Sow Much Love to Give

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)

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

Share Lent Campaign

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

Every year, Development and Peace organizes a campaign called Share Lent. 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, 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.

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

Where do those who suffer from hunger live?

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

1.8% in Asia
65.2% in Africa
28.2% in Latin America
4.6% in the Middle East
0.2% in North America
0.1% in Europe

Solidarity Calendar

805 million people (about 791 million of these are in the Global South) in the world suffer from hunger, or 1 in 9 people. (FAO)

There are many ways to Sow Much Love!

› Give to the Share Lent collection for Development and Peace in your parish
› Donate online at devp.org/give
› Give by phone: 1 888 234-8533
› Text PEACE to 45678 to give $10
› Join our monthly giving program Share Year-Round: devp.org/shareyearround.

1.888.234.8533
devp.org

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.

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An app for the Share Lent Campaign!

Development and Peace has created a new app for the Share Lent campaign 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.

Our Lent Calendar app is available for download for free from the App Store or Google Play!

Share Year-Round: devp.org/shareyearround.

1.888.234.8533
devp.org
### 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: [devp.org/lentcalendar](http://devp.org/lentcalendar)

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>February 22</strong></td>
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<td><strong>February 25</strong></td>
<td><strong>February 26</strong></td>
<td><strong>February 27</strong></td>
<td><strong>February 28</strong></td>
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<tr>
<td>1st SUNDAY OF LENT</td>
<td>Pray for the 100 million people in the world who suffer from hunger.</td>
<td>Challenge yourself to not eat anything sweet today.</td>
<td>Give $2 in thanks if you have a backyard or balcony where you grow vegetables.</td>
<td>Pray for the women who have lost access to their seeds.</td>
<td>Pray for Indigenous communities who have lost their ancestral lands.</td>
<td>In solidarity with those who have limited access to food, use only two ingredients for each of your meals today.</td>
</tr>
<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>
</tr>
<tr>
<td>2nd SUNDAY OF LENT</td>
<td>Pray for family farmers who have lost access to their seeds.</td>
<td>At the grocery store, buy as much organic or locally-grown food as possible.</td>
<td>Play our Seed Game. Learn about our food and where it is grown!</td>
<td>Eat a local apple. Give $25 for every seed that you find in it.</td>
<td>World Day of Prayer. Pray for a world without poverty where each person can eat what they need.</td>
<td>Did you know? Asia is where there is the greatest number of people who suffer from hunger.</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>3rd SUNDAY OF LENT</td>
<td>Did you know? Armed conflicts disrupt food production and increase hunger.</td>
<td>Give $10 for every piece of fruit in your house that has been imported from another country.</td>
<td>Snack on fruit, vegetables, or something homemade.</td>
<td>Give $50 for every cup of coffee or tea that your family drank today, or $25 if it was fair trade.</td>
<td>Did you know? In the Global South, 79% of women work in agriculture.</td>
<td>Did you know? In the Philippines, women affected by Typhoon Haiyan created a community garden to feed their families, thanks to Development and Peace.</td>
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<td><strong>March 15</strong></td>
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<td><strong>March 19</strong></td>
<td><strong>March 20</strong></td>
<td><strong>March 21</strong></td>
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<tr>
<td>4th SUNDAY OF LENT</td>
<td>What is your favourite healthy and affordable meal under $10? Exchange a recipe with someone today!</td>
<td>Feast of St. Patrick. Put $1 in your Solidarity Jar each time you throw food away today.</td>
<td>Development and Peace is responding to the food crisis in West Africa and is reducing the vulnerability of affected families.</td>
<td>Feast of St. Joseph. Take the online interactive quiz.</td>
<td>Eat fish today, and try to make sure it is from a sustainable fishery.</td>
<td>Farmers need water to grow food. Give thanks for abundant water by giving $50 for every faucet in your house.</td>
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<tr>
<td>SOLIDARITY SUNDAY</td>
<td>Small family farmers suffer from the effects of recurring drought. Give thanks if it rained or snowed in your region today.</td>
<td>Don’t forget to water your plants!</td>
<td>The Annunciation of the Lord. Watch the documentary A New Leaf.</td>
<td>Make a donation to your local food bank.</td>
<td>In the Philippines, women affected by Typhoon Haiyan created a community garden to feed their families, thanks to Development and Peace.</td>
<td>EARTH HOUR</td>
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<td><strong>March 29</strong></td>
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<tr>
<td>PALM SUNDAY</td>
<td>Did you know? Small family farmers feed 80% of the population in countries in the Global South.</td>
<td>Ask your grocer to carry more local and organic food products in their store.</td>
<td>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.</td>
<td>Reflect on the words of Pope Francis: “I was hungry and you gave me something to eat. The words of Our Lord call us today, telling us not to turn away, indifferent, when we know our neighbour is hungry.”</td>
<td>Good Friday</td>
<td>Dedicate your fasting today to people living in poverty in the Global South.</td>
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<td><strong>April 5 Happy Easter</strong></td>
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### Solidarity Calendar

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2. Every time you see this pictogram, visit this web page: devp.org/lentcalendar.

#### 2. Every time you see this pictogram,

- Decorate an empty jar or container in which you can collect your offerings.
- Donate them to your parish Share Lent.
- Count the offerings in your jar.
- Give thanks if it rained or snowed in your region today.

#### 1. Every time you see this pictogram,

- Pray for the 800 million people in the world who suffer from hunger.
- Pray for family farmers who have lost access to their lands.
- Pray for peace where there are conflicts in the world.

#### March 29

- SOLIDARITY SUNDAY
- World Water Day
- Count the offerings in your Solidarity Jar. Donate them to your parish Share Lent collection, or donate them online!

#### March 30

- Did you know?
- Small family farmers feed 80% of the population in countries in the Global South.

#### March 31

- Did you know?
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#### April

- 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.”
- GOOD FRIDAY
- Dedicate your fasting today to people living in poverty in the Global South.

#### In solidarity with those who have limited access to food, use only two ingredients for each of your meals today.

#### Did you know?

- In Nigeria, 79% of women work in agriculture.
- In the Philippines, women affected by Typhoon Haiyan created a community garden to feed their families, thanks to Development and Peace.

#### In the Global South, 79% of women work in agriculture.

#### Did you know?

- Asia is where there is the greatest number of people who suffer from hunger.

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[Image link: devp.org/lentcalendar]
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People in the Global South spend 70% of their income on food.

Canadiana spend about 10%. (PAC, StatsCan)

Where do those who suffer from hunger live?

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

Canada is 0.2%

Latin America is 28.2%

Africa is 4.6%

Asia is 65.2%

Europe is 1.8%

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