Say this grace together as a family before eating.

Thank you Lord, Creator of this wonderful Earth that feeds us. Bless the hands of those who plant the seeds, help them to grow and harvest the fruit of their labour. Help us to share with all our sisters and brothers so that everyone can eat their fill.

Amen.

One in four children in the world suffers from stunted growth due to insufficient nutrition. In the Global South, this number can be up to one in every three children. (WFP)

In the Global South, 66 million school children go to school hungry. More than a third of them live in Africa. (WFP)

805 million people (about 771 million of these are in the Global South) in the world suffer from hunger, or 1 in 9 people. (FAO)

People in the Global South spend 70% of their income on food. Canadians spend about 10%. (FAO, StatsCan)

Where do those who suffer from hunger live?

The majority of people who suffer from hunger live in Asia.

65.2% 28.2% 1.8% 4.6% 0.2%

Where do those who suffer from hunger live?

In the Global South, 66 million school children go to school hungry. More than a third of them live in Africa. (WFP)

Together, we can sow seeds of change

Our sacrifice and acts of generosity can make room for everybody at the family table.

1. 2. 3. Play!
Play our online games!

devp.org/games

Together We Serve

Lent is the time to prepare for Easter. It is a moment of contemplation, prayer and sacrifice for Catholics around the world.

This Lent, we are called to learn, to pray and to act in solidarity with small family farmers. They are the stewards of Creation, who protect the Earth and contribute to the fight against hunger in the world.

Thanks to your donations to Together We Serve, Development and Peace supports family farmers in Africa, Latin America, Asia, and the Middle East so that they can feed their families, their communities, and the world.

Use this calendar every day to move from reflection to action, by sowing seeds of solidarity with our sisters and brothers in the Global South.

An app for Lent!

Development and Peace has created a new app for Lent for smartphones and tablets. Guiding you daily through the Lenten season, the app invites you to take three simple steps every day: learn, pray, and act. Learn about Development and Peace partners who are working to build a world without hunger; pray for our sisters and brothers who are sowing seeds of justice and change; and act in solidarity to make your own contribution to their struggle.

