



## RACE AGAINST HUNGER NEWSLETTER

www.actionagainsthunger.org/race

# RACE REPORT

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## Inaugural Race Against Hunger USA Raises Over \$10,000 to Fight Global Hunger!

Spring 2008 marked Action Against Hunger's first annual *Race Against Hunger* in the U.S. with 500 students participating from four middle schools in Chicago.

By collecting pledges for each lap they ran during the Race, students raised a total of \$10,341 to fight world

hunger! The money raised by the Chicago students was enough to save the lives of over 200 children. Congratulations to our four inaugural schools!

Not only did Chicago middle schoolers raise an extraordinary amount of money, they also had fun with their peers, learned about the causes of

world hunger and malnutrition, and demonstrated the unique power of students to make a difference in the world.

With such remarkable results in Chicago, the 2009 *Race Against Hunger* can be an even bigger success when your school participates this year!

## Cities Enrolled in the 2009 Race Against Hunger

- Alexandria, VA
- Bronx, NY
- Bronxville, NY
- Chicago, IL
- Detroit, MI
- Houston, TX
- New Rochelle, NY
- New York, NY
- Paterson, NJ
- Philadelphia, PA
- San Francisco, CA
- Jacksonville, FL
- ...and more!



## Success Story: Habiba's Experiences with Action Against Hunger

By: Kelly Delaney, a Medical and Nutrition Coordinator in Kenya and South Sudan



I came to Mandera, Kenya on October 5th 2005. My first day on the job, I was in our feeding center when I saw a mother carrying an 8-year-old girl half the size she should be. Nothing could have prepared me for seeing this girl so close to death. Her name was Habiba. Her mother and her sister had taken turns carrying Habiba as they walked for three days from their remote village -- a village with no clean water let alone health care. The drought had already started in Kenya, so there was no water along the way. The family of four had shared one bottle of water and one bottle of milk for their meals for three days. And it was hot. So when they arrived they were

exhausted, dehydrated and pleading for help. When Habiba arrived she was so sick that she could barely manage a blank stare when I looked in her eyes. She was suffering from malnutrition, tuberculosis, malaria, and anemia. I brought her a cup of our special formula. Called F75, it's a treatment that has the right balance of nutrients needed by a severely malnourished body. It slowly wakes up the person's stomach, liver, spleen, kidneys and other body systems and tells them that it's time to start working. Habiba had been deprived of food for so long that she no longer remembered what it was like to eat. Our staff and her family gently urged her to eat and she was fed every three hours for a week. At the end of the week Habiba could sit against the wall by herself and take the cup and drink it. And for the first time since I arrived, I saw Habiba's mother smile. *(Continued on next page)*

### Did You Know...?

- 963 million people around the world suffer from hunger and malnutrition. This number amounts to more than the combined populations of the United States, Canada and the European Union!
- More than 1 billion people lack access to a safe supply of drinking water.
- Everyday, almost 15,000 children die from hunger-related causes.

### YOU can help end global hunger

Just a little money can go a long way in the fight against global hunger:

- \$5 - Supplies a lemon, banana or mango tree to a farming family.
- \$15 - Provides two hungry children with food for one month to prevent malnutrition and promote healthy development.
- \$50 - Provides the 30-day nutritional treatment necessary to save the life of a severely malnourished child.

# Water in Our World Today

By: Harling Ross, *Race Against Hunger* volunteer, age 16



Students racing against hunger!

“The Race is important because it’s fun, and you’re helping your body and the *Race Against Hunger*. It’s a good cause because it helps people all around the world so it’s a global thing, not just a state thing... It was a great Race!”

- Daniel, 2008 Race Participant



in *Our World Today*” project, an activity that helps students understand what it means to live with water scarcity and unsafe drinking water.

To help students fully appreciate water conditions around the world, participants were given an informative story describing how water is collected each day

*(Habiba’s story continued)*

But Habiba still had a long way to go. In the second week we gave her a higher-calorie therapeutic milk. She began drinking more and playing with her baby sister. We then started treating her tuberculosis. In the third week she stood for the first time in over a year. I will never forget the morning when I walked into the feeding center and Habiba walked over to me and greeted me with a hug. I could not believe that this smiling little girl was the weak child that had to be carried by her mother less than a month ago.

in Zambia. Students were then asked to simulate the strenuous chore performed by the two young girls in the story: the students took turns carrying two heavy containers full of water across a field, experiencing what many Zambian children experience each day as they walk long distances to get water for their families.

Students then gathered to discuss how they felt and what they had learned. Participants were visibly moved by the experience, as the activity allowed them to temporarily slip into another world. Carrying the water themselves

gave students a palpable sense of empowerment and understanding. Moreover, the activity endowed students with the ability to sympathize with an entirely different culture.

The bright smiles on the Catherine Cook students’ faces and the eagerness with which the experience was discussed and analyzed reveals a true accomplishment and a step forward in Action Against Hunger’s efforts to provide water security worldwide. Students and young adults are crucial to their efforts to raise awareness and build support throughout the country.



Forty days after arriving, a happy, healthy Habiba left our center. I didn’t believe it was possible, but I watched her walk out. We followed Habiba for nine months to treat her tuberculosis and make sure that she did not become malnourished again. We also started water, sanitation, and hygiene programs in her community. Today as you can see, Habiba is a cheerful and able-bodied young girl. If we can get a child into a feeding center, we can save their lives.



## Get Ready for the 2009 Race Against Hunger!

Thank you for joining the fight against global hunger! You are now part of an international community participating in the *Race Against Hunger*, which joins students from all over the U.S., France, Spain and the U.K. This global effort will help save the lives of many children around the world!

In addition to helping make the world a better place, the Race will be a day of fun with your friends. Challenge them to see who can raise the most money or run the most laps!

And don’t forget to spread the word about the Race and this truly important cause. Tell your friends at other schools and encourage them to get involved! With your help, we can end global hunger and save lives!

Learn more about Action Against Hunger and the Race at:

[www.actionagainsthunger.org/race](http://www.actionagainsthunger.org/race)

Or email us at: [race@actionagainsthunger.org](mailto:race@actionagainsthunger.org)

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