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. 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.

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.

Solidarity Calendar

Sow Much Love TO GIVE

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.

ShareLife Campaign

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 ShareLife, 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

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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: <devp.org/lentcalendar>

February 17
Shrove Tuesday
Make pancakes with organic and/or locally-produced flour. Drop $50 into your Solidarity Jar for every pancake your family eats.

February 19
Give $25 as thanks for every serving of fruits and vegetables you eat today.

February 20
World Day of Social Justice
Pray for all Development and Peace partners who struggle for social justice.

February 21
Play the Jeopardy quiz on world hunger and food.

February 18
Ash Wednesday
Sow a seed today. Watch it grow during Lent.

February 22
1st SUNDAY OF LENT
Pray for the $0.5 million people in the world who suffer from hunger.

February 23
Challenge yourself to not eat anything sweet today.

February 24
In Brazil, Development and Peace helps landless peasants find land on which to grow food.

February 26
Organize a screening of the documentary In the Road to Food Sovereignty.

February 27
Cook a meal using as many local or organic ingredients as possible.

February 28
In solidarity with those who have limited access to food, use only two ingredients for each of your meals today.

March 1
Have you signed the Development and Peace petition to protect the right to seeds? Sign it today!

March 2
Did you know? Armed conflicts disrupt food production and increase hunger.

March 3
At the grocery store, buy as much organic or locally-grown food as possible.

March 5
Eat a local apple. Give $5 for every seed that you find in it.

March 6
World Day of Prayer
Pray for a world without poverty where each person can eat what they need.

March 8
Challenge yourself to not eat anything sweet today.

March 9
Did you know? Armed conflicts disrupt food production and increase hunger.

March 10
Give $10 for every piece of fruit in your house that has been imported from another country.

March 11
Snack on fruit, vegetables, or something homemade.

March 12
Give $50 for every cup of coffee or tea that your family drank today, or $25 if it was fair trade.

March 13
In Syrta, 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.

March 14
Did you know? Asia is where there is the greatest number of people who suffer from hunger.

March 15
What is your favourite healthy and affordable meal under $10? Exchange a recipe with someone today!

March 16
FEAST OF ST. PATRICK
Put $1 in your Solidarity Jar each time you throw food away today.

March 17
Development and Peace is responding to the food crisis in West Africa and is reducing the vulnerability of affected families.

March 18
FEAST OF ST. JOSEPH
Take the online interactive quiz.

March 19
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.

March 20
Eat fish today, and try to make sure it is from a sustainable fishery.

March 21
Farmers need water to grow food. Give thanks for abundant water by giving $50 for every faucet in your house.

March 22
Small family farmers suffer from the effects of recurring drought. Give thanks if it rained or snowed in your region today.

March 23
Don’t forget to water your plants!

March 24
THE ANNUNCIATION OF THE LORD
Watch the documentary A New Leaf.

March 25
Make a donation to your local food bank.

March 26
In the Philippines, women affected by Typhoon Haiyan created a community garden to feed their families, thanks to Development and Peace.

March 27
EARTH HOUR
Turn off your lights and electronics for one hour tonight.

March 28
PALM SUNDAY
Pray for Indigenous communities who have lost their ancestral lands.

March 29
Did you know? Small family farmers feed 80% of the population in countries in the Global South.

March 30
Ask your grocer to carry more local and organic food products in their store.

March 31
April 1
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.

April 2
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 us today, telling us not to turn away, indifferent, when we see our neighbour is hungry.

April 3
GOOD FRIDAY
 Dedicate your fasting today to people living in poverty in the Global South.

April 4
HOLY SATURDAY
Make sure that all the chocolate you eat tomorrow is fair trade.
### Solidarity Calendar

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2. **Every time you see this pictogram, visit this web page:** [devp.org/lentcalendar](http://devp.org/lentcalendar)

<table>
<thead>
<tr>
<th>Sunday</th>
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<td>February 22</td>
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<tr>
<td><strong>1st SUNDAY OF LENT</strong> Pray for the 805 million people in the world who suffer from hunger.</td>
<td><strong>2nd SUNDAY OF LENT</strong> Pray for family farmers who have lost access to their seeds.</td>
<td><strong>3rd SUNDAY OF LENT</strong> International Women’s Day Pray for the women who cultivate the land and feed their families.</td>
<td><strong>4th SUNDAY OF LENT</strong> Pray for peace where there are conflicts in the world.</td>
<td><strong>SOLIDARITY SUNDAY</strong> Pray for Indigenous communities who have lost their ancestral lands.</td>
<td><strong>PALM SUNDAY</strong> Pray for Indigenous communities who have lost their ancestral lands.</td>
<td><strong>April 5</strong> Happy Easter</td>
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<tr>
<td><strong>Rejoice! Celebrate new life for all of God’s people.</strong></td>
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### Lenten Offerings

