

FOOD SECURITY IN OUR WORLD

SECONDARY LESSONS



This resource is designed to educate students on what food security in our world looks like. We look more broadly at the causes of global hunger and food insecurity. And we hope it encourages students to think about their own food activities in relation to people around the world.

The learning experience provides information and discussion questions, as well as links to videos, images and learning tasks that encourages students to apply higher order thinking in response to the guiding questions:

Why do so many people in our world not have the food they need?

How can we change this?

This resource is designed for students and teachers to read and work through together. We encourage you to use this resource in whatever way suits your class best. These lessons are accompanied by our other Food Security resources found on our [website](#).

Content Warning: Learning about issues such as world hunger and food insecurity can be confronting and may evoke strong emotional responses. Please approach these topics with sensitivity and care, recognising that some students may have personal experience of food insecurity or related challenges. Consider students' individual circumstances and wellbeing, and ensure discussions are conducted in a supportive and respectful environment.

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As an Australian student, you have an important opportunity to become a confident, active and informed global citizen. Food is something that all humans need, yet it is something that not everyone can access. As an active global citizen, it is important for you to question why the world is this way. At the end of this workbook, the following information and activities will help you answer the following guiding questions:

Why do some people in our world not have access to the food they need? How can we end world hunger?

The foundation for any real change comes from our ability to see the face of Christ in those who are suffering from hunger. When we start to think more about food and hunger here at home and around the world, we realise that it is only by working as one global family, in a spirit of compassion and unity, that we can finally bring an end to a grave injustice: that there is enough food in the world, and yet people still suffer from hunger and food insecurity.

DISCUSS



- What is your definition of hunger?
- Why do you think some people do not have access to the food they need?
- What bible references can you think of that relate to feeding the hungry?
- How is food and hunger related to human dignity?

Fratelli Tutti, which translates to 'all brothers and sisters' is the third encyclical by Pope Francis. Within his encyclical, he focused on the urgent need to eliminate hunger in our world.

Read the below excerpt and answer the accompanying questions.

We are still far from a globalization of the most basic of human rights. That is why world politics needs to make the effective elimination of hunger one of its foremost and imperative goals. Indeed, "when financial speculation manipulates the price of food, treating it as just another commodity, millions of people suffer and die from hunger. At the same time, tons of food are thrown away. This constitutes a genuine scandal. Hunger is criminal; food is an inalienable right."

Pope Francis, Fratelli Tutti, #189

DISCUSS



- Define the term 'globalisation'.
- Explain what Pope Francis identified as the major reasons for hunger?
- Why is it important that the issue of hunger is resolved?

The Sustainable Development Goals (also known as the Global Goals) are a set of 17 goals developed by the United Nations aimed towards achieving a sustainable future across a range of areas.

Goal two is focused on ending hunger, achieving food security, improving nutrition and promoting sustainable agriculture.

2 ZERO HUNGER



TASK



Read about goal two 'Zero Hunger' [here](#).

Create your own [infographic](#) that highlights the facts and statistics behind the goal and what the UN identifies as strategies to addressing the issue.



FOOD SECURITY

Do you have enough food to eat each day? What do you need to be able to access food?

Hunger and food insecurity can have a number of causes. Politics, economics, social justice and environmental conditions are all part of the way that food is produced and distributed around the world.

Tackling hunger and food insecurity is about more than increasing the food supply; it's also about challenging structures that create an unfair distribution of food and inhibit people from building their own food security.

WATCH



Source: Agriculture in Education

TEST YOUR KNOWLEDGE



What do you already know about food security and hunger in our world?

