

With God's Little Ones

Bread for Life

Nutrition - Health - Education Project
Uganda and Cambodia

Spring 2013



Some lessons learned after nine years

Our December 2004 visits to seven villages in southeast Uganda tore us up. We came home, convinced that something had to be done in behalf of the kids. We told the story, and valuable partnerships were formed. Incredibly caring people—both here and there—have made some heart-melting things happen. Besides Uganda, kids projects were undertaken in Nicaragua, Cambodia, Mexico, and Madagascar. Some things we've learned over the years:

- Hungry kids can't learn. Pure and simple. If we want young brains to develop and young minds to expand, we need to make sure there's enough good food in the young tummies.
- If momma is sick, the kids are sick. If we want the kids to be healthy, we need to keep momma healthy.
- Simply tossing around world hunger numbers can be numbing. We know the kids we serve. We know them by face and by name. We can't stop fretting about them. They're hungry, and they need our help.
- Nothing substantive happens easily or automatically. A sustainable nutrition program requires planning, work, patience. And still more patience.



Bread for Life - Christ Community Lutheran School, Kawete, Uganda

Sent and sustained by Jesus, the Bread of life, we at WGLO are currently involved in the following efforts at Christ Community Lutheran School, Kawete, Uganda.

School garden project. While we've had our ups and downs maintaining a reliable oxen team, a major planting of corn ("maize") took place in March. The school's four "houses" (St. Paul, St. Mark, St. Peters, St. Louis) are competing with one another to get the largest yield.

Kids Against Hunger. This high-nutrition foodstuff is like gold in Kawete. The kids don't leave a grain of rice on their plate. As the supply lasts, Kids Against Hunger food is cooked twice a week for the school lunch, and three days a week the kids eat posho (cooked porridge of ground maize and sugar).



Clean, accessible water supply. We're drilling a second borehole well, this one for the exclusive use of our school (the other is going non-stop, used by the entire village).

Goats for education. Providing a Primary-7 graduate with a pregnant goat remains one of the most effective ways of teaching the young person responsibility and providing precious income to pay for secondary school fees and supplies.



For centuries (millennia?), African women have prepared meals by setting a cooking pot on three stones, shoving tree limbs underneath for fuel. This method is expensive (too many trees are coming down), inefficient (most of the heat escapes), and unhealthy (all kinds of eye irritation and even respiratory ailments).



Rocket Stoves. A carefully designed rocket stove uses very little fuel, significantly reduces emissions, and is quite efficient. Ugandan partners are already making joyous use of smaller rocket stoves.

Two institutional-size (60-liters) stoves await installation in our new CCLS-U kitchen under construction. These will use fuel bricks or small sticks and twigs.

Fuel Brick Press. Thanks to Arlie Ehlmann of St. Louis, Missouri for engineering a fuel brick press. Fuel cakes can be made from almost any biomass: dried leaves and garden waste, sawdust, waste paper, even animal dung. Two of Arlie's presses are currently in use: one in Wakiso District (where the cakes are made of charcoal dust and cassava paste) and one at CCLS-U (where shredded paper, sawdust, clay, and water are used).



Health-Nutrition Efforts in Kandas-Vihear, Cambodia

Our daughter Melissa Huse (also WGLO president) cannot get the 100 kids in the below-the-radar village of Kandas-Vihear, Kampong Cham Province out of her mind and heart after visiting there in January. Because the area is so impoverished and flood-prone, many parents leave their children behind as they seek work elsewhere. We're attempting to locate local leadership and adults who will take responsibility for the little ones. Sometimes

we fear that many of them are having to fend for themselves.

As we struggle to implement a longer-term nutrition-hygiene program, we're considering installing a commercial-grade bakery to produce nutritional products for children and parents in the entire area. In the meantime, Pastor San (trained in basic medicine) and Beatrice Basalong, RN, are able to visit the village twice a month, addressing acute needs.



Some ways to help

- ___ Buy a goat for a P-7 graduate - \$40
- ___ Buy hi-yield seed and fertilizer for an acre of corn - \$150
- ___ Sponsor a CCLS-U feast for all the kids and community - \$650
- ___ Buy a case (216 meals) of Kids Against Hunger foodstuff - \$50
- ___ Sponsor a Kids Against Hunger packaging event \$500+
- ___ Purchase a fuel brick press - \$100
- ___ Provide a widow with a small rocket stove - \$55
- ___ Purchase a water filter for Kandas - \$15
- ___ Provide bi-monthly snack for Kandas - \$50
- ___ Help set up a kitchen to serve both Broyouk and Kandas - \$800

For more information, please contact:

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With God's Little Ones is a humanitarian 501 (c)(3) organization deeply concerned about the well being of children and the people who look after them. Donations are tax-deductible.