Together We Serve

Campaign

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<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Solidarity Calendar</strong></td>
<td><strong>Lent Calendar</strong></td>
<td><strong>Pray for peace where there is the greatest number of people who suffer from hunger.</strong></td>
<td><strong>Pray for family farmers who have lost access to their ancestral lands.</strong></td>
<td><strong>Pray for family farmers who have lost access to their ancestral lands.</strong></td>
<td><strong>World Day of Social Justice</strong></td>
<td><strong>Play the Jeopardy quiz on world hunger and food.</strong></td>
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<tr>
<td><strong>February 22</strong></td>
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<td><strong>February 26</strong></td>
<td><strong>February 27</strong></td>
<td><strong>February 28</strong></td>
</tr>
<tr>
<td><strong>1st SUNDAY OF LENT</strong></td>
<td><strong>Pray for the women in the world who suffer from hunger.</strong></td>
<td><strong>In Brazil, Development and Peace helps landless peasants find land on which to grow food.</strong></td>
<td><strong>Give $2 in thanks if you have a backyard or balcony where you grow vegetables.</strong></td>
<td><strong>Organize a screening of the documentary On the Road to Food Sovereignty.</strong></td>
<td><strong>Cook a meal using as many local or organic ingredients as possible.</strong></td>
<td><strong>In solidarity with those who have limited access to food, use only two ingredients for each of your meals today.</strong></td>
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<tr>
<td><strong>March 1</strong></td>
<td><strong>March 2</strong></td>
<td><strong>March 3</strong></td>
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<td><strong>March 5</strong></td>
<td><strong>March 6</strong></td>
<td><strong>March 7</strong></td>
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<tr>
<td><strong>Pray for the women who cultivate the land and feed their families.</strong></td>
<td><strong>Have you signed the Development and Peace petition to protect the right to seeds? Sign it today!</strong></td>
<td><strong>At the grocery store, buy as much organic or locally-grown food as possible.</strong></td>
<td><strong>Pay our Seed Game. Learn about our food and where it is grown!</strong></td>
<td><strong>Eat a local apple. Give 25¢ for every seed that you find in it.</strong></td>
<td><strong>World Day of Prayer Pray for a world without poverty where each person can eat what they need.</strong></td>
<td><strong>Did you know? Asia is where there is the greatest number of people who suffer from hunger.</strong></td>
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<tr>
<td><strong>March 8</strong></td>
<td><strong>March 9</strong></td>
<td><strong>March 10</strong></td>
<td><strong>March 11</strong></td>
<td><strong>March 12</strong></td>
<td><strong>March 13</strong></td>
<td><strong>March 14</strong></td>
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<tr>
<td><strong>3rd SUNDAY OF LENT</strong></td>
<td><strong>Did you know? Armed conflicts disrupt food production and increase hunger.</strong></td>
<td><strong>Give 10¢ for every piece of fruit in your house that has been imported from another country.</strong></td>
<td><strong>Snack on fruit, vegetables, or something homemade.</strong></td>
<td><strong>Give 50¢ for every cup of coffee or tea that your family drank today, or 25¢ if it was fair trade.</strong></td>
<td><strong>In Syria, Development and Peace supported the construction of a bakery. Today, it employs those harmed by the conflict. They bake bread for 50,000 people every day.</strong></td>
<td><strong>Did you know? In the Global South, 79% of women work in agriculture.</strong></td>
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<tr>
<td><strong>March 15</strong></td>
<td><strong>March 16</strong></td>
<td><strong>March 17</strong></td>
<td><strong>March 18</strong></td>
<td><strong>March 19</strong></td>
<td><strong>March 20</strong></td>
<td><strong>March 21</strong></td>
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<tr>
<td><strong>4th SUNDAY OF LENT</strong></td>
<td><strong>What is your favourite healthy and affordable meal under $10? Exchange a recipe with someone today!</strong></td>
<td><strong>DEVELOPMENT and PEACE is responding to the food crisis in West Africa and is reducing the vulnerability of affected families.</strong></td>
<td><strong>FEAST OF ST. PATRICK Take the online interactive quiz.</strong></td>
<td><strong>FEAST OF ST. JOSEPH Make a donation to your local food bank.</strong></td>
<td><strong>Eat fish today, and try to make sure it is from a sustainable fishery.</strong></td>
<td><strong>Farmers need water to grow food. Give thanks for abundant water by giving 50¢ for every faucet in your house.</strong></td>
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<td><strong>March 22</strong></td>
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<td><strong>SOLIDARITY SUNDAY</strong></td>
<td><strong>Small family farmers suffer from the effects of recurring drought. Give thanks if it rained or snowed in your region today.</strong></td>
<td><strong>Don’t forget to water your plants!</strong></td>
<td><strong>THE ANNUNCIATION OF THE LORD Watch the documentary A New Leaf.</strong></td>
<td><strong>Make a donation to your local food bank.</strong></td>
<td><strong>In the Philippines, women affected by Typhoon Haiyan created a community garden to feed their families, thanks to DEVELOPMENT and PEACE.</strong></td>
<td><strong>EARTH HOUR Turn off your lights and electronics for one hour tonight.</strong></td>
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<td><strong>March 29</strong></td>
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<td><strong>PALM SUNDAY</strong></td>
<td><strong>Did you know? Small family farmers feed 80% of the population in countries in the Global South.</strong></td>
<td><strong>Ask your grocer to carry more local and organic food products in their store.</strong></td>
<td><strong>In Nigeria, Development and Peace supports the work of small family farmers so that they can feed their families, send their children to school, receive health care, and have safe housing.</strong></td>
<td><strong>HOLY THURSDAY Reflect on the words of Pope Francis: “I was hungry and you gave me something to eat.” The words of Our Lord call to us today, telling us not to turn away, indifferent, when we know our neighbour is hungry.”</strong></td>
<td><strong>GOOD FRIDAY Dedicate your fasting today to people living in poverty in the Global South.</strong></td>
<td><strong>Make sure that all the chocolate you eat tomorrow is fair trade.</strong></td>
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<td><strong>April 5</strong></td>
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<td><strong>Happy Easter</strong></td>
<td><strong>Rejoice! Celebrate new life for all of God’s people.</strong></td>
<td><strong>Thank you for your generosity!</strong></td>
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### Solidarity Calendar

