



SNACK:

Api (Corn Porridge)



Many people in Bolivia enjoy a warm glass of 'api' in the morning for breakfast, along with some bread. It has a cool purple colour. If you can find purple cornmeal your version will also have this unique tint.

Note: Preparation for this drink will take some time. It's good to start the night before.

INGREDIENTS:

- Purple corn flour (white is fine as well)
- Water
- Pineapple or lemon juice
- Cinnamon stick
- Cloves
- Sugar and/or cinnamon to taste

INSTRUCTIONS:

1. Mix 2 cups of corn flour with 6 cups of water in a bowl. Soak for at least two hours, but it's preferable to soak overnight.
2. Add some pineapple or lemon juice the next morning and let it rest for another hour.
3. Strain the mixture to remove lumps.
4. In a pot, simmer the mixture with another 8 cups of water and a cinnamon stick and 3 cloves.
5. Stir with a wooden spoon until it thickens a little.
6. Add sugar and/or cinnamon to taste.
7. Enjoy!

Source: www.wikihow.com



GAME:

Apple, Apple, Alpaca

An alpaca is a popular animal in Bolivia and other South American countries. It is related to the llama – both are in the camel family. Both llamas and alpacas can provide food, fuel and clothing. The alpaca has a cashmere-like fleece that is very valued and used to make all kinds of blankets and clothing such as ponchos, sweaters, hats and gloves.

INSTRUCTIONS: (Duck Duck Goose)

1. Have all the kids sit in a circle. Pick someone to be "it" (alpaca)
2. Alpaca walks around the circle and touches each child on the shoulder saying "apple". When they finally pick someone they want to become the next "it" they say "alpaca".
3. That person then jumps up and races the alpaca around the circle to get back to their spot.
4. Alpaca races around the circle one way and the person picked goes the opposite way. The loser of the race becomes the next alpaca and the game starts again.



PRAYER:

God Always Provides For Us



Dear God, thank you for always being with us no matter where we are. We know that we can always trust in you to take care of us. Please teach us how to share our food and show love to the poor. Please take care of children like Hector who do not always have enough food to eat. Bless all the children in Bolivia and here in Canada. In Jesus' name, Amen.



PRESENTED BY



CBM

Hunger Bites in Bolivia



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CBM

*embracing a broken world
through word & deed*

LEARNING OBJECTIVE To learn about the many causes of hunger

KEY CONCEPT God Always Provides For Us

BIBLE APPLICATION Genesis 9:3

MISSION ADVENTURE Bolivia



BIBLE VERSE:
Genesis 9:3

God Always Provides For Us



INTRODUCTION:

There are many different reasons why people go hungry, but sometimes it's because we don't show our love for one another and God's creation. When we love one another, we want to make sure that we share with each other, protect each other, and all work together to take care of God's gifts to us. If we see someone or know someone does not have enough food to eat, we can love them by giving them food to make sure that they are not hungry. God has a heart for the hungry and loves them very much, so let's follow his example too.



BACKGROUND:
Bolivia

Despite vast reserves of natural resources (natural gas and minerals), Bolivia is known as one of the poorest countries in South America. "According to the latest census carried out at the end of 2012, Bolivia has a population of just over 10 million, with 45 percent living below the poverty line", reports the World Food Programme.

Almost 20% of the population is malnourished, and almost half the total population is comprised of children and adolescents. Many people, particularly those in the highlands, are often marginalized with little access to public services. The majority of Bolivians scrape by on a low income, working in subsistence farming, mining, small trades or the arts.

Canadian Baptists have had a presence in and relationship with Bolivia for more than a century, playing a pivotal role in major issues such as constitutional amendments for religious freedom, pioneering access to education for indigenous groups, and land reform.

CBM partners with the Bolivian Baptist Union, to promote the transformation of individuals and communities with Christ-centred values in spite of the challenging context of poverty, corruption and inequality. Together we support leadership training, evangelism and church planting and community development programs.

The Bolivian government passed a law that seeks to create food sovereignty. It's partly in response to rising food prices, which have caused many Bolivians to depend on cheaper, imported foods rather than indigenous staples such as quinoa.

