



Host a refugee camp meal

No one chooses to be a refugee. Refugees are forced to flee by things outside their control, such as war, conflict or persecution due to their race, religion, gender, sexual orientation or because they're part of a particular group. They cannot return because their lives are in danger, and they cannot obtain protection from the state. They are not economic migrants who come to Canada for better opportunities.

According to the UNCHR, there are 117.3 million people worldwide who are forcibly displaced. To put this number into perspective, Canada's population is 41.47 million. The number of displaced people in the world is almost three times the population of Canada!

Contrary to some media portrayals, there is no large wave of refugees bombarding Canada's borders. Most refugees (about 71%) are hosted by low- and middle-income countries, such as Sudan, Colombia, DRC, Syria and Ethiopia.

Many refugees lack resources and must live in refugee camps with limited medical supports and food. Refugees in camps receive weekly food rations consisting of vegetable oil,

cereals and pulses. However, when funds from international countries or organizations get cut, food rations also get cut, making an already difficult situation even worse.

This World Refugee Day, we encourage you to pray for refugees worldwide, and to consider putting yourself in their shoes by hosting a refugee camp dinner with your church, small group, family or friends.

Below is a simple recipe for a lentil soup. Here are some things you can reflect on, do or discuss while you prepare, serve and eat the meal:

- **Discuss how can we as Canadians and Christians respond to refugees' needs.**
- **Pray for refugees around the world.**
- **Pray for peace, and a stop to wars and conflicts that cause people to flee.**
- **Pray for sponsors to come forward to help refugees resettle to Canada and start a new life in safety.**
- **Learn about refugee sponsorship with your congregation.**
- **Support CLWR's international humanitarian and development work with displaced people.**

Lentil soup

Prep time: 10 minutes
Cook time: 20 minutes
Total time: 30 minutes
Yield: 4 servings of soup



Ingredients

1 tsp vegetable oil
1/2 onion, diced
1 carrot sliced
4 cups vegetable broth
1 cup dry split red lentils
1/4 tsp pepper
1/4 tsp dried thyme
dash of salt

Directions

In a large pot, sauté the onions and carrot in the vegetable oil for 3-5 minutes until onions turn clear. Add the vegetable broth, lentils, pepper, thyme, bay leaves and salt. Reduce heat to a simmer. Cover and cook until lentils are soft, about 20 minutes. Makes 4 servings of soup.