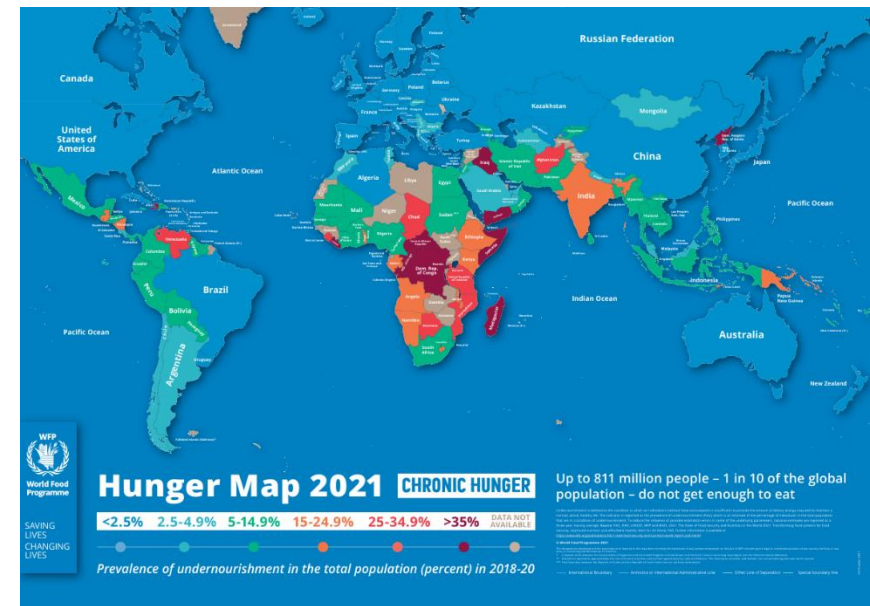
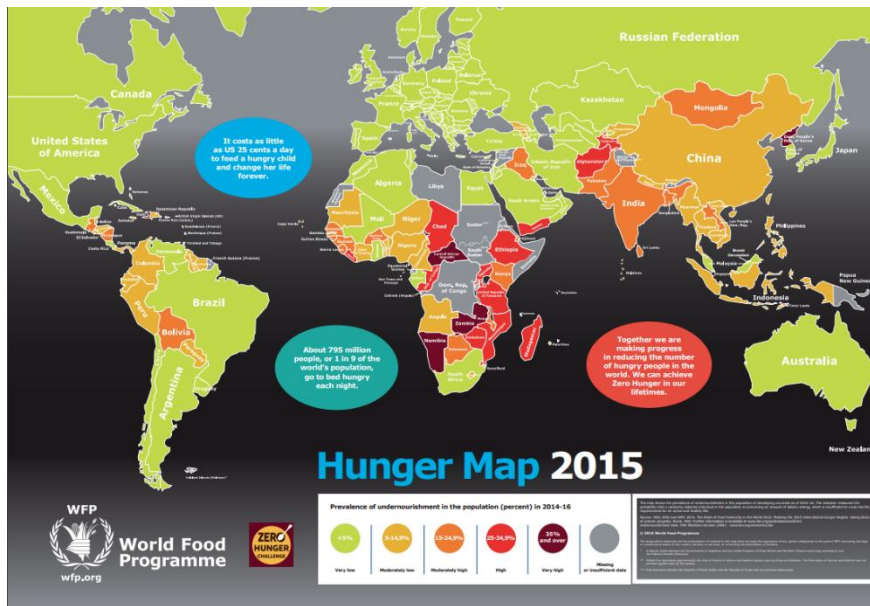
Take the [Food Quiz](#) to test your knowledge.

FOOD SECURITY IN OUR WORLD | CAUSES OF HUNGER AND FOOD INSECURITY

WORLD HUNGER MAP

The Hunger Map is a map developed by the United Nations [World Food Programme](#) as a visual representation of the varying levels of undernourishment, or hunger, within our world.

Click on the two maps below as well as the link to the live map and write down any significant differences you notice between the prevalence of undernourishment in 2015, 2021 and now.



[Click here to access the live map.](#)

WHY ARE SO MANY PEOPLE HUNGRY?

Although the world produces enough food to feed every woman, man and child, nearly one billion people go hungry every day. Food is currently produced and distributed through a global food and agricultural system that is not providing enough food for some, while in other parts of the world overconsumption and obesity is a problem. Hunger is not only caused by a lack of food, but rather a lack of justice.

Have you ever thought about how food reaches your plate? Have you thought about who grew it? Where it came from? How many people sold it on before you bought it? This is the 'FOOD SYSTEM'.

The Food System

Production

Growing crops and raising animals.

Processing

Transforming raw or fresh food into the finished product.

Distribution

Getting the food from the grower to the buyer.

Retail

Deciding the price of food and selling or buying it.

