



**For too many people in East Africa this may be all they have to eat today.**

Lucia Muvili Ngotho, from Kalimbui village, Mwingi, north east Kenya.

*Photo: ACT/NCA/Laurie MacGregor*

Canadian Lutheran World Relief is working with trusted partners like Canadian Foodgrains Bank, the Lutheran World Federation, and Support for Sustainable Development to bring an end to that harsh reality.

**Now you can do something too.** You can save lives right now by making a donation to see that proper rations are available for every child, every mother, every father, and every person in East Africa. Willing workers are on the ground today ready to distribute the food that you provide through your gift.

**What is a ration?** Rations change from situation to situation. Sometimes food is distributed 'wet' or already cooked, other times 'dry' rations are given, which people can prepare themselves. CLWR partners like Canadian Foodgrains Bank generally distribute dry rations - with enough quantity to cover a period of time - for a month or two.

The types of food vary from place to place, but the general quantities stay the same. The World Health Organization says a typical ration consists of 450 grams of cereal, 50 grams of pulses, 50 grams of oil, and 5 grams of iodized salt per person per day.

Food Item	PER PERSON		\$/kg	\$/Person/ Month	\$/Person/ Day
	Qty/ Month (kg)	Qty/ Day (g)			
Wheat	15	500	\$0.62	\$9.24	\$0.31
Famix*	4.5	150	\$0.81	\$3.64	\$0.12
Beans/ Pulses	1.5	50	\$0.70	\$1.05	\$0.04
Oil	1.5	50	\$2.83	\$4.25	\$0.14
				<b>\$18.17</b>	<b>\$0.61</b>

**Data based on the LWF Ethiopia Goro Emergency Project**

\* Famix - nutrient supplement mandated by Ethiopia's government.

**What does it cost?** It costs as little as 61 cents a day to feed a person for a day. Just think of how much good \$20, \$50, \$500 or more can do.

---

**IN THIS ISSUE:** Ration meal for East Africa  
Refugee program workshop  
CLWR Appreciation Receptions

## What can I do?

- You can **donate money** by giving a designated offering through your congregation; or with your credit card by calling 1-800-661-2597 or visiting [www.clwr.org/donate](http://www.clwr.org/donate). You can also mail a cheque made out to CLWR to 302-393 Portage Avenue, Winnipeg, MB, R3B 3H6. If your life-giving gift is received by September 16, it will be matched by the federal government.
- You can **build awareness** among family and friends. On your church altar, narthex, or on a table in the aisle place the daily ration above – 500 grams wheat, 50 grams pulse, 50 grams oil and a teaspoon of salt. Ask people to compare their daily meals to that of a refugee in East Africa.
- You can **make a simple meal** for your family and donate the difference, or have your congregation [host a meal](#) based on one of the recipes in this news brief.
- You can **learn more** about what Lutherans are doing in your name in East Africa and share that information with family and friends.

For example, CLWR supports the work of the Lutheran World Federation (LWF) in Kenya's Dadaab refugee camp, which is now home to over 400,000 refugees, many who have fled famine and conflict in Somalia. Dedicated LWF staff like [Moses Mukhwana](#), [Faith Kagwiria](#), and [Soraya Musau](#) make sure desperate Somali refugees get what they need most, including food and water, shelter, psychosocial support, and transportation from the Kenya/Somalia border. Visit <http://tinyurl.com/lwf-eastafrika> to read more about the LWF's remarkable work, and <http://tinyurl.com/clwr-eafrica> to read about CLWR's food distribution projects in Ethiopia, where over 26,000 people will receive food aid.

