

# **Penny Power Information & Fundraising Activities Sheet**

**Put your change to work and help Mennonite Central Committee (MCC) meet the needs of people who are hungry and thirsty!**

## **Did you know:**

- There is an estimated \$7 billion U.S. in loose coins lying around in the United States Alone!
  - 165 pennies weigh one pound.
  - 50 pennies buys a mango tree seedling in Burkino Faso.
  - 100 pennies provide a sack of organic fertilizer for gardens in El Salvador.
  - 5000 pennies covers the cost to cap a spring in Haiti for safe drinking water.
    - 50,000 pennies provides a water tank in Angola.

## **Help Fill the World Food Basket**

- MCC gives food for today, providing the basics of life for people in time of need.
- MCC gives food for tomorrow by helping families find sustainable ways to grow their own food.
- MCC works with victims of oppression, war and poverty to ensure that they have access to the land and the water they need.

## **Penny Power Supports the following MCC Food Projects:**

**PENNY POWER ENCOURAGES AGRICULTURAL DIVERSITY.** In Bolivia, MCC is striving to improve and develop sustainable agricultural practices and to encourage people to plant a variety of crops, instead of just corn as was planted in the past. Agricultural diversity leads to better nutrition and healthier soil and gives farmers some protection if one crop fails. In cooperation with MCC, the community has planted pinto beans, high-protein corn, a new variety of hard corn, two kinds of peanuts and chile peppers. Some families have planted watermelon, garden vegetables and additional types of beans. Your Penny Power contribution will provide the college with tools and supplies.

\$5 buys a garden hoe / \$20 buys enough seed to plant a hectare of carioca (pinto) beans.

**PENNY POWER SUPPORTS AGRICULTURAL EDUCATION.** For centuries in the mountainous regions of Laos, farmers have been burning forests to clear new fields for their staple crop, rice. That worked when there was more land available to clear and the population of the area was smaller. But now, with the population growing, the rice harvests are barely able to provide enough food for villagers, and the land that is available is eroding or becoming depleted of nutrients. Meanwhile, the government is forbidding traditional slash and burn practices in an effort to preserve the forests that are left. MCC is working with the Bolikamxay Forestry and Agriculture College to find new, more sustainable ways of growing rice so the land can produce crops year after year. Your Penny Power contribution will provide the college with tools and supplies.

\$7 buys 10 copies of the agriculture curriculum for the college library / \$10 buys one set of garden tools (a hoe, shovel and machete) for students to use in the fields

**PENNY POWER PROVIDES FOOD FOR TODAY.** Each year, MCC provides food aid in the continent of Africa, meeting needs in places often forgotten by newspaper headlines. Last year, when drought struck the Afar region of Ethiopia, MCC responded by providing goat feed to nomadic families. The feed not only helped the goats survive, it helped them to produce more milk. Goat milk is a critical source of protein for families in this area; the only other staple food is grain that is ground and baked into unleavened bread. The milk is used to make butter, which families eat or sell to help make ends meet. MCC workers report that milk production nearly tripled after the feed was introduced. Give the gift of enough food for today. Your Penny Power contribution will help MCC respond to immediate food needs throughout Africa.

\$13.50 can provide seeds and tools for a family / \$50 is the average cost of a food package that feeds a family of five for a month / \$300 is the average cost of food packages that would feed a family of five for six months

## **Fundraising Ideas and Activities**

Plant seeds for a variety of local crops or flowers. Sell the plants to raise funds for your giving project.

Chart your congregation's progress by filling a field with crops. Draw or color a brown field. Add colorful vegetables or fruits to mark your progress.

As donations come in, add rice to a clear glass jar to mark your progress.

In Laos, some 30% of the population does not have enough food year-round. Pray for them. Fast for those who are hungry. Pray for the farmers and their efforts to grow more food. Invite participants to donate what they would have spent for a meal at their favorite restaurant.

Have a fundraising meal with food from Ethiopia. Find recipes in "Extending the Table," for injera, a flat bread; chicken or beef wat; lentil salad; and a number of other dishes.

Food packages often contain grain, beans, flour and oil that are purchased locally. Create a collection of these items as donations come in. When the project is completed, you can donate the supplies to a food bank or ministry in your community.

Offer "seed money" to your church attendees asking that each household find creative ways to "grow" the money.

### **The Power of \$1.00**

#### **\$1.00 Provides:**

Vegetable seeds for one family.

Rice, beans, oil, salt and instant noodles for a family of six for one day.

Two days of supplemental food and multivitamins for on AIDS patient.

Nine people giving \$1 can provide food for an orphan for a month.

Emergency food for one person for three days.

Twenty people giving \$1 can build a canal to provide water for one family.

Two people giving \$1 can buy enough supplies to help one child in Bangladesh attend school for one year.

Fifteen people giving \$1 will irrigate a half-acre plot where one family can raise enough food to last for six months.

*Also go to [www.pennypower.org](http://www.pennypower.org)*