Consumption

Cooking and eating food.

Waste Management

What happens to unwanted food.

TASK

Each step of the food system presents opportunities for governments, businesses and individuals to ensure food is being produced and disposed of in a sustainable way. **For each of the steps, list examples of how you think this can be done.**



There are many **interrelated reasons** that cause hunger and food insecurity. We will focus on some of the issues that affect communities where Caritas Australia works with local partners.

POVERTY

Poverty is the main cause of hunger. There are three legal ways to get food: grow it, trade it or buy it. Some people might also receive food for free, but this is not a reliable or consistent source of food.

Limited education and training in sustainable food production methods or income generation can impact food security.

Training in sustainable agriculture, animal raising or fish raising can empower people to learn new ways of producing food to eat and to sell for an income. Training and education can build on traditional knowledge and introduce new methods or technologies to address such challenges as farm irrigation in remote areas or changing climate patterns.

UNFAIR TRADE RULES

The way that large companies do business with local food producers is often unfair and may not reward farmers for the worth of their labour or produce. Bigger and better-resourced farmers may get food supply contracts, while small-scale farmers work as labour on contracted farms.



Manaini sells fresh fruits and vegetables that she and her community have grown and packaged on their farms, by the roadside in a small village in Fiji. Credit: Caritas Australia

PLAY

Play the Orange Trading Game

(60 mins, created by Canadian Office for Development and Peace – Caritas Canada)





CONFLICT

War and violence prevent development and add pressure to food supplies. Conflict makes farming unsafe and food stores or crops can be destroyed.

LAND

Land is needed to produce food. But the land that we can use to produce food is limited.

Land ownership is important for people to have a secure home, grow and produce food, and generate an income. But many people simply do not have the resources or opportunity to own land. Land ownership can also bring cultural identity, empowerment, and participation in decision-making.

Land usage is contentious in many parts of the world. This is, in part, because of the different relationships that different communities often have with the same environment. [Neo-liberalism](#) views land and water as consumer goods (for instance as commodities that can be bought and sold, and exploited of all existing resources), whereas many indigenous communities around the world do not view these resources as possessions. Instead, they regard themselves as the custodians of the sacred. For example, '[Red Dust Healing](#)' is 'founded on the cultural belief that we are one people, one mob who do not own but belong to this land'. The differences between these two views have become apparent in the developing world. In the illegal practice of **land-grabbing**, for example, multinational corporations have forced impoverished farmers from their land so that **agro-fuel plantations**, '**cash crop**' plantations or mines can be established. Owners of small or family farms can struggle to keep their land as more farmland is being bought by large corporations.

TASK

Arable land is land used for agricultural purposes, or in other words, land that can be used for growing crops.

Explore the [World Bank's data on arable land](#).

What trends do you notice in the data about the amount of arable land in our world over time?





AGRO FUELS

Plants such as sugar cane, wheat, corn, sunflowers, soya beans and oil palm trees can be used to produce a fuel alternative. These are called bio-fuels or agro fuels. Agro fuels emit less carbon dioxide than the fossil fuels that we use (e.g. coal, oil and gas). Unfortunately, you need to grow a lot of the plant to make agro fuels - and companies are clearing forests and often forcibly using land that many communities experiencing poverty relied on to grow food to sell and eat.

This practice not only results in environmental degradation but also robs communities of their right to earn an income from their produce. It also denies them the opportunity to improve their agricultural practices and to have a say in the future of their communities.

WATCH



Source: Enough Food for everyone IF

REFLECT



- What do you think about the issues of agro-fuels?
- What Catholic Social Teachings come to mind?



CLIMATE CHANGE

Over the decades, the effects of modern society on our planet have become clear. Greenhouse gases and other pollutants have gradually interfered with the Earth's climatic cycles, and this has increased the frequency and intensity of cyclones, floods and other natural disasters.

Because these disasters often occur in developing countries, where authorities struggle to support impoverished communities, their effects are usually felt by the most vulnerable. In recent years, natural disasters have led to poor harvests in many farming communities in the developing world. This has not only dwindled their food stocks, but has also inflated the prices for them, making it harder for other poor communities to buy the food they desperately need.

