



**FOOD FOR
THE HUNGRY**

COME WITH ME!



**10 LESSONS FROM A GARDEN SCHOOL
PROJECT IN NICARAGUA**

Introduction

In the world's poorest areas, it's the children who suffer the most. Malnutrition, neglect and disease are common challenges they face every day.

YET THESE CHILDREN ARE THE KEY TO ENDING POVERTY.

With the younger generation, not only can we give them what they need today, we can also give them the skills they need to escape poverty as they grow.

Food for the Hungry works with local churches, leaders and families to implement educational and spiritual development programs for children in every area we serve.

In this book, we want to take you and the children in your life on a journey to a distant country to see a School Garden Project and meet the children learning and growing in the program.

Through this delightful resource, your little ones can learn valuable lessons like the principle of sowing and reaping, the value of hard work, and faith in God for provision right alongside a real child in the program.

OUR PRAYER IS TO INSPIRE THE CHILDREN IN YOUR LIFE TO BE THE WORLD CHANGERS GOD HAS CREATED THEM TO BE.

Together, your children and the ones you're about to meet can end poverty... for good.



Come with me!

Come, O Come! What then shall we see?
A far away land with colorful people?
A jungle with parrots so high and so gleeful?

Come, O Come! They're waiting for you.
Parents and children and gardens of hope,
Smiles and laughter on mountainside slopes.

Come, O Come! What then shall we see?
Children like you and children like me.
All this awaits you, so come follow me.



**EL PORVENIR,
NICARAGUA**

It's hard to imagine, but there are places where parents don't always have enough food to feed their children.

One of these places is way down in Central America – El Porvenir, Nicaragua, where 7-year-old Bianca lives.

Bianca is grateful her mom has a job washing clothes, but the work is hard. Her mom has to wake up before anyone else in the town, draw water and carry it back home.

Bianca's stomach hurts terribly, but she goes to school anyway. Her mom doesn't have time to make breakfast for them. It's hard to study when your tummy is growling all the time!

Sometimes, Bianca can't go to school because she gets sick from not eating well and stays in bed. Many of her classmates miss school because they're sick from malnutrition too.

One day, teachers came from a nearby church. After school, they showed Bianca and her friends how to plant vegetables in their very own garden.

Every day, the teachers came with seeds, fertilizer and irrigation equipment (that's how they get water to the gardens). Every child adopts one plant to care for and learns how to grow that vegetable.

THE TEACHERS ALSO TAUGHT BIANCA'S MOM HOW TO COOK MEALS WITH THE VEGETABLES FROM THE GARDEN. ¡DELICIOSO!

Because the fresh vegetables are full of vitamins and nutrients, Bianca doesn't get sick as much anymore and can go to school ready to learn.

Praise Report

Thanks to the Garden School Project,
school retention rate has increased up to 84 percent!

Fun Facts

Bianca and her friends planted squash, radish, sweet pepper, papaya, passion fruit, sugar cane and cilantro.



Learn with me!

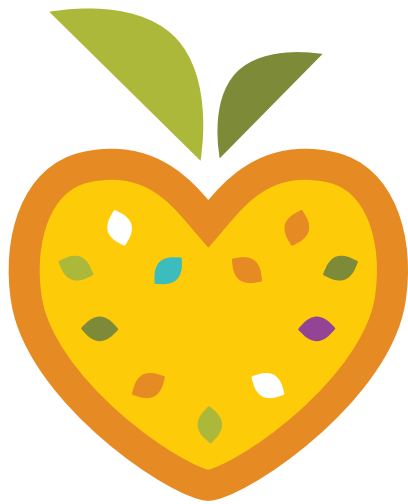
There's so much to learn in the soil below
Like how wiggly worms can make healthy plants grow,

Or how big, tall plants can come from a seed
That's little and tiny, somewhat just like me,

It takes a long time for the veggies to come
Straight up from the ground into the bright sun,

So you have to learn patience and timing and trust
In the great God above who brings good things to us.

**10 Garden Lessons
you can learn from Bianca
and her teachers...**



1. Working the land is sacred.

“Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.”

– **Genesis 1:29, 30 (NLT)**

God made green plants on earth to eat and satisfy our physical needs. When we work hard to grow vegetables and fruits to eat, they give us the vitamins and nutrients we need to live healthy lives.



