



CANADIAN CATHOLIC ORGANIZATION FOR

**Development
and Peace**

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AWARENESS ACTIVITY

GLOBAL REALITY MEAL

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OBJECTIVE // Participants will gain insight into hunger through an effective dramatization of the inequality of our world. Few leave a Global Reality Meal with full stomachs, but all leave filled with a greater understanding of the problems of global hunger and poverty and are motivated to take action.

TIME // 1 to 2 hours

PARTICIPANTS NEEDED //

- Group of at least 20-30
- An MC
- Waiters to pamper the rich and serve their meal
- Facilitators for the debriefing

WHAT IS NEEDED //

- A large enough venue
- Microphone
- Tickets marked with either "rich" or "poor" on the back. 20% receive "rich" and 80% receive "poor".
- Food for the rich - more than enough food, such as chicken, pizza, vegetables, fruit, chocolate, juice.
- Food for the poor – barely enough food – (limited portions) rice or bread, and water.
- Food for all: to ensure that after the activity the "poor" can eat as well.
- Chairs, tables, tablecloths, etc for the rich.
- Action cards for the rich to write an action.
- Facilities for PowerPoint presentation (optional).

It may be appropriate to have a Share Lent collection container at the exit doors.

STEPS //

1. Participants each pay a set amount e.g. \$5 for their meal.
2. As each participant enters the venue, they receive a ticket. Tickets appear similar but on the back 20% are marked 'rich' and 80% 'poor'. Tickets must be randomly distributed.
3. The rich 20% are led by the waiters to beautifully set table and chairs.
4. The poor 80% are herded to the floor in what should be a rather overcrowded area.



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MC SCRIPT // *(may be shortened or simplified according to age of participants/time available)*

We are here today because 1.4 billion people – around a fifth of the world’s population – live on just over one dollar a day. [Pause]

Almost a billion people – almost one ninth of the world’s population – regularly go to bed hungry. [Pause]

Every 4 seconds, a child dies from hunger or other preventable cause; that’s 22,000 children every day! [Pause] (Source: World Food Program: <http://www.wfp.org/hunger/stats>)

You may think hunger is about too many people and too little food. This is not true. This rich and bountiful planet produces enough to feed every woman, man and child on earth. It’s about power!

In fact, 20% of the world’s population (*facing the rich group*) - that’s you - consumes 86% of the world’s goods, represented in the food here today. The rest of you (*facing the poor group*) get only 14%.

(When speaking, stress this part as participants will need to reflect for debriefing and questions)

The roots of hunger lie in inequalities in access to education, resources and power. The results are illiteracy, poverty, conflict, and the inability of families to grow or buy food. [Pause]

This Global Reality Meal is a metaphor for how food and other resources are unequally distributed in the world. One thing I would like you to remember is this: Everyone on earth has the same basic needs; *(ask participants to suggest what basic needs are)*. It is only our circumstances – where we live, and the culture we are born into - that differ. Each person’s place is randomly determined.

Look around, and you can see that equality and balance don’t exist here.

It is important to note that no one section of this room represents a single country. Stark inequalities prevail, both worldwide and within countries, even in Canada.

Invite the rich to begin their meal. The poor may go to the back table and help themselves to the rice or bread and water.

(You may wish to have a DEVELOPMENT AND PEACE slideshow (being projected) playing in the background. You can download a PowerPoint presentation by clicking on Videos & Slideshow at devp.org/en/sharelent2015/materials).



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DEBRIEFING

Debriefing is a crucial part of a Global Reality Meal. Participants commonly experience feelings of discomfort, anger, sadness and guilt. That's OK! That is the way the activities are designed. What is important is that the facilitators help participants to explore their feelings and their meanings and help them to see that they have the power to create change.

- Be familiar with relevant information, e.g. statistics
- Be aware that participants are sharing thoughts and feelings – there is no right or wrong when it comes to feelings!
- Be aware of the desired educational outcomes.