A changing climate is challenging for farmers who use traditional methods that rely on predictable weather patterns.

The Catholic Social Teaching principle of **'Care for our Common Home'** teaches us to care for creation.

This is especially important for food production, not only for us, but for our brothers and sisters around the world.

Food, climate and the environment are closely connected.



WATCH

Monoranjon's story demonstrates the impact of unpredictable climate and weather patterns to farmers and their food and water sources.





CLIMATE CHANGE & LAUDATO SI'

"Climate change is a global problem with grave implications: environmental, social, economic, political and for the distribution of goods.

It represents one of the principal challenges facing humanity in our day. Its worst impact will probably be felt by developing countries in coming decades. Many of the poor live in areas particularly affected by phenomena related to warming, and their means of subsistence are largely dependent on natural reserves and ecosystemic services such as agriculture, fishing and forestry.

They have no other financial activities or resources which can enable them to adapt to climate change or to face natural disasters, and their access to social services and protection is very limited. For example, changes in climate, to which animals and plants cannot adapt, lead them to migrate; this in turn affects the livelihood of the poor, who are then forced to leave their homes, with great uncertainty for their future and that of their children."

[Pope Francis – Laudato Si' - #25](#)

TASK



- Read the excerpt from Laudato Si' on climate change. Explain what Pope Francis writes about regarding the relationship between climate change and poverty.
- Construct a **flow chart** that shows the impact of climate change on food security for vulnerable communities around the world. You might want to focus on one specific aspect of climate change e.g. rising sea levels or drought.

You may wish to use this [resource](#) to read some stories of how individuals and communities impacted by climate change, and how they have been supported by Caritas Australia and its partners.



WASTAGE AND LOGISTICS

Whilst millions of people go hungry in our world, the issue is not a lack of food. There is in fact enough food to feed the entire global population. The issue lies with the lack of resources available to poorer communities to effectively harvest, store and distribute produce to those that need it.

Without adequate resources to collect, store and transport harvested food, most of what is grown is then left to rot and waste.

WATCH



Source: Ted Talks

TASK



After watching the clip, create an [infographic](#) that summarises the key ideas, including the causes of hunger, facts and statistics as well as the solutions to the issue.



THE COMMODIFICATION OF FOOD

It is important to remember that food is a basic need and a basic right. Access to nutritious food is essential for life, yet it has become a **commodity**. When something is 'commodified' it becomes a 'commodity'- something that is bought and sold to make profit. Food needs to be about people, not profit.

Food prices often change, making it especially hard for people living in poor communities. The economic principle of supply and demand has an impact on food in various ways, such as:

- **Rises in oil prices.** This mean higher prices for the production and transportation of agricultural produce.
- **Land availability.** For example, more land might be used to grow agro-fuels instead of food for humans. Another example is the increased demand for meat that has resulted in more land being used to grow grain to feed cattle.
- **Weather.** Floods and droughts all impact how much food can be grown and therefore how much is available.

By the time that food has reached your plate, a lot of money has exchanged hands and a lot of natural, human and capital resources were required.

WATER

Fresh water is essential for agriculture and is a limited natural resource. It is being further depleted by the same environmentally damaging processes ([siltation](#), pollution) that increasingly limit land availability and by the drawing down of underground [water tables](#).



Sisilia refills her cup from newly installed water taps at her school in rural Tanzania. Photo: Caritas Australia



CASH CROPS

In order to generate an income, some countries decided to produce 'cash crops'. This is the growing of produce that tends to have a high market value, such as coffee, tea and cocoa.

While the sale of such 'cash crops' can quickly provide much-needed income, an overdependence on them makes developing countries vulnerable to sudden changes in market prices or in demand for those crops. They can also be cultivated at the expense of other crops, such as fruits and vegetables which are needed to address a country's immediate nutritional needs.

TASK: CASH CROPS DILEMMA



Imagine you are the leader of a small farming community. You have enough land to grow only one type of crop.

Option A: Grow coffee to sell overseas and earn a higher income.

Option B: Grow fruits and vegetables to feed local families.

