During the Caritas International Global Week of Action on Hunger from October 12-18, 2014, we want you to show your support for small family farmers. On Thanksgiving Day you can do just that by making your dinner with as many local and organic ingredients as possible. This sends a strong message to our food producers and those who control food policies that we want local, organic food.

At the same time, you can show how you are taking part in this movement by participating in the SHOW YOUR THANKS contest!

IT’S FUN AND EASY! JUST FOLLOW THESE FOUR SIMPLE STEPS:

1. Make your Thanksgiving Day dinner as local and organic as possible. Use as many ingredients as you can that are grown sustainably in your region.
2. Take a photo of your dinner with family and friends in it. Make sure to include a sign that says Sow Much Love!
3. Send us your photo with your name and phone number by email at: socialmedia@devp.org or by visiting our website at devp.org/contest as of September 24 and uploading your photo using our easy form.
4. Starting on October 15, visit our Facebook (facebook.com/devpeace) page to find your photo and tag your family and friends!

It’s as easy as that!

By entering your photo in the SHOW YOUR THANKS contest, you are not only supporting small family farmers, you also earn the chance to win our grand prize:

A trip to Halifax to meet world-renowned environmental activist and seed defender Vandana Shiva at Food Secure Canada’s National Assembly from November 13-16, 2014.

The deadline to send your photo is midnight October 21, 2014. The winner will be announced on October 22, 2014.

Rules and regulations: The contest is run by the Canadian Catholic Organization for Development and Peace, 1425 René-Lévesque Blvd. West, 3rd Floor, H3G 1T7, 1 888 234-8533. Participants must be residents of Canada and 18 years and older to be eligible. One trip to Halifax, including transportation and three nights accommodation, will be awarded (approximate value $1,500). There is no entry fee. The person who submits the photo will be entered into the contest. Participants can only submit one photo. Photos must be submitted by e-mail at socialmedia@devp.org or through a form at devp.org/contest. Each participant’s name will be placed in a draw for the prize. All eligible entries must be received by 11:59 p.m. (EST), October 21, 2014. The prize winner will be selected by a random draw at the head office of Development and Peace in Montreal at 10 a.m. (EST) on October 22. The winner will be notified on the same day by telephone. The prize is non-transferable. If the winner cannot claim the prize, another winner will be drawn. The prize will be organized with the winner and vouchers will be sent by mail or e-mail. Odds of winning the grand prize vary depending on the number of valid entries. Development and Peace is not responsible for photos not received due to technical difficulties. Photos may be used in other promotional activities of Development and Peace. Employees of Development and Peace are not eligible for participation.
This World Food Day, Thursday, October 16, act against hunger by joining in Development and Peace’s "Sign the Petition Day!" On this day, raise your voice with other concerned Canadians from across the country and act in solidarity with small family farmers and peasants around the world!

Invite people to sign the petition calling for the respect of the rights of small family farmers to use, save, and exchange their seeds. Seeds are part of creation and are for the common good; they should not be owned by corporations!

Print the petition from our website, grab your clipboard and a pen, and head to your nearest grocery store, farmers’ market, produce stand, or restaurant, and give other Canadians the chance to express their concerns about world hunger and the importance of small scale farmers in responding to this global emergency.

Once you have 25 signatures, you can either mail or bring your petition to your Member of Parliament, who can then present it to the House of Commons. With Canadians across the country gathering signatures, this campaign is sure to make a difference in the fight for the right to seeds.

Be sure to fill out the simple online form at devp.org/mpreport so that we can keep track of the number of petitions signed and MPs contacted across Canada.

You can also participate by inviting your friends on Facebook to sign the online petition at devp.org/act.

On October 16, make a difference in the lives of small family farmers and peasants around the world!

Sow Much Love in your community!

Bring the campaign to your parish, school, or community by organizing an event during the Week of Action to bring attention to the importance of preserving small family farmers’ access to seeds. Think about what kind of activity would work best in your parish, school or community.

Here are a few ideas:

- **Book a table at your local farmers’ market** and hand out the campaign materials. Remind people that by shopping at the farmers’ market, they are having a positive impact on the biodiversity (and, therefore, the future!) of the world’s food supply.

- **Organize a school or community visit to a local organic farm to meet farmers** who are feeding their community and looking after the Earth. Learning about where our food comes from, helps us to understand how local sustainable agriculture is the best way to feed the world.

- **Learn about food biodiversity by hosting a taste test** of different local varieties of apples, which are in full harvest and at their best right now!

- **Organize a seed fair** in your community for local gardeners and farmers to exchange seeds, learn about growing healthy foods, and celebrate biodiversity. Use these heritage and local seeds in your own garden next spring.

- **Organize a letter writing event!** Write letters to your local grocers asking them to increase the amount of local, organic, and fair trade foods available for sale at their stores.

- **Share our campaign page or video with your network on social media.** Visit: devp.org/sowmuchlove.