



LEAD THE WAY ON HUNGER

# Table of Thanks

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[crs.org/leadtheway](https://crs.org/leadtheway)

Text LEAD NOW to 306-44



## FROM YOUR TABLE TO A BETTER WORLD

**CRS Table of Thanks** invites you to enhance an upcoming celebration with your family, friends or community by remembering our sisters and brothers in need. Our world is composed of many peoples with unique languages, foods and cultures. Our connection as members of one human family is a gift.

Lead the way to a more just world by including a CRS Table of Thanks fundraiser in your celebration.

**Use the highlighted resources below to enhance your community's CRS Table of Thanks fundraiser with prayers, stories and other resources to help end global hunger.**

Throughout the world, people celebrate as a way to express their culture, welcome friends and family, and share their time with others. God invites all his children to his banquet. As Christians, we are invited to joyfully live as missionary disciples and to share God's love with all members of our global family. As Pope Francis shares, "Fraternal love multiplies our ability to experience joy, since it makes us rejoice in the good of others" (Christus Vivit, 167).

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*"Go, eat rich foods and drink sweet drinks, and allot portions to those who had nothing prepared; for today is holy to our LORD. Do not be saddened this day, for rejoicing in the LORD is your strength!"*

— NEHEMIAH 8:10

## WE ARE ALL INVITED TO THE FEAST

**BY FUNDRAISING WITH YOUR COMMUNITY, YOU CAN MAKE A REAL, POSITIVE DIFFERENCE IN OUR WORLD. SHARE THE FOLLOWING STORY AS PART OF YOUR FUNDRAISER TO SHOW YOUR COMMUNITY THE DIFFERENCE THAT THEIR DONATIONS CAN MAKE.**



"The program has really changed my life," Gaudencia says. "I now have a balanced diet and know the importance of it. I'm teaching others so that they can be motivated and change."

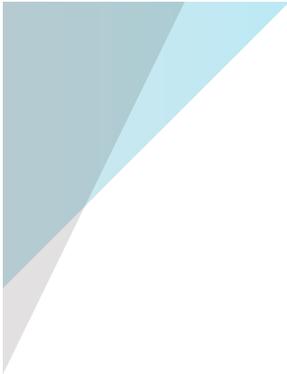
Photo by Anny Djahova/CRS

One in nine people worldwide do not have enough to eat. Many do not have enough nutritious food. As missionary disciples, we are called to respond to the urgent needs of those who face hunger and malnutrition, and to address the root causes of this global crisis.

In a small village in western Kenya, a young woman walks from home to home to meet with the mothers in her community. Gaudencia's visits ensure they are applying the nutrition skills they're learning in their weekly mothers' group, including eating vegetables every day and breastfeeding their babies.

Run by congregations of religious sisters across Kenya, Malawi and Zambia, the CRS Early Childhood Development project teaches pregnant women and new mothers the importance of good nutrition in a child's first 1,000 days—from conception until age 2. This period is when the most rapid and critical brain growth occurs, and a balanced diet is necessary to promote physical and cognitive development.

Gaudencia joined the CRS project when her daughter was 3 months old. She wanted her baby to be healthy, so she quickly absorbed the information being shared in group



meetings. Passionate about the role of good nutrition in her child's life, Gaudencia rose to become a group leader and was soon helping other mothers in her community.

The mothers who participate in the group learn to keep their babies healthy by adding fruits, vegetables, milk and other nutrient-rich foods into their meals. Enhancing their children's diets has made a visible difference, and the women are reporting positive results. Learn more about Gaudencia and other mothers like her at [crs.org/leadtheway](https://crs.org/leadtheway).

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*“Rather, when you hold a banquet, invite the poor, the crippled, the lame, the blind; blessed indeed will you be because of their inability to repay you. For you will be repaid at the resurrection of the righteous.”*

— LUKE 14:13-14

**YOU CAN HELP ENSURE THAT MORE MOTHERS FEEL THE SUPPORT THAT GAUDENCIA AND HER FAMILY HAVE EXPERIENCED BY MOBILIZING YOUR COMMUNITY TO FUNDRAISE TO PROVIDE NUTRITIOUS FOOD AND OTHER NECESSITIES FOR FAMILIES AROUND THE WORLD!**

## HOW CAN YOUR CELEBRATION HELP EVERY CHILD, WOMAN AND MAN TO THRIVE?

### PRAY TOGETHER FOR A BETTER WORLD

Our faith calls us to acts of charity. Make sure to integrate faith-filled reflection into your fundraiser. Use the prayer, *Give Us a Hunger for Justice, Lord*, to pray as a community for each member of our global family to have enough nutritious food to thrive.

### GO ABOVE AND BEYOND

Challenge your community to take your fundraiser even further by raising money to provide the items below to support families who are hungry around the world.\*

- **Raise \$40** to support **children's health care visits** and nutritional education for mothers.
- **Raise \$80** for **two flocks of chickens**. Families get protein and income from the eggs.
- **Raise \$150** for a **household garden** so families can grow and enjoy a variety of nutrient-rich vegetables year-round.
- **Raise \$300** for a **cow** which gives fresh milk for a well-balanced diet.

*\* Gifts are symbolic of the good your donation will do and represent actual goods and services provided to the people CRS serves around the world.*

## JOIN THE MOVEMENT

We make the most impact when we take action together with others. Consider holding your fundraiser on one of these important dates in the fight against global hunger and malnutrition.

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*“For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me.”*

— MATTHEW 25:35

- October 16: World Food Day
- November: World Day of the Poor\*
- December 12: Feast of Our Lady of Guadalupe
- February: Week before Ash Wednesday\*
- March 22: World Water Day
- April 22: Earth Day
- May: Pentecost\*

\*Date varies given calendar year.

## SHARE THE CELEBRATION

Food brings people together with welcome, kindness and joy. As you celebrate, consider a deeper connection with Gaudencia and other mothers in Kenya by sharing **mukimo**, a tasty traditional dish!

### Kenyan Mukimo

Servings: 4-6

Time: 60 minutes

#### Ingredients:

- 4 large potatoes, chopped
- 1 small onion, diced
- 1-2 cloves crushed garlic
- ½ tsp salt
- 3 cups of spinach or other leafy green, chopped
- 16-oz fresh, canned or frozen corn
- 16-oz fresh or frozen peas
- 2 Tbsp fair trade olive oil
- 1 cup vegetable broth (optional)

#### Instructions:

Place potatoes, onions, garlic and salt in a pot with water to cover the tops of the potatoes. Bring to a boil, then reduce to medium-high heat and simmer until potatoes are tender—about 20 minutes. Add spinach, corn and peas, and cook until water has completely evaporated—about 5 minutes. Add olive oil, salt and pepper to taste, and sauté until spinach is tender. Remove from heat and mash entire mixture until it resembles mashed potatoes.

## Join us

by texting **LEAD NOW** to **306-44** to get the latest CRS campaign news and alerts.

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