Working in pairs or small groups:

1. List **three advantages** and **three disadvantages** of growing coffee as a cash crop.
2. List **three advantages** and **three disadvantages** of growing fruits and vegetables for local consumption.
3. What might happen to your community if:
 - the price of coffee suddenly falls?
 - a drought damages the coffee harvest?
 - local food crops are no longer being grown?
4. Decide which option you would choose and explain your reasoning.
5. As a group, create a plan that would help your community earn income and maintain food security. Present your plan to the class.

Reflection:

Do you think countries should prioritise growing food for export or food for local communities? Explain your answer using evidence from the text.



FARMING

LARGE-SCALE AND SMALL-SCALE FARMS

Our food system is based on thousands of years of knowledge and innovation by farmers and peasants.

“There is no humanity without the cultivation for the land; there is no good life without the food it produces for the men and women of every continent. Agriculture thus demonstrates its central role.”

- Pope Francis

In the last several decades, the economic model of **large-scale farming** and agriculture has been promoted as the primary solution to feeding the world. Currently, this system is dominated by huge “agribusiness” corporations and by trading rules and practices that favour corporations and big commercial businesses.

PLAY



Play either of these board games:

[Field Farmer board game](#) (15-20 mins)

[Fish farmer board game](#) (15-20 mins)

SMALL-SCALE FARMING VS LARGE-SCALE FARMS

Most of the millions of people who experience hunger or food insecurity live in developing countries. Most of these people also live in rural communities that traditionally have relied on agriculture. This may be through [subsistence farming](#) or through small community farms.

Small-scale farms are an important way to provide food to communities quickly, and are also a place where community members can develop and maintain farming knowledge and skills and generate income. Small-scale farms can contribute to biological diversity with multiple cropping systems, which is better for the soil than one-crop planting, the norm in large corporate farms.

Small farms can also manage natural resources in ways that benefit the community and safeguard the environment.

However, small-scale farmers often lack credit, technology, access to market and other resources to increase production of food. Caritas Australia works with small-scale farmers in many regions across the world.

Most of the food grown in large commercial farms located in developing countries is for export, either for human or animal consumption, or for agro-fuels, rather than for the local community.



SEED DIVERSITY

Farmers are local experts who work to ensure that the seeds they plant have everything they need to thrive. They use seeds from local crop varieties that they have nurtured. These farmers' seeds are more affordable, often nutritionally superior, and better adapted to challenging growing conditions. They are the heritage and future of the small family farmers who use them to feed their families, their communities, and the world.

The Food and Agriculture Organization (FAO) estimates that 75% of biodiversity has been lost because of the profound transformation of world food production*. The corporate agriculture industry (this is those large-scale farms and big businesses- 'agri-business') has begun to replace the great diversity of farmers' seeds with industrial varieties, which is creating highly homogeneous crops.

READ



Caritas Australia's partner, Caritas India, is working to address this issue. Caritas India works to promote seed saving through seed banks, organising seed diversity fairs, increasing awareness about different organic ways to manage crops, and promoting traditional farming practice. Read more [here](#).

WATCH



Sow Much Love

Canadian Catholic Organisation for
Development and Peace (Caritas Canada)

*The State Of The World's Biodiversity For Food And Agriculture Report 2019.



TASK



Read the article "[Drought, Flood and the Hunger Crisis in Africa](#)" and complete the questions below.

1. What challenges are causing food insecurity in parts of Africa?
2. How have drought and flooding affected people's ability to grow food and earn an income?
3. Why are climate change and extreme weather events making food insecurity worse?
4. Explain how food insecurity affects:
 - a) Families
 - b) Farmers
 - c) Communities
5. Choose one country mentioned in the article and describe the food security challenges it is facing. Conduct your own research using at least one additional reliable source to find further information about the country's current situation. Include evidence and statistics to support your response.
6. What actions are Caritas Australia and its partners taking to support communities?
7. Which challenge do you think would be the most difficult for communities to overcome: drought, flooding, displacement, or rising food prices? Explain your answer.



Manaini lives in a small village in northern Fiji. Life was always a struggle. Almost one quarter of Fiji's people live in poverty, and in rural areas the rate is even higher. Jobs are scarce, and most families survive on what they grow.

Meals in Manaini's home were simple and not always healthy. Sometimes it was just cassava or sweet potato with tea. If she could not afford something, her family went without and the family often lacked variety in their diet. Leftover crops were wasted when fed to pigs and chickens.