2. We reap what we sow.

“Do not be fooled: You cannot cheat God. A person harvests only what he plants.” – **Galatians 6:7 (ICB)**

This is the law of sowing and reaping. If you plant corn, you always get corn. You won't get peach trees if you plant corn!

In the same way, almost all of the good things you get in life are based on what you give. What you put in today is what you get out later.

For example, if you forgive others, you'll be forgiven too. If you're generous and share, others will share and be generous with you.



3. Nothing is impossible with some hard work.

“Lazy people want much but get little, but those who work hard will prosper.” – **Proverbs 13:4 (NLT)**

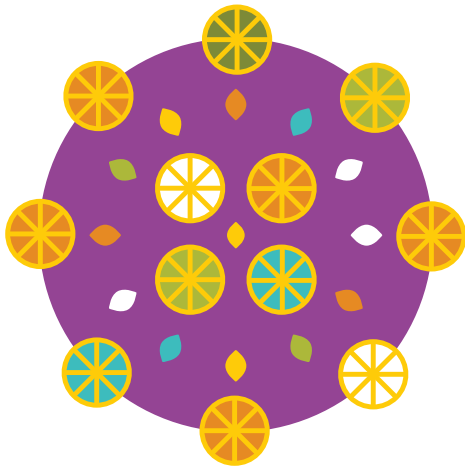
After learning from your teachers, you must be willing to put in the hard work necessary to accomplish your goals. That’s how Bianca grew her beautiful garden!



4. Trust in God while working hard.

“Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.” – **Proverbs 3:5-6 (NLT)**

While we work hard to achieve our goals, we must trust God to show us what to do and to give us good results. Bianca learned that even though she works in her garden every day, only God can make the plants to grow.



5. A seed has a lot of potential. It's food multiplication!

"Still other seeds fell on fertile soil, and they produced a crop that was thirty, sixty, and even a hundred times as much as had been planted!"

– **Matthew 13:8 (NLT)**

Big things often start small. A seed carries inside the potential to grow into a plant and then, into a garden. Don't underestimate what you can do, even if you start small.



6. Gardening is the art of waiting.

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience...” – **Galatians 5:22a (NLT)**

You can't make plants grow faster. They'll grow when they grow. Bianca and her friends had to learn patience with their garden, which is a part of the fruit of the Spirit.



7. Take care of your garden, even if things aren't perfect.

“Farmers who wait for perfect weather never plant. If they watch every cloud, they never harvest.” – **Ecclesiastes 11:4 (NLT)**

Bianca learned that for her plant grow, she had to care for it every day, even if she didn't feel like it. Don't procrastinate. Be consistent in your work, and you'll see the rewards!



8. Be on time to class.

“For everything there is a season, a time for every activity under heaven.” – **Ecclesiastes 3:1 (NLT)**

We start Garden School class on time every time, so Bianca and her classmates learned to be punctual. Learn to be on time so you don't miss out!



9. Sow seeds in faith.

“For we live by believing and not by seeing.”
– **2 Corinthians 5:7 (NLT)**

Be willing to take chances, but nurture the things you take a chance on. Once you put the seed in the ground, you won't see it grow until it sprouts out of the soil. You must believe that the seed is growing even if you can't see it.



10. Learn to value what your hands prepared.

“Then God looked over all he had made, and he saw that it was very good!” – **Genesis 1:31a (NLT)**

Take time to appreciate the fruit of your hard work. Bianca and her family enjoyed the yummy vegetables they grew in their garden, and it made them healthy.

About Food for the Hungry

We seek to end all forms of human poverty by going into the hard places and closely walking with the world's most vulnerable people. We actively partner with churches, leaders and families to build transformational relationships, usher justice and renew communities so God's purpose is revealed in each person we serve.

WE ARE ENDING POVERTY, TOGETHER.

Inspired and led by our Christian beliefs, we faithfully serve vulnerable people across the globe without regard to race, creed or nationality and without adverse distinction of any kind. We serve without stipulation or expectation and on the basis of need alone. We strive to respect the culture and customs of the people we serve in order to preserve their humanity and dignity.

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1224 E. Washington Street, Phoenix, AZ 85034

866-307-3259