



*Hunger Response International - Changing hunger in our neighbourhoods and in our world!*



## HRI Visits North Korea

Executive Director Lorri Sawatsky and her husband Randy joined a First Steps team on a Monitoring Trip to their projects in North Korea Nov. 23-Dec. 3, 2011



**HELPING TO  
EDUCATE  
CANADIAN  
YOUTH WHILE  
CHANGING  
HUNGER IN  
PEOPLE'S LIVES  
AT HOME  
AND AROUND  
THE WORLD**

*"It impacted me so much and I really want to make a difference! Even if I can't help a whole village, I can at least help one family." Rachel - Middle School Student*

Each year, Hunger Response Int. partners with four other registered Canadian charities who work in global relief and development. A visit to one of the projects each year ensures accountability and helps equip HRI with their work of educating youth. For our 2012 projects, we went to see the work of First Steps in North Korea.

### First Steps

Focused on prenatal and child malnutrition in North Korea, for the past ten years, First Steps has been providing micronutrients called Sprinkles and soybeans along with machines to make soymilk for children called VitaCows and VitaGoats. The soymilk that is produced from the machines is provided to orphans and young children in Kindergartens and primary schools.

Hunger Response Int. partnered with First Steps in the 2009 Rice Raiser Campaign. At that time, we raised

enough money to purchase a VitaCow Machine, some soybeans and milk tins to store the milk in. Two years later, we were pleased to find our investment working hard, daily producing over 2000 cups of soymilk for children!



HRI Board Member, Randy Sawatsky checking on the VitaCow machines

This daily serving of soymilk is the primary source of protein for most of the children and it helps prevent severe malnutrition. Tofu comes from the cooked bean paste that the machine produces when making the milk. This too is a nutritious food that is served to the children...nothing gets wasted!!



Just a reminder:  
There's still time....  
Donations can be  
received until Dec. 31  
for 2011 Income Tax  
Receipting.

## Hunger-Busting

### Beans for

### North Korean

### Children

### is one of the

### 2012 Rice Raiser

### Campaign's

### Global projects.



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## Hunger Response Visits 2012 Global Project

### New 2012 Global Projects

We're excited to once again be partnering with First Steps to help with more soymilk production in our 2012 Rice Raiser Campaign. In the past few years, the country has experienced flooding and food shortages. Nutrition in children and pregnant women is consistently a concern in this country. Soymilk is loaded with great nutritious benefits and after a few months of a daily serving of soymilk, a malnourished child shows great improvement in their health!

Canada produces some of the world's best soybeans and in 2012 we hope to send a lot of these hunger-busting beans to improve the lives of children through the soymilk and tofu.

### The 2012 Rice Raiser Campaign



### Global Projects:

Other projects we'll be working to help people around the world in are:

- Burundi - in 2010 we helped purchase goats for families struggling with acute poverty and that

was wonderfully successful! Now we want to help provide cows...mainly for their manure, but the milk, the meat and the offspring are needed too! Our project is called **Cow Pies!**

- Haiti - Helping provide school lunches for some of the poorest children. Many of them have been rescued from the streets and from living as child slaves.
- Sudan - Helping to provide school meals so that girls will be allowed to go to school and be educated instead of having to work at home.

### Acting Locally

Of course we always care for those who live around us, in our own Canadian communities.



In February, we'll be kicking off the 2012 Rice Raiser Campaign with a food drive to help fill the shelves of local food banks!

### Our Today is Someone's Tomorrow

This is the 2012 theme at HRI and we encourage you to keep in mind that the donation you make today will most certainly help to change a life tomorrow!!

### Call to action

Hunger Response asks THE question..  
*How will you respond to hunger in 2012?*  
Visit our website to learn more about how you can help the hungry through the Rice Raiser Campaign and the Have-A-Rice-Day Movement.

[www.hungerresponse.org](http://www.hungerresponse.org)