- **February 22**
  - **Shrove Tuesday:** Make pancakes with organic and/or locally-produced flour. Drop $50 into your Solidarity Jar for every pancake your family eats.
  - **Homework:** [devp.org/lentcalendar](http://devp.org/lentcalendar)

- **February 23**
  - **Challenge yourself to not eat anything sweet today.**

- **February 24**
  - **In Brazil, Development and Peace helps landless peasants find land on which to grow food.**

- **February 25**
  - **Give $2 in thanks if you have a backyard or balcony where you grow vegetables.**

- **February 26**
  - **Organize a screening of the documentary On the Road to Food Sovereignty.**

- **February 27**
  - **Cook a meal using as many local or organic ingredients as possible.**

- **February 28**
  - **In solidarity with those who have limited access to food, use only two ingredients for each of your meals today.**

### Did you know?

- **In the Philippines,**
  - 80% of the population in countries in the Global South live in poverty, receive health care, and have safe housing.
  - Send your children to school, that they can feed their families, supports the work of small family farmers so they can feed their families, send their children to school, receive health care, and have safe housing.

### Pray for Peace

- **Shrove Tuesday:** Pray for peace where there are conflicts in the world.
- **February 22:** Pray for the 805 million people in the world who suffer from hunger.
- **February 27:** Pray for a world without poverty where each person can eat what they need.
- **April 3:** Pray for all Development and Peace’s partners who struggle for social justice.

### Development and Peace

- **February 17:** Shrove Tuesday. Make pancakes with organic and/or locally-produced flour. Drop $50 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.
- **February 20:** World Day of Social Justice. Pray for all Development and Peace’s partners who struggle for social justice.
- **February 21:** Play the Jeopardy quiz on world hunger and food.

### Other Menus

- **March 1**
  - **Have you signed the Development and Peace petition to protect the right to seeds? Sign it today!**

- **March 2**
  - **Did you know?** Armed conflicts disrupt food production and increase hunger.

- **March 3**
  - **At the grocery store, buy as much organic or locally-grown food as possible.**

- **March 4**
  - **Play out Seed Game. Learn about our food and where it is grown!**

- **March 5**
  - **Eat a local apple.**

- **March 6**
  - **World Day of Prayer. Pray for a world without poverty where each person can eat what they need.**

- **March 7**
  - **Did you know? Asia is where there is the greatest number of people who suffer from hunger.**

- **March 8**
  - **Did you know?** Armed conflicts disrupt food production and increase hunger.

- **March 9**
  - **Give $10 for every piece of fruit in your house that has been imported from another country.**

- **March 10**
  - **Snack on fruit, vegetables, or something homemade.**

- **March 11**
  - **Give $50 for every cup of coffee or tea that your family drank today, or $25 if it was fair trade.**

- **March 12**
  - **In Syria, Development and Peace supported the construction of a bakery. Today, it employs those harmed by the conflict. They bake bread for 30,000 people every day.**

- **March 13**
  - **Eat fish today, and try to make sure it is from a sustainable fishery.**

- **March 14**
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  - **What is your favourite healthy and affordable meal under $10? Exchange a recipe with someone today!**

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  - **In Nigeria, Development and Peace supports 11,000 women who cultivate the land and feed their families.**

- **April 2**
  - **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 us today, telling us not to turn away, indifferent, when we know our neighbour is hungry.”**

- **April 3**
  - **GOOD FRIDAY Dedicate your fasting today to people living in poverty in the Global South.**

- **April 4**
  - **HOLY SATURDAY Make sure that all the chocolate you eat tomorrow is fair trade.**

### Development and Peace’s partners

- **Lent 2015**

### Lent Calendar app

- **Learn about Development and Peace’s partners with our Lent Calendar app!**

### Sow Much Love

- **TO GIVE**

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*Images and graphics designed by Anna Zaporozhets.*
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In the Global South, 66 million school children go to school hungry. More than a third of them live in Africa. (WFP)

Where do those who suffer from hunger live?

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

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

People in the Global South spend 70% of their income on food. Canadians spend about 10%. (P40, StatsCan)

Where do those who suffer from hunger live?

1.8% 6.5%

28.2% 0.2%

1.8% 28.2%

4.6% 0.2%

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