



# ELCA World Hunger

## Lenten Resources

Lent is a time of prayer, service, and self-examination. During this time, many of us choose to live simpler lives, remembering those who do not have the food, money, or resources to simply live. Here are some resources to help your congregation remember those who are hungry and living in poverty this Lenten season.



## Lenten Meal Series

Does your congregation host meals before Lenten services? Why not join together for a meal and help fight hunger at the same time? Enjoy global cuisine while learning about the world and how gifts to ELCA World Hunger are making a difference. Instead of charging for the meal, collect donations to support ELCA World Hunger. Complete plans for six meals are available on the following topics: Bolivia, Cambodia, Columbia, Costa Rica, Egypt, and South America.

# Meal Seven - Haiti



## Spotlight on Haiti

- Region: Latin America and Caribbean
- Population: 9,719,932 (July 2011 estimate)
- Literacy Rate: 52.9%
- Life Expectancy: total population: 62.17 years
- Urban Population: 52% of total population (2010)

## Printable Table Tent

Print the table tent, designed for the Haiti meal. This table tent includes conversation starters and information about your gifts to ELCA World Hunger in action.

## Placemats

Print and use different placemats during your Lenten meals to raise awareness about hunger, poverty and related issues. Available in a separate PDF.

## Program

This 30-minute program, specifically designed for the Haiti meal, contains a reading, litany, monologue, prayers and discussion questions.

## Table Prayer

Lord, we have come to your market place. We know there are plenty of provisions in your market. We have brought our baskets with us; and now we want to go back home from your market with our baskets full of provisions.

Lord, we don't get mangos from an avocado tree, and we don't get corn from a banana plant. We produce what we are. Help us to be what you need produced.

(Prayers from [Food for Life: Recipes and Stories on the Right to Food.](#))

## Story: Esta



On the island nation of Haiti, most people live off the land -- growing and selling potatoes, bananas, oranges and other fruits and vegetables. But in the lush, mountainous region of Thiotte, Haiti, soil erosion has made it increasingly harder to grow these crops...

[Read the full story.](#)



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## Local Recipes

Popular foods in Haiti include [Haitian patties](#), [pain patate](#) (sweet potato pudding) and [Haitian rice and beans](#).

Find more recipes at <http://www.islandflave.com/recipes/65-haitian-recipes>.



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### Meet Esta



On the island nation of Haiti, most people live off the land — growing and selling potatoes, bananas, oranges and other fruits and vegetables. But in the lush, mountainous region of Thiotte, Haiti, soil erosion has made it increasingly harder to grow these crops. A vast majority of people depend on growing and selling one thing to make a living: coffee.

"Coffee is my life," says Esta. She spends the better part of each day in the coffee nursery — picking, washing, drying and carefully packing coffee beans. For years, she had no other choice but to sell her coffee to merchants, known as "speculators," who travel into Thiotte to purchase coffee at a low price and sell it abroad for a large profit. As a result, Esta and her neighbors never earned a fair price for their

coffee, and most live in poverty.

But now, Esta and 4,000 of her neighbors have joined one of seven local cooperatives established by your gifts to ELCA World Hunger. These cooperatives work on behalf of the farmers to ensure that all coffee farmers receive a fair price for their product.

Little by little, Esta saved extra funds until she was able to purchase a few chickens and honey bees for her family. With fresh eggs to eat and honey to sell on the market, Esta and her family have an added, dependable source of food and income. "My life has changed," says Esta. "Thank you."

*Your gifts to ELCA World Hunger support this program and others like it in more than 60 countries around the world.*

## Your Gifts to ELCA World Hunger in Action

Your gifts to ELCA World Hunger support many projects and programs throughout Haiti, including:

- Microloans and income generating projects
- Assistance with the management of natural resources, forest protection and soil conservation
- Animal husbandry programs
- Humanitarian assistance through food, water, shelter and education



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Support ELCA World Hunger by visiting [www.elca.org/hunger/donate](http://www.elca.org/hunger/donate), calling 800-638-3522, or mailing a check to ELCA World Hunger, P.O. Box 71764, Chicago, IL 60694-1764.



- Rice and beans is a staple in Haiti. What is a staple in your home?
- Haiti produces only 55% of the food it needs for its people. Chronic malnutrition is invasive. How does this information affect how we see food here in America? How does this information affect our willingness to share resources? Do we? What stops us?
- Part of the work of ELCA World Hunger in Haiti is to support animal husbandry projects. How do animals help families living in poverty?



# Haiti



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Scott Hendrickson/ELCA



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- I have enclosed my gift of \$100.
- I have enclosed my gift of \$250.
- Other \$ \_\_\_\_\_

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