

One garden, endless possibilities

How community gardens in Bolivia are making long-term food security a reality

In Bolivia, many families live outside urban centres. In these areas, poverty rates are high, and access to fresh produce is limited and expensive. It's no surprise that malnutrition continues to be a concern for children in rural areas where up to 23.7% of children under five have stunted growth due to malnutrition.

Priciliana tells us she worried about her children's health and education because her husband's income was not enough to support a balanced diet, school supplies, and school fees. She tried her best to earn money and purchase healthy food, but it was always a challenge.

"I used to go to the city to get vegetables, but they did not stay fresh."

Thanks to donors like you, community gardens are helping to increase food supply, diversify diets, and boost family incomes.

Priciliana's 7-year-old daughter, Wendy, now receives nutritious meals at the early childhood development (ECD) centre, which are prepared with produce from the community garden. She is also learning about gardening and now makes salads at the centre with the vegetables she helps grow.

Wendy: ***"I like working in the garden. I help my mom and dad with weeding."***

Since community gardens also support food skills and cooking classes for youth, Wendy will have the opportunity to learn to prepare more complex dishes when she's older!

Priciliana also attended training with the community women's vegetable growing cooperative. She now has her own home garden, complete with equipment including a solar tent to keep her produce fresh, and is bringing home additional income to support her family.

When you support community gardens, you're partnering with communities to transform local food systems and livelihoods for children to thrive now and in the future. Thank you!

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A young girl with short dark hair, wearing a pink and grey zip-up jacket, stands in front of a large, thick tree trunk. The background shows a rural setting with a dirt path, green grass, and some buildings in the distance.

Child sponsorship is transforming lives

Marion, age 7, is a sponsored child in Uganda. She and her five siblings live with their father, Francis. She proudly tells us that she's proud to be a child ambassador and is thriving now, but there was a time when she and her family faced many challenges.

We checked in with Francis who shares that while being a single parent to six children is not easy, it is rewarding. His greatest joy is spending time with his children and seeing each of them grow. Recently, his income as a fisherman became unstable and he realized, to his dismay, that he couldn't afford enough food, let alone be able to raise enough to pay school fees. He constantly worried that his dream of seeing all his children get an education would not materialize and battled with the prospect of having to withdraw Marion from school.

The child sponsorship program allowed Marion, as a child ambassador, to stay in school.

Thanks to the generosity of CFTC supporters like you, her school fees are paid for, and she receives nutritious, balanced meals at school, which takes some pressure off her father. She tells us that she is better able to concentrate in class since she isn't hungry and hasn't been getting sick as often.

Francis: ***"Marion's performance in class has been amazing and I'm hoping she is going to have a bright future."***

Your support goes a long way. You're not just supporting children like Marion, but their families and communities too!

Made possible with the support of donors like you, Francis was given the opportunity to participate in other opportunities in his community supported by CFTC to enhance his family income. After joining a VSLA (Village Savings and Loan Association), he is

investing in his children's health and education more effectively. As well, he attended home gardening and cooking training, providing a long-term supply of fresh food right outside his kitchen. He tells us that he is spending more time with his children growing and preparing healthy food and is thankful for the financial security that CFTC donors have gifted his family.

When you sponsor a child, or give monthly as an Everyday Hero, you're giving hope, peace of mind, and opportunity to children, their families, and communities for years to come.

Marion: ***"Being a child ambassador makes me feel so loved. This gives me the courage to read and work hard for better results."***



Thank you for helping families like Marion and Francis thrive!

Little Bites: Thank you for a great year!

We asked some of our child ambassadors from around the world to share their favourite memory of the year.

EVELYN, AGE 14:

My favourite memory was when I learned that I was the best student in my class!



ASTER, AGE 8:

Celebrating Ethiopian New Year in my community was the best!



TISACHAMI, AGE 6:

I got a new toy car this year!



VICENTE, AGE 11:

I won a cycling competition this year!



KWASI, AGE 8:

Getting new shoes was my favourite part of the year.

School meals are the Best.Gift.Ever!

Deborah in Uganda has been working hard to support her grandchildren, including 8-year-old Irene. She has a family garden but struggles to find enough time to focus on her farming while also preparing meals for her grandchildren. And with prolonged droughts, it has been hard to grow enough food for her family.



Deborah's family isn't the only one facing nutrition challenges. Uganda has one of the highest rates of food insecurity in the world. Three out of every 10 children face stunted growth, which impacts their overall health and ability to do well in school.

Deborah: ***"Children need to be fed well. They cannot stay in the school without food."***

Thankfully, school feeding programs supported by CFTC donors like you are providing nutritious meals to children for breakfast and lunch in schools across Uganda.

Now, Irene and her siblings have access to fresh and nutritious meals right at school, which gives them more

energy to study and play. Not only is her performance at school improving, but Irene shares the things she has learned in the school garden with her grandma at home. This advice from her grandchildren, coupled with CFTC-funded business support, has improved both Deborah's home garden output and family income!



Thank you for helping Irene and her family achieve food security!

Give the gift of school meals with the 2023 Best.Gift.Ever catalogue included with your newsletter or at bestgiftever.org

#GivingTuesday is right around the corner!

We hope we can count on you to help feed children on this important day. Stay tuned for more details in your inbox soon!

If you haven't given us your email yet, now is the perfect time to do so! Visit canadianfeedthechildren.ca/donor-support to update your personal details.

You can also access the latest news and publications and explore new ways of supporting children. Thank you for helping children and their families thrive!



thrive!
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