The goal of the development projects CBM supports in Bolivia is to improve domestic seed production and use of organic fertilizer to protect native food varieties, improve biodiversity, rescue the nutritional value of traditional crops and reduce dependence on foreign seed companies. It's a plan that invests in small land-holding farmers, who often can't afford to purchase seeds from other countries, to ensure sustainable local food production.



"We work closely with these farmers and see the impact. This new plan will build momentum for what we have already been working on in our rural development program," says Richard Arroyo, Director of one of CBM's partners, OBADES. "People should have access to nutritious, affordable food, and to food they like to eat."

Addressing the issue of food security is just one of the ways the Bolivian Baptist Union is tackling the major issue of poverty. In addition to rural projects, CBM and the Bolivian Baptist Union began a new microcredit program to directly reach out to the urban poor.

As well, Chagas disease is a silent killer among the poor in Bolivia which is transmitted by the vinchuca insect, which thrives in common materials used in Bolivian homes. With simple home renovations, re-infection can be prevented. However, the costs for medical care and construction supplies are far beyond the means of the people most affected. CBM's Chagas project provides both prevention education and treatment of the disease in partnership with local communities and churches.



MISSION
ADVENTURE
STORY:

Hunger Bites in Bolivia



Hola! That is "hello" in Spanish, one of the languages we speak here in Bolivia. My name is Hector. Welcome to my community of Charapaxi! I'd like to tell you about my biggest hero. It's my dad.

His name is Victor. My dad got training from church development workers to help become the best farmer in our community. Today he is the model farmer here! He even shows other families what they can do with their farms, so it can become like ours, with fruit trees and organic crops (plants that do not use chemicals). We even have a tree nursery. We grow all kinds of trees, like apple, passion fruit, and eucalyptus trees. We can then sell these trees and the fruit to others and make money.

I may only be 13 years old, but I am pretty strong. I help my dad carry the tree seedlings to the nursery, and help him with other chores, like carrying water and watering our plants. My siblings and I all get to go to school because now our family can pay for school fees and materials. We are so glad that we get to go to school to learn!

Before, things were quite different. We did not have clean water in our community, and we had many problems earning enough money from farming our small plot of land. But one day development workers from a church came to my community and taught us how to farm in a safe way that protects the earth, and how to start a tree nursery.

Even though we grow food, it is sometimes not enough, and my family can still be hungry. We are glad we get to eat three meals a day, but sometimes we can only eat a little bit of food each meal because basic food has become more expensive here.

But with CBM's help, my dad wants to make sure no one goes hungry in our community. He is sad to see some people not have money to buy food. That is why our family will do our best to make sure we can help everyone in our community grow food.

We are very happy to be able to share some of the new ways to farm and new crops to grow. That's the cool thing my family learned after being trained so well - we saw that we do have everything we need and the potential to make some good changes in our lives!

I know my dad is proud of my brothers and sisters. I have seven other brothers and sisters, so there are ten people in my family! We all work hard to help our family, but my dad works the hardest. I know he is so happy that God helped our family in many ways to bring us to where we are today. He hopes that our family sets a good example for other families in our community, on how to plant and grow trees, and how to farm well so that we can look after the earth and our neighbours, just like God loves to see us do.



DISCUSSION QUESTIONS:

1. What is one reason Hector and his family go hungry?
2. How does it make you feel when families, like Hector's, do not have enough food to eat?
3. Describe what a nursery is, and what Hector's family does with it.
4. Hector's hero is his dad, Victor, because he helps provide for his family and helps other families to do that too. Who is your hero?



ACTIVITY:
Our Future



This activity is designed to help students reflect more on what different lives can look like, with or without the right tools on hand.

MATERIALS: Paper, colour pencils or pens for each participant

INSTRUCTIONS:

1. Ask participants to draw a picture of a girl or a boy in the middle of a sheet of paper.
2. On the left-hand side of the paper, they should draw what the child's life would be like in ten years if he/she drinks clean water, eats a variety of foods, lives in a good house, goes to school and receives health care.
3. On the right-hand side, they should draw what would happen if the child doesn't have these essentials.
4. Display all the drawings and allow some time for the group to study them.