Manaini's greatest fear was for her children's future. With tears in her eyes, she said:

The things I worry about the most is my kids' education. The requirements that need to be met are hard for me to try to achieve to suit their needs and wants in their education with my daily income.

Compounding this, communities across Fiji are facing a health crisis. Many families like Manaini's have to resort to buying high calorie food for survival, at the cost of their long-term health. This shift away from traditional diets, once rich in fresh fish, root vegetables, and fruit, has contributed to a drastic rise in preventable health issues, particularly among low-income communities.

Diabetes, high blood pressure, cancer, and heart disease are now common. Four out of five deaths in Fiji are caused by these life-threatening diseases.



Photo credit: Caritas Australia



Viloki, who works with Caritas Australia's partner, FRIEND (Foundation for Rural Integrated Enterprises and Development), explained:

Fiji has one of the highest rates in the Pacific in terms of non-communicable diseases. That's like 80% of the people here have one or the other form of non-communicable diseases, including diabetes, high blood pressure, heart related diseases, and these are mostly attributed to the lifestyle they have, the eating habits they have. Every eight hours, there are three amputations.

With the help of local partner, FRIEND, Manaini joined training in food processing. She learnt how to use leftovers from crops like cassava, taro and breadfruit to make flour. She now makes roti and pancakes at home instead of buying expensive flour from the supermarket. This means healthier meals and big savings.

She explained, **'After the food processing training, we learnt how to make use of the food that was available. We learnt a new skill which allows us to make use of the food.'**

Manaini received seeds from the project, enabling her to grow a greater variety of food in her garden. She also learnt to make organic fertiliser and pesticides from plants. With the women's group she bakes cakes and pies from root crop flour to sell at a roadside stall. They have already earned \$200.

Her daughter joined financial literacy training and shared the lessons at home. The family now manages their income more wisely and no longer wastes what they earn.

The project also brought solar lights to the village. Before, nights were dark and unsafe. Families used kerosene lamps if they could afford the fuel. Now, Manaini's children can play safely, and elderly people can walk safely at night.

Manaini is proud of her progress and still dreams of more. She hopes to expand the women's business and one day bring solar power to the village. She said, **'The project as a whole has a lot of value in my life as it totally changed the life of my family and even the community.'**

Finally, she shared her gratitude. **'I'd like to thank those financially supporting this training which has helped us women and our community in general.'**

This project is supported by the Australian Government through the Australian NGO Cooperation Program (ANCP).



After reading the case study, fill in the below table to make connections to what you already know. Think about what you have learnt about hunger and food insecurity so far.

CONNECT: How is the information presented in the story CONNECTED to what you already knew and have read about?	
EXTEND: What new ideas or information did you gain?	
CHALLENGE: What is still a CHALLENGE to get your mind around? What questions do you still have?	



What are the food security challenges in this community?	
What is the main food security challenge?	
What are the social, physical, economic or political factors that makes food access a challenge in this region?	SOCIAL: PHYSICAL/ENVIRONMENTAL: POLITICAL: ECONOMIC:
What causes of hunger and food insecurity does Caritas Australia and their partner address In this community?	
Who is involved in the solution? How is this related to the principle of Human Dignity ?	
What Catholic Social Teaching principles are illustrated?	

Inspired by the principles of love, compassion and solidarity from its Christian faith, Caritas sees the world's peoples as one global family.

To address food insecurity and poverty, Caritas Australia works with local partners to support communities in building sustainable livelihoods. In Fiji, Caritas Australia's partner FRIEND helped Manaini and her community improve nutrition, reduce food waste and generate income through training in food processing, gardening and sustainable farming practices.

By building on local strengths and knowledge, Caritas Australia supports communities to create positive, lasting change and improve overall wellbeing.

TASK



Read the Caritas Internationalis webpage Food Security and answer the following questions:

1. What are the four key areas Caritas focuses on in addressing food insecurity?
2. For each area, explain how Caritas works to improve food security and support communities.
3. Which of the four focus areas do you think would have the greatest long-term impact on reducing food insecurity? Justify your answer.



