

# Make Hunger History

**AFRICA FOOD CRISIS**

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## School's Guide



#makehungerhistory

 **Caritas**  
AUSTRALIA

The Catholic agency  
for international aid  
and development

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## Quick links to Make Hunger History Resources

- Make Hunger History Prayer ([Primary](#) / [Secondary](#))
- Information PowerPoints ([Primary](#) / [Secondary](#))
- [Grace Prayer](#)
- [Make Hunger History Posters](#)
- [Video \(1min\)](#)

Additional comprehensive teaching resources on food security: [Primary](#) and [Secondary](#)



**Caritas AUSTRALIA** End poverty Promote justice Uphold dignity

# Make Hunger History

**AFRICA FOOD CRISIS**

You can help deliver urgent humanitarian aid to communities facing hunger

**DONATE NOW**



caritas.org.au | 1800 024 413 | #makehungerhistory

# INFORMATION FOR TEACHERS

Make Hunger History is a call to action in response to the food crisis in the Horn of Africa.

Unfortunately, a humanitarian crisis looms as the worst drought in 40 years continues to grip the Horn of Africa.

After three consecutive years of poor rainfall, some of the worst locust plagues seen in decades, as well as ongoing conflict and displacement, millions of people are facing hunger and even starvation.

Now, with the impact of the COVID-19 pandemic and surging food prices due to the war in Ukraine, the crisis is rapidly escalating.

- Ongoing drought in the Horn of Africa has left 18 million people facing severe hunger.
- Approximately 7 million children under 5 years are acutely malnourished in Ethiopia, Kenya and Somalia – this includes more than 1.7 million with severe acute malnutrition.
- The number of households without reliable access to clean and safe water is now at 10.5 million.
- Food prices were already on the rise and are now skyrocketing as the region relies heavily on imported grains and fertilisers from Ukraine and Russia, putting basics like bread out of reach for many families.

Together we can put our compassion into action and **MAKE HUNGER HISTORY!**



# CARITAS AUSTRALIA'S RESPONSE

**Make** AFRICA FOOD CRISIS  
**Hunger** History

With your support, Caritas Australia's partners in countries like Ethiopia, Somalia, South Sudan and Eritrea can respond quickly to help vulnerable communities during this crisis.

Our partners on the ground are bringing vital aid to vulnerable families in the Horn of Africa:



Emergency food rations



Support to children impacted by malnutrition



Clean drinking water and support for sanitation



Cash transfers to households at risk of poverty



Support for families forced from their homes



Hygiene supplies, including soap and hand sanitisers, to help prevent the spread of COVID-19



Seeds and household items for families impacted by conflict and displacement



# HOW WE CAN HELP

As people of faith, we cannot sit idly by when millions of our sisters and brothers face severe food and water challenges. There are a number of ways we can support these communities during this humanitarian crisis.

## PRAY



Praying together can help us acknowledge and process humanitarian crises around the world. It draws us **closer to God and to our global human family**. Prayer enables us to express our compassion within a network of solidarity and encourages a lived response.

## RAISE AWARENESS



Help others understand **why** there is hunger and malnutrition in the Horn of Africa and **how** Caritas Australia as the international aid and development organisation of the Catholic Church in Australia is responding. Inform your community about how it can help.

## ACT IN SOLIDARITY



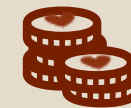
Actions like walking a long way in solidarity with those who walk a long way to collect water or food **promote empathy and understanding**. When you walk in the shoes of the world's most vulnerable, you start to understand, with compassion, the injustices these communities face.

## ADVOCATE



Take action to address underlying issues and **create lasting change**. Actions could focus on participation, care for creation, peace, inclusion and justice. [Write to your MP](#). Also, take time to reflect on what you're doing.

## DONATE



Raising money to help **address the immediate need** for food is vital. Without support now, many people face hunger, malnutrition and starvation. Donate to: [caritas.org.au/food-crisis](https://caritas.org.au/food-crisis)



# PRAY

# Make **Hunger** History

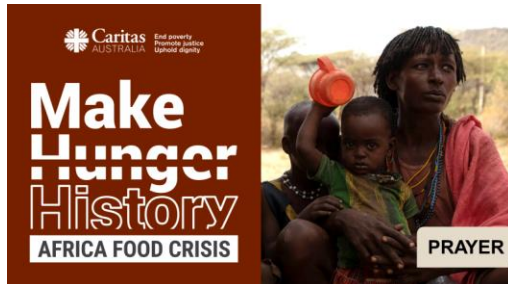
AFRICA FOOD CRISIS

We invite you to pray for the millions of people affected by food and water shortages in the Horn of Africa.

