



FARM STEW
South Sudan's

**Multi-sectoral
wholistic
approach to
community
development**

Doreen Arkangelo



FARM STEW™

a recipe for abundant life

F

Farming

A

Attitude

R

Rest

M

Meals

S

Sanitation

T

Temperance

E

Enterprise

W

Water

How to help the poor without hurting...

“You may give to the poor, and injure them, because you teach them to be dependent.

Instead, teach them to support themselves. This will be true help. The needy must be placed in positions where they can help themselves.”

Ellen G. White , Welfare Ministry 199.5

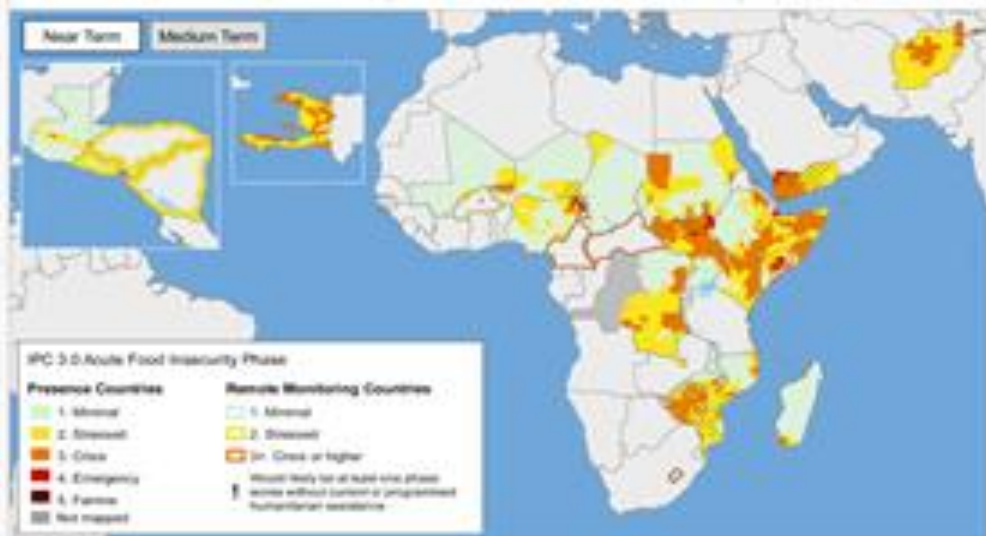




FEWS NET

FAMINE EARLY WARNING SYSTEMS NETWORK

Acute Food Insecurity: Near Term (October 2019 - January 2020)



November 2019 - January 2020



Areas of Highest Concern

Country or Region

Reason for Concern

Observations

SOUTH SUDAN

Conflict has severely disrupted trade, humanitarian access, and livelihoods. Very poor macroeconomic conditions constrain household market access.

According to a preliminary estimate by the FAO, flooding led to the loss of approximately 72,600 MT of cereals across 36 counties.

YEMEN

Protracted conflict has severely disrupted livelihoods and reduced incomes. Food prices remain elevated and food access is in jeopardy for many households. Currently 17

A deal has been signed between Yemen's internationally recognized government and southern separatist forces. High levels of conflict

Learning from the Sower and the Soils?



Soya seed distribution was based on participation in the communal plots.



FARMING: Faithfulness to principles revealed
in God's word & observed in nature



FARM STEW trainer in Magwi County in a well cultivated soya field!



Vegetable Gardening