## **Flat Bread**

Chapatti, or flat bread, is commonly eaten around the world, including East Africa and northern India. *Makes 12.*

### *Ingredients*

- Whole-wheat flour, 2 cups
- Oil or ghee, 2 tablespoons
- Warm water, 3/4 to 1 cup
- Salt, 1/2 teaspoon

### *Method*

1. Mix the flour & fat together using your hands.
2. Stir the salt into the water & add the water, a little at a time, until you have a soft, kneadable ball.
3. Remove to a floured surface & knead for 8-10 minutes, or until smooth & elastic.
4. Remove the dough to a lightly greased bowl, cover, and rest for at least 30 minutes (& up to 2 hours).
5. Return the dough to a floured work surface. Roll the dough into a long piece & cut it into 12 separate balls.
6. Dust the dough balls with a little flour and roll each one out into a very thin round about 6 inches in diameter.
7. Heat an ungreased, heavy skillet over medium heat. Add a dough round & press down gently with a spatula or the back of a spoon.
8. Cook until lightly browned, flip & brown on the second side. Repeat with all rounds.

*[Recipe courtesy of CFGB.](#)*

## **Red Beans and Rice**

Beans & rice are eaten daily around the world. Try this simple variation at home. *Serves 5-6.*

*[Recipe courtesy of CFGB](#)*

### *Ingredients:*

- 2 cups dried red beans
- 1 quart water
- 1 large onion, chopped
- 1 bay leaf
- pepper, to taste
- salt, to taste
- 1 tablespoon of vegetable oil
- 3 cups rice

### *Method:*

1. Soak the beans overnight in cold water; drain.
2. Heat the beans in about a quart of water, add all ingredients except salt, and boil for at least 2 hours.
3. When beans are tender, mash them up with a tablespoon of oil.
4. Serve on boiled rice.

---

## **Register today for a free CLWR Refugee Program workshop**

- Monday, September 26th, 9:00 a.m. - 7:00 p.m.
- Our Saviour Lutheran Church  
2705 Islington Avenue, Toronto, ON
- To register, contact Jan Drews at CLWR's Toronto office by email - [jan.clwr@gmail.com](mailto:jan.clwr@gmail.com), phone - 416.962.9747, or fax - 416.962.3268
- [Download](#) registration form

You're invited to a one-day seminar about refugee issues, Canada's Refugee Sponsorship Program, and how, together with CLWR, our Lutheran churches can "reach out" to refugees. CLWR has assisted refugees for over sixty years, and continues today as one of Canada's leading Sponsorship Agreement Holders.

**Who should attend?** District and synod leaders, circuit and conference leaders, pastors, lay-leaders, and youth leaders

[Learn more](#) at [www.clwr.org](http://www.clwr.org).



Batta Eldakan and two of her children, Suha and Hussein, finally escaped a refugee camp in the Middle East and came to Canada in 2010 with the sponsorship of Advent Lutheran Church in Toronto.

*Photo: CLWR*

## Thank you!

To express our gratitude for your support, and offer you an opportunity to learn more about CLWR, we are having three Friends of CLWR Appreciation Receptions this September. They are free and all are welcome.

- **Thursday, Sept. 15, 2-4 p.m.**  
St. Olaf Lutheran Church  
665 Central Ave. N  
Swift Current, SK
- **Friday, Sept. 16, 2-4 p.m.**  
Victory Lutheran Church  
2793 Southview Dr. SE  
Medicine Hat, AB
- **Saturday Sept. 17, 2-4 p.m.**  
Immanuel Lutheran Church  
20 Rocky Mountain Blvd W  
Lethbridge, AB

*(Each reception will have a CLWR presentation at 3 p.m. by Tom Brook).*

---

CLWR News Briefs are produced by Canadian Lutheran World Relief (CLWR). CLWR reports stories for the benefit and interest of its readers. News stories do not necessarily reflect CLWR policy or positions.

Donations can be made in the following ways:

- Through your local LCC or ELCIC congregation
- At [www.clwr.org](http://www.clwr.org)
- Toll free at 1.800.661.2597 (CLWR) or in the Winnipeg area: 204.694.5602
- By cheque or money order to: Canadian Lutheran World Relief, 302-393 Portage Avenue, Winnipeg MB R3B 3H6

Do you have a story to share? Send it to us at [clwrnewsbriefs@clwr.mb.ca](mailto:clwrnewsbriefs@clwr.mb.ca), including your name and phone number.

Department of Community Relations, Canadian Lutheran World Relief  
302-393 Portage Avenue, Winnipeg MB R3B 3H6 [www.clwr.org](http://www.clwr.org)

facebook



YouTube