Manaini (centre) sits in a workshop in her village with Viloki (left) and Kavoa (right) from the Foundation for Rural Integrated Enterprises and Development (FRIEND), supported by Caritas Australia, in a village in Fiji. Photo Credit: Caritas Australia



TASK – STUDENT GLOBAL FOOD CONVENTION



In groups, you will be assigned a region where Caritas Australia currently, or has in the past, worked to achieve food security. In pairs, choose a country to investigate.

You will be the representatives for that country at a **Student Global Food Convention**.

As a country pair, present your findings and recommendations to other representatives in your region group.

One or two representatives from each region will then present to all other regions.

Use the 'Student Global Food Convention report' proforma to present your findings to the group.

RESOURCES FOR EACH REGION

[Asia](#)

[Africa](#)

[Pacific](#)

STUDENT GLOBAL FOOD CONVENTION PROFORMA

In groups, a pair of students are assigned one region where Caritas Australia works. Each country team will present recommendations that address their specific food security and hunger issues to other representative in their region. One representative for each region will then present to all other regions.

Read your case studies and use the following proformas to record your answers. You must also include a labelled map of your region.

CATHOLIC SOCIAL TEACHINGS What Catholic Social teaching principles are illustrated?	
SIMILARITIES AND DIFFERENCES What similarities do you notice between regions?	
Read the '8 COMMANDMENTS FOR A FUTURE WITHOUT HUNGER' Which of the commandments are most applicable to your region? Give reasons why.	
AFTER GROUP PRESENTATIONS : What similarities do you notice between regions?	

1. CONTRIBUTE TOWARDS EVERYONE ON EARTH HAVING ENOUGH TO EAT.

Is it enough, if you, your family, your friends and all in Australia are well fed? Or does every man, every woman and every child on this earth have the right to adequate food? This is what, in 1966, was laid down in a multinational treaty, approved unanimously by the General Assembly of the United Nations. And although enough food exists for everyone, one in every eight people in the world is hungry.

2. DO NOT FILL YOUR TANK WITH THE FOOD THAT HUNGRY PEOPLE NEED TO EAT.

The production of agrofuels uses, and uses up, fertile land; and yet generally, agricultural resources such as soil or water are limited. This also leads to an increase in conflicts over land use and sometimes even the forcible displacement of small-scale farmers.

3. HONOUR THE EARTH AND WORK TO COMBAT CLIMATE CHANGE, SO THAT YOU WILL LIVE A LONG LIFE AND SO AS TO GIVE YOURSELF AND ALL PEOPLE ON EARTH A BETTER LIFE.

No-one today any longer denies the reality of climate change. However, we know far too little about its devastating effects on the supply of food to people in the poorest countries of the world. Lack of rain leads to long-lasting droughts. Floods destroy soil over the long term and contribute towards land erosion. At the same time, for millions of people, drinking water is becoming more scarce. An internationally-binding climate-protection treaty with ambitious objectives is urgently needed.

4. LIVE SO THAT YOUR OWN LIFESTYLE IS NOT AT THE COST OF OTHERS.

What does your lifestyle have to do with the hunger of people in other countries? For instance, it is responsible for environmental destruction, climate change and the exploitation of vital resources. Hunger is a consequence of this. Anyone who changes their lifestyle in a responsible direction is also making a long-term contribution towards improving the circumstances of many hungry people. For instance, you can buy more fair-trade products, re-use instead of throwing away, use energy-efficient appliances, go by bike and use public transport more, etc.

Source: Adapted from Caritas Internationalis

5. DO NOT COVET YOUR NEIGHBOUR'S LAND AND PROPERTY.

Foreign investors are buying up huge areas of land in Africa, Asia and eastern Europe at knock-down prices. This land-grabbing benefits the rich countries to which the agricultural products grown on such land are exported. It rarely benefits a nation's own population, and most certainly not the local small-scale farmers, who are robbed of their rights and no longer able to produce for the local market.

6. USE YOUR AGRICULTURAL POLICY TO REDUCE HUNGER AND NOT TO INCREASE IT

Multilateral agricultural and trading agreements in many instances reflect the interests of the North, but prevent countries in the south from expanding and protecting their own agriculture. The establishment of local food markets is seriously hindered by cheap imports. Local farmers are frequently unable to compete with products from the North, which are often subsidized.