DISCUSSION QUESTIONS //

1. What were your first thoughts when you received the ticket labeled "poor" or "rich"?
2. For the group with "poor" tickets: How do you feel being in this group and having to depend on the rich people to do something for you to survive?
3. What do you think are some of the causes of this inequality?
4. Read some of the facts from "More Information": What feelings do these facts bring up for you?
5. What is our responsibility, as part of the human family, to the people living in hunger and poverty throughout the world?
6. What is the difference between us "taking action for" and "taking action with" someone who is struggling with poverty?
 - Doing something for another is to be the subject (we DO) while the recipient is the object (for them). We want to ensure we treat all persons as subjects of their own destiny, as intelligent, capable, respected actors.
 - We get to know others, and build community, when we do something WITH them.
 - Solidarity means to treat each other as equals, to work together and to share in the struggle and the solution together.

MORE INFO FOR DISCUSSION IF NEEDED //

Charity

- Works of Charity are charitable acts – generously giving what we have to those who are in need.
- These are usually to meet immediate needs.
- Works of charity can also be called Social Services when we talk about the Social Mission of the Catholic Church.

Justice

- Justice, according to our faith, is the firm will to give to each person what they need to flourish. (See Catechism of the Catholic Church 1807)
- Social Justice seeks to ensure that the way our society works treats each person fairly – it has to do with the rules of how our governments are made and run, how our money is used, and how we treat each other.
- Works of Justice are actions that we take to make our community more just – fairer, more based on justice.
- Works of Justice are also called Social Action, the 2nd part of our Church's mission in the world.



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DEVELOPMENT AND PEACE – ACTION AND SOLIDARITY

We live in a world where a few get a lot and most get very little indeed. Yet there is plenty of reason for hope, because with your support, DEVELOPMENT AND PEACE has helped thousands of people work their way out of poverty through partnerships in more than 30 countries. By supporting DEVELOPMENT AND PEACE, you are helping people to transform their own lives, restoring their dignity by promoting solutions that empower them to take control of their lives.

Next steps:

1. Have the “rich” identify ways in which they can support justice for the poor throughout the world and write them on the action cards.
2. Once finished, have them explain their actions for justice, and deliver the action card to the “poor”. (Can give the card to any person where the poor are standing).
3. Because the “rich” took actions for justice, the “poor” are now able to join in a Global Reality Meal with the rest of the “rich”. Have the waiters bring out food for the poor now as they did for the rich.

CLOSING PRAYERS //

One Human Family: Campaign Prayer

http://www.devp.org/sites/www.devp.org/files/documents/materials/devpeace_caritas_food_for_all_campaign_prayer.pdf

Prayer for Strength to Act

http://www.devp.org/sites/www.devp.org/files/documents/thinkfast-activities/17-thinkfast_prayerstrengthtoact.pdf

Activity adapted from Caritas Australia Global Reality Meal, and the Oxfam Hunger Banquet.



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MORE INFORMATION //

Hunger facts

- Some 805 million people in the world do not have enough food to lead a healthy active life. That's about one in nine people on earth.
- The vast majority of the world's hungry people live in developing countries, where 13.5% of the population is undernourished.
- Asia is the continent with the most hungry people - two thirds of the total. The percentage in southern Asia has fallen in recent years but in western Asia it has increased slightly.
- Sub-Saharan Africa is the region with the highest prevalence (percentage of population) of hunger. One person in four there is undernourished.
- Poor nutrition causes nearly half (45%) of deaths in children under five - 3.1 million children each year.
- One out of six children -- roughly 100 million -- in developing countries is underweight.
- One in four of the world's children are stunted. In developing countries the proportion can rise to one in three.
- If women farmers had the same access to resources as men, the number of hungry in the world could be reduced by up to 150 million.
- 66 million primary school-age children attend classes hungry across the developing world, with 23 million in Africa alone.

Source: All facts based on statistics from the World Food Programme:

<http://www.wfp.org/hunger/stats>.