1. Decorate an empty jar or container in which you can collect your Lenten offerings suggested in this calendar.
2. Every time you see this pictogram, visit this web page: [lentcalendar.weserve.org](http://lentcalendar.weserve.org)

#### February
- **February 17**: Shrove Tuesday
  - Make pancakes with organic and/or locally-produced flour. Drop $5 into your Solidarity Jar for every pancake your family eats.
- **February 18**: Ash Wednesday
  - Sow a seed today. Watch it grow during Lent.
- **February 19**: Give $25+ as thanks for every serving of fruits and vegetables you eat today.

#### March
- **March 1**: 1st SUNDAY OF LENT
  - Pray for the 300 million people in the world who suffer from hunger.
- **March 2**: Second Sunday of Lent
  - Have you signed the Development and Peace petition to protect the right to seeds? Sign it today!
- **March 3**: Palm Sunday
  - Pray for family farmers who have lost access to their ancestral lands.
- **March 4**: Earth Hour
  - Turn off your lights and electronics for one hour tonight.
- **March 5**: World Day of Prayer
  - Pray for all Development and Peace partners who struggle for social justice.
- **March 6**: World Day of Prayer
  - Pray for the 805 million women who cultivate the land and feed their families.

#### April
- **April 1**: Holy Thursday
  - Reflect on the words of Pope Francis: “I was hungry and you gave me something to eat. The words of Our Lord call to us today: telling us not to turn away, indifferent, when we know our neighbour is hungry.”
- **April 2**: Good Friday
  - Dedicate your fasting today to people living in poverty in the Global South.
- **April 3**: Holy Saturday
  - Make sure that all the chocolate you eat tomorrow is fair trade.
- **April 4**: Easter Sunday
  - Rejoice! Celebrate new life for all of God’s people.

### Lenten Offerings Suggested in this Calendar

#### Solidarity with the Poor
- **March 1**: 1st SUNDAY OF LENT
  - Pray for the 300 million people in the world who suffer from hunger.
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  - Pray for family farmers who have lost access to their ancestral lands.
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  - Pray for Indigenous communities who have lost their ancestral lands.

#### Development and Peace
- **February 17**: Shrove Tuesday
  - Make pancakes with organic and/or locally-produced flour. Drop $5 into your Solidarity Jar for every pancake your family eats.
- **February 18**: Ash Wednesday
  - Sow a seed today. Watch it grow during Lent.
- **February 19**: Give $25+ as thanks for every serving of fruits and vegetables you eat today.

#### Fair Trade
- **March 5**: World Day of Prayer
  - Pray for the 805 million women who cultivate the land and feed their families.

### Development and Peace’s partners

#### FEAST OF ST. JOSEPH
- **March 19**: Take the online interactive quiz.

#### EARTH HOUR
- **March 28**: Turn off your lights and electronics for one hour tonight.

#### PALM SUNDAY
- **March 29**: Pray for Indigenous communities who have lost their ancestral lands.

#### PALM SUNDAY
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#### PALM SUNDAY
- **April 1**: Holy Thursday
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### More to explore

- **Visit this website**: [lentcalendar.weserve.org](http://lentcalendar.weserve.org)
- **Learn about Development and Peace’s partners with our Lent Calendar app!**

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**(together we serve)**

**Development and Peace**

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Where do those who suffer from hunger live?

The majority of people who suffer from hunger live in Asia. 65.2%

6.2% in Africa

4.6% in Latin America

1.8% in the Middle East

0.2% in the Global South

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