7. HELP PREVENT ARMED CONFLICTS AND WARS.

Wars and armed conflicts are causes of acute famine and chronic hunger. The economy stagnates, millions of people leave their homes, fields remain fallow, harvests are left to rot away. Through land mines and radioactive munitions, vast areas of land are left uninhabitable, and agriculture becomes extremely dangerous.

8. FIGHT HUNGER EFFECTIVELY THROUGH LONG TERM DEVELOPMENT

Paradoxically, most people who do not have enough food live in rural areas. However, if your own piece of land does not produce enough, if rains fail, or prices are unstable, if no safety net is provided, then hunger is a direct consequence. Aid achieves effective prevention and structural work; improved cultivation methods, irrigation, education and a strengthening of society all bring about long-term food security.

Source: Adapted from Caritas Internationalis

TASK



Write each of the '8 Commandments for a Future Without Hunger' in youth-friendly language suitable for a Year 6 student.

HOW CAN WE TAKE ACTION AGAINST HUNGER AND FOOD INSECURITY?

There are many ways to help fight global hunger and food insecurity. Pope Francis taught us to 'remember the poor'. Even though we might have enough food here in Australia, we are connected by economics and politics, and we all share the earth and have an impact on how food can be accessed by people all around the world.

We can take action on the personal, local, and global level. Actions taken locally can together, and over time, make a big impact globally. It is important to remember the things we can control and influence, in order to tackle larger issues. [Read more about the circles of control, influence and concern.](#)

1. SUPPORT COMMUNITY FARMERS IN DEVELOPING COUNTRIES BY DONATING TO CARITAS.

Caritas Australia works with people who work to look after themselves and their families. Sometimes they receive education, training or financial support for their farming and food production businesses. All these things are possible with your help as our Australian partners. Your [donations](#) have a significant impact.

The Catholic social teaching principle, Care for our Common Home, is important in the issue of food and we are called to consider the impact of environmental degradation not only for ourselves, but for people living in vulnerable and marginalised communities around the world.



Monoranjon and his wife, Anita, working on their farm in southwest Bangladesh. Photo: Caritas Australia



Sisilia watering her school garden. Photo: Caritas Australia

2. WE CAN ALL WORK TO CARE FOR OUR COMMON HOME.

Here are some things we can do:

Stop wasting food: Not wasting food and the resources used to create it respects the gifts of creation and is also a way to show solidarity with others.

Start a compost bin or worm farm: Putting our food leftovers into compost or a worm farm instead of landfill also reduces how much greenhouse gas is released into the atmosphere and reduces the negative impact of a changing climate on farmers around the world.

3. FIND OUT MORE ABOUT YOUR FOOD

Food sovereignty is the idea of reconnecting with our food. We need to consider how the food we buy has an impact on the food security of others around the world.

Buying from local producers can be a good way to get the freshest produce. It can also mean that food travels shorter distances and therefore has fewer 'food miles'. How far food travels does not account for the entire amount of greenhouse gases emitted during production.

It is more important to think about **how** the food was grown or produced.

Consider if the food was grown or produced sustainably or organically. Was it grown on a small-scale farm or industrial large-scale farm? Perhaps you can investigate if there are Farmers markets or community gardens in your area.

Small-scale farming both in Australia and overseas supports food sovereignty and has a more positive impact on the environment. Food that is grown overseas for export is not usually from small-scale farmers and does not support food sovereignty.



Cabbage is grown as part of the food security project at the San Isidro Care Centre in the Solomon Islands. Photo credit: Neil Nuia



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4. BUY CERTIFIED PRODUCTS

As consumers we also have purchasing power. By buying products that carry the [Fairtrade](#), [UTZ certified](#) and [Rainforest Alliance](#) certification label and asking our supermarket to stock them, we are showing companies that there is a better way to do business; that you can treat workers with respect and still make a profit, as well as care for our environment and communities around the world.



FOOD SECURITY
IN OUR WORLD

PRAY

Click on the link below to view our Food Prayer.

**PRAYER FOR
FOOD IN
OUR WORLD**

+ Thank you ✱



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