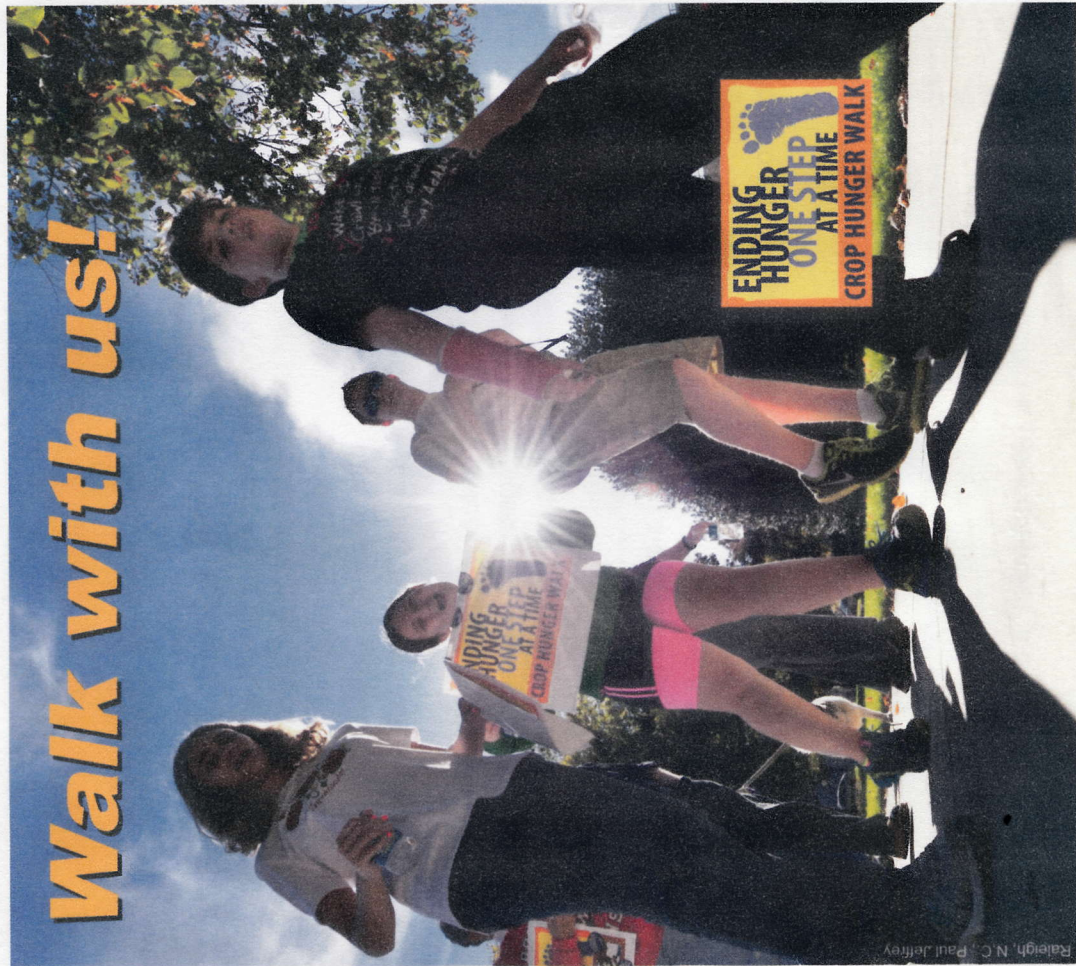


Walk with us!



Raleigh, N.C. - Paul Jeffrey

REGISTER TO WALK AT 1:30 @UCC,
203 WASHINGTON STREET ON SUNDAY
NOVEMBER 9. WALK BEGINS AT 2:00
BRING \$ DONATIONS and/or CANNED GOODS

CROP Hunger Walk – ending hunger one step at a time!

As you take each step in the CROP Hunger Walk, imagine that you're in Kenya, walking to get water that you'll carry back home in a 5-gallon jerry can balanced on your head. Your family needs this water for drinking, bathing, preparing meals or watering the garden or livestock. Whatever the reason, 5 gallons of water weighs about 42 pounds, and you may have to walk miles to get it.

Having to use so much of your valuable time to carry water keeps you from growing more vegetables, raising more livestock or developing a business. There is only so much time in a day.

There's a solution, and you can be part of it. CROP Hunger Walks help Church World Service work with communities to determine the best solution to their challenges. It could be a sand dam to help provide water. Livestock to help start a farm. Or tools or seeds to help keep a family fed – and healthy.

Some ways your small steps can make a big difference:

- \$10** can provide a pair of rabbits, which are a great source of protein.
- \$50** can provide hoes, shovels and seeds, tools a family needs to grow a garden.
- \$100** can provide 200 chicks, helping families find their way from need to nourishment.

Visit crophungerwalk.org today to donate or sign up for your Walk!



cwsglobal.org
Regional Office 888-297-2767