

World Food Programme

Weathering the Storm



WFP Ambassador Paul Tergat

Many of the world's future leaders, athletes and professionals may be lost because so many children are deprived of food and education. A former beneficiary, Paul Tergat, is a shining example of how school feeding works.

The former marathon record-holder with two Olympic silver medals knows how difficult it is to concentrate at school on an empty stomach. Tergat grew up in northern Kenya; at the age of eight, his life changed when WFP began distributing free school meals in Baringo District in 1977.

Filled with food and energy, Paul Tergat would run the three miles from home to school – kick-starting his spectacular athletic career.

"School children around the world must have the opportunity to pursue their dream," says Tergat, who since 2004 is a WFP Ambassador Against Hunger.

Feed minds, change lives

- **Basic education** is one of the most effective ways of improving economies and creating literate, self-reliant and healthy communities. Investing in education brings high returns both for the individual and for society as a whole.
- Education is also a vital tool in helping to fight hunger, poverty, discrimination and the struggle over resources which often leads to conflict.
- Across the developing world, food insecure regions also have low school attendance or high drop-out rates, so children are deprived of the opportunity to maximize their potential. Educated individuals generally earn more.
- About **59 million** primary school age children attend school hungry throughout the developing world, with 23 million of them in 45 African countries. Hunger negatively affects the development of the brain and limits a child's chances of educational success.
- **WFP Food for Education (FFE)** programmes aim to improve school attendance among vulnerable, food insecure people. Food attracts children to school and gives them the energy and concentration to focus on learning – rather than thinking about where their next meal will come from.
- WFP school feeding programmes provide children with at least one nutritious meal a day, which contains the necessary micronutrients – vitamins and minerals – allowing them to learn and develop their potential.
- Additionally, school feeding programmes can transform schools into centres for addressing



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children's needs, e.g. education on hygiene and health such as information about HIV/AIDS and malaria prevention.

- In schools where WFP provides meals, absolute enrolment increases by 28 percent for girls

and by 22 percent for boys in the first year of assistance.

- Over the past 45 years, 28 countries have graduated from WFP school feeding programmes, and in most, the governments are now providing these.

WFP Fill the Cup Campaign

- The "Fill the Cup" campaign uses the image of a red cup to raise awareness and funds for hungry children.
- Filling the cup not only fills a hungry child's stomach, but it also fills their mind and feeds their future. Just 20 Euro cents (25 US cents) will fill a cup with porridge, rice, or beans, while

providing girls with monthly take-home rations.

- The red cup symbolises the challenges facing WFP and the struggle for survival that is a daily concern for those living on the edge of starvation.



An empty cup symbolises:

- Hunger
- Malnutrition and often disease
- Hungry families
- Children out of school
- Weakened communities

A full cup symbolises:

- Health
- Education
- Hope
- Productive families
- Strong communities



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