## Make Hunger History Prayers

([Primary](#) and [Secondary](#))

Pray as a staff, at your school assembly, in class prayer etc.



## Food Security Liturgies

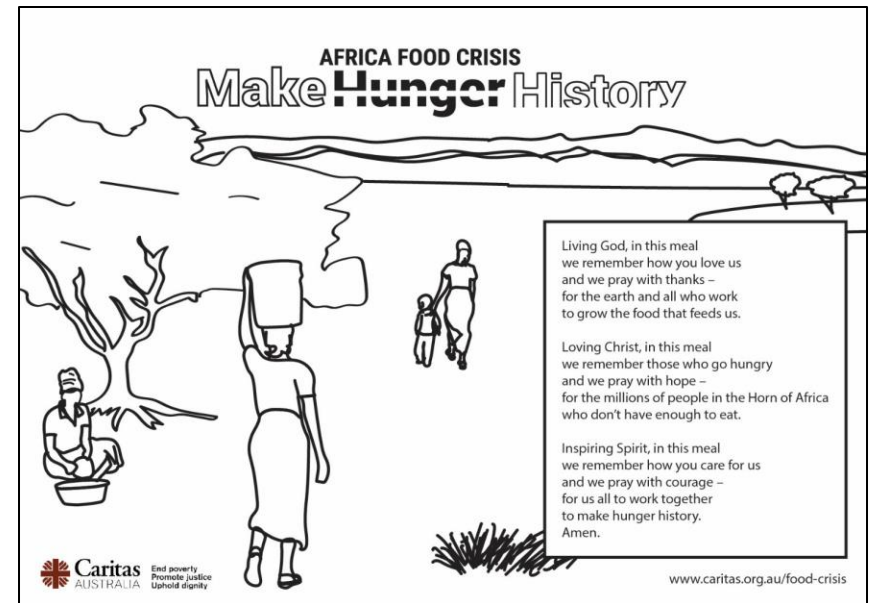
([Primary](#) and [Secondary](#))



## [Grace Prayer](#)

Pray before recess and lunch with your class using the Grace Prayer. It can be displayed to read together or you can print it as a placemat to have on students' desks. Encourage students to take their placemat home and pray before meals with their families.

*Please note a 'blank' placemat is included if you would like students to write their own grace prayer.*



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## RAISE AWARENESS

Use the Make Hunger History resources to raise awareness with your school community.

**Learn more** about the crisis using the Information PowerPoints. Use in the classroom, at a school assembly, with your school social justice group.

**Make a display** in your school foyer, liturgical area, classroom etc. Display the poster, facts, emergency food items such as oil, flour, dried beans/lentils and water.

**Share** information and any activities you do with your wider school community through the school newsletter and on your school social media channels.

### Resource links:

- [Posters](#)
- [Information PPT – Primary](#)
- [Information PPT – Secondary](#)
- [Make Hunger History Prayer – Primary](#)
- [Make Hunger History Prayer – Secondary](#)
- [Grace Prayer](#)
- [Video \(1 min\)](#)

Please use the hashtag #makehungerhistory and tag @CaritasAU on Facebook or CaritasAust on Instagram

### School Newsletter / Social Media Notice

*Below is a general notice for you to adapt with information about any learning, solidarity and fundraising actions your school is doing to support the appeal.*

#### Africa Food Crisis

#makehungerhistory

In Australia, food prices have risen due to climate disasters, the pandemic and the conflict in Ukraine. These same issues are compounding food insecurity already felt by many countries around the world, especially in the Horn of Africa where 18 million people are facing famine. This is an urgent crisis that can't wait.

