own backyard.** Is there hunger & food insecurity in your own community?
- 3. Think globally, act locally.** Volunteer at a local food pantry-if there isn't one-start one.
- 4. Get others involved.** Talk to your friends, family & Rotary Club about the problem.
- 5. Put Yourself in Hunger's Place.** Go without a meal or two & talk about what it feels like to go with out food.
- 6. Use Model Programs** that are all ready in use and expand them.
- 7. Become an advocate** for food aid by contacting your political representatives.
- 8. Check where your money is going.** Do the products you buy support anti-hunger efforts?
- 9. Be Green.** Reduce/ Recycle and Reuse.
- 10. Dare to Care.** Open your heart & wallet to the problem.