



We don't feed anyone
We help them feed themselves

Punishing poverty

Unexpectedly Grace's husband dies – malaria kills him fast. 'I was in so much pain and grief, I thought I would not manage life,' says Grace. Her eight children start going hungry, eating just wild veg and tree roots. They often go without. 'We suffer from a disease called malnutrition,' explains her 12-year-old son Dan.



Feeding minds

The church in Grace's village in Uganda works with Tearfund to feed the hungry minds in its community. Your money means we can provide resources and training. Knowledge takes root. Understanding and self-belief grow – as do new types of crop. Rumours spread fast of attitudes changed, poverty held back. People notice. One of them is Grace.



Finding food

Grace visits church. They offer stop-gap food – and training sessions which plant a hunger for what's possible. She learns from Bible stories that Jesus has given her the ability to work and satisfy her own hunger. Hope sprouts in her mind. She learns about seasonal crop rotation (this is news to her), diversifying crops and storing after harvest.

Changing reality

Grace's son Dan no longer sleeps in the paper bag she'd bought for him. She's able to buy a mattress. Because her mind has been fed, her food store is full. She saves money from excess crops she sells. The children eat and go to school.



Thinking differently

'I will not go back. I will always go forward,' says Grace. She thinks and acts differently now. She's grateful Tearfund went beyond just a sack of grain and gave her the key to grow her own. Other friends of Grace observe. They notice. They ask. Grace takes them to church (which has grown from 40 to 320 members). And so the cycle starts again...

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That's why we believe feeding people who could feed themselves creates hunger, not solution.

www.see-for-yourself.org