Caritas Australia, the aid and development agency for the Catholic Church in Australia, is working with local partners to provide food and emergency supplies. With your support, together we can #makehungerhistory

Donate to: [caritas.org.au/food-crisis](https://caritas.org.au/food-crisis)



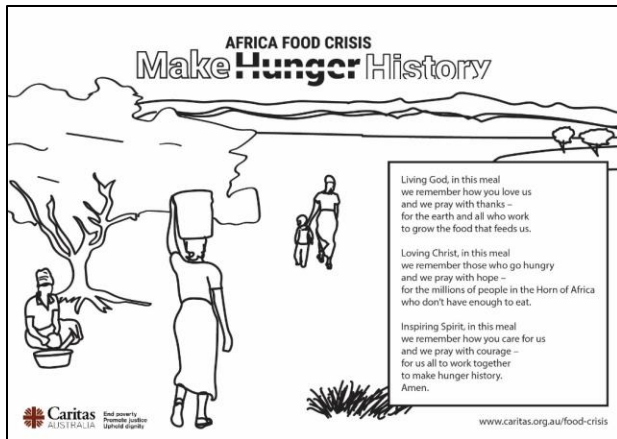
# ACT IN SOLIDARITY

## SOLIDARITY LUNCH DAY

**Make** AFRICA FOOD CRISIS  
**Hunger** History

We invite your school community to join with us in raising awareness and vital funds for the Horn of Africa, through a **Solidarity Lunch Day** where students and teachers share a simple meal of rice, corn/maize flatbread, or bread roll for lunch, foregoing other treats and snacks. This may be for the entire school day or during the lunch period only.

Use the [Grace Prayer](#) before lunch and conclude the activity with the Make Hunger History Prayer ([Primary](#) / [Secondary](#)).



### Photo activity

Photograph students' simple lunch with a print-out of the hashtag #makehungerhistory.

Share photos on your social media channels. Please tag @CaritasAU on Facebook and CaritasAust on Instagram.

Include the link to donate: [www.caritas.org.au/food-crisis](http://www.caritas.org.au/food-crisis)

Bread roll



#makehungerhistory  
Donate to caritas.org.au/food-crisis

Flatbread



#makehungerhistory  
Donate to caritas.org.au/food-crisis

Yellow split pea meal



#makehungerhistory  
Donate to caritas.org.au/food-crisis

Rice



#makehungerhistory  
Donate to caritas.org.au/food-crisis

# #makehungerhistory

Donate to [caritas.org.au/food-crisis](http://caritas.org.au/food-crisis)

Invite students to donate \$3 (or the equivalent amount that would be spent on lunch) on the day. Money that is collected for the emergency can be donated at [www.caritas.org.au/food-crisis](http://www.caritas.org.au/food-crisis)

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# ACT IN SOLIDARITY

## CARITAS Ks / WALK FOR WATER

**Make** AFRICA FOOD CRISIS  
**Hunger** History

Hold a Caritas Ks or Walk for Water event, to raise money in an act of solidarity with people who must cover many kilometres to access food, water, attend school or work, or flee from natural disaster or conflict.

Individuals, teams or classes can take the challenge to walk, run or cycle a set distance to raise funds for the Make Hunger History Africa Food Crisis Appeal.

It can be as simple as walking or running around the school or local oval. Students/ teams could carry a bag of rice, a bundle of firewood, or buckets to collect water.

If collecting water, students could carry buckets to a designated water point (tap) to fill their container. They might need to wait in line for a while. This is the reality for many people who need to wait for hours in line when there is only one water point for hundreds of people to share.

### On the day

- Remember to think about all who must walk, run or cycle many kilometres each day for basic necessities.
- Take photos /videos and email them to [education@caritas.org.au](mailto:education@caritas.org.au)
- Use the Make Hunger History prayer ([Primary](#) / [Secondary](#))
- Thank everyone for taking part to help #makehungerhistory

### Forward donations to Caritas Australia

- Call our Supporter Care Team on 1800 024 413 to make a direct deposit
- Donate online using a credit card
- Post a cheque made out to *Caritas Australia* to GPO Box 9830, Sydney NSW 2001. Please include reference 'Africa Food Crisis'.



Students fill their buckets at the local river as part of their Walk for Water/ Caritas Ks challenge.  
Photo: Andrea O'Connor



Students carry a bucket of water and a bundle of firewood in solidarity with the millions of people required to walk many kilometres each day to meet their basic needs. Photo: Kerry Stone



# ACT IN SOLIDARITY

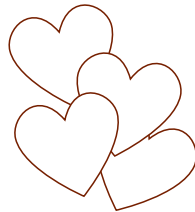
## Seeds of Hope

Collect seeds from your school veggie garden and sell them to raise money for the Africa Food Crisis. Include information on the seed packets about the #makehungerhistory campaign



## Wall of Hope

Students could write prayers/messages of hope and solidarity. Display these in a common areas of the school for others to read.



## Caritas Kitchen

Students could make and eat their own [injera](#) (an Ethiopian flatbread). Alternatively, students could prepare a simple meal using only flour, oil, water, nut/seed paste and beans/lentils.



Share your ideas and activities with us:  
[education@caritas.org.au](mailto:education@caritas.org.au)

Food, climate and the environment are closely connected.

Communities in the Horn of Africa are facing the threat of starvation following four consecutive failed rainy seasons in parts of Ethiopia, Kenya, South Sudan, Eritrea and Somalia. This is the worst drought in 40 years.

The drought has been further compounded by conflict, locust plagues, international supply chain disruption and reduced humanitarian assistance.

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

It is clear from Pope Francis' encyclical *Laudato Si': Caring for our Common Home* that, as Catholics, we are called to take action for climate justice.

“Particular appreciation is owed to those who tirelessly seek to resolve the tragic effects of environmental degradation on the lives of the world’s poorest. Young people demand change. They wonder how anyone can claim to be building a better future without thinking of the environmental crisis and the sufferings of the excluded.”

Pope Francis, *Laudato Si'* n13

## HELP FIGHT FAMINE

**Help Fight Famine** is a coalition of community and humanitarian organisations united in our call for urgent action from the Australian Government to do our part in responding to the global hunger crisis. Without immediate and serious commitment to intervention, the food crisis will continue to intensify.

As a member of this coalition, Caritas Australia is part of the push to inspire a greater government response to the global hunger crisis.

### The food crisis is growing larger with each passing day

To prevent the deaths of millions of people, the Australian Government must step up and do our part. \$150 million is needed to avert catastrophe in the worst-affected hunger hotspots in the Horn of Africa, Yemen, Afghanistan and Syria.

### We can make a difference, save lives and help fight famine.

Help us call upon the Australian Government, by emailing your local Member of Parliament (MP), asking for a one-off **\$150 million food aid package to fight hunger** in the world's most affected countries.

Email your local MP via the [Help Fight Famine](#) webpage on Caritas Australia’s website or send your own email or handwritten letter.

Learn more at: <https://www.caritas.org.au/act/help-fight-famine/>



# DONATE

**Make** AFRICA FOOD CRISIS  
**Hunger** History

Your generous donation today means our partners across Africa can respond quickly and efficiently to support vulnerable communities during this crisis.



**\$65**

can provide four children with emergency food rations



**\$125**

can provide dignity kits with basic hygiene items like hand soap, toothbrushes, toothpaste, underwear and sanitary pads to three households



**\$375**

can provide essential household items like mattresses, pillows, blankets, cooking pots, plates, cups, buckets and jerrycans to families displaced by the conflict

**DONATE**



**[caritas.org.au/food-crisis](https://caritas.org.au/food-crisis)**



**1800 024 413**

**#makehungerhistory**

 **Caritas**  
AUSTRALIA



## Photo Captions and Credits

1. Mali and her family near the village of Jinka in Ethiopia. Photo: Zacharias Abubeker/Caritas Australia
2. A woman cooking in her home in Ethiopia. Photo: Zacharias Abubeker/Caritas Australia
4. A woman with her family in an IDP camp in Ethiopia. Photo: Caritas Australia
9. Students participating in a Caritas Ks challenge. (L) Students collecting water at a river. Photo: Andrea O'Connor (R) Students carrying water and firewood. Photo: Kerry Stone
10. A woman cooking injera at an IDP Camp in Ethiopia. Photo: Caritas Australia
- 12a. A mother holding preparing to clean rice for her family to eat in Niger. Photo: Francois Therrien.
- 12b. Ayoyo, a complaints volunteer for her community in southwestern Ethiopia. Photo: Zacharias Abubeker/Caritas Australia
- 12c. A woman with her family in an IDP camp in Ethiopia. Photo: Caritas Australia

# NOTE FOR TEACHERS

Learning about people not having what they need to live a healthy and safe life can be hard for students. Please consider your audience when selecting which information you wish to share with your class. Students may have personally experienced poverty, hunger and other the social justice issues that are explored throughout the resources.

For more school resources, please visit: [caritas.org.au/resources/school-resources/](https://caritas.org.au/resources/school-resources/)

Stay up to date with events and resources! Subscribe to [Caritas Australia's Education e-newsletter](#)

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+ Thank you



[www.caritas.org.au](http://www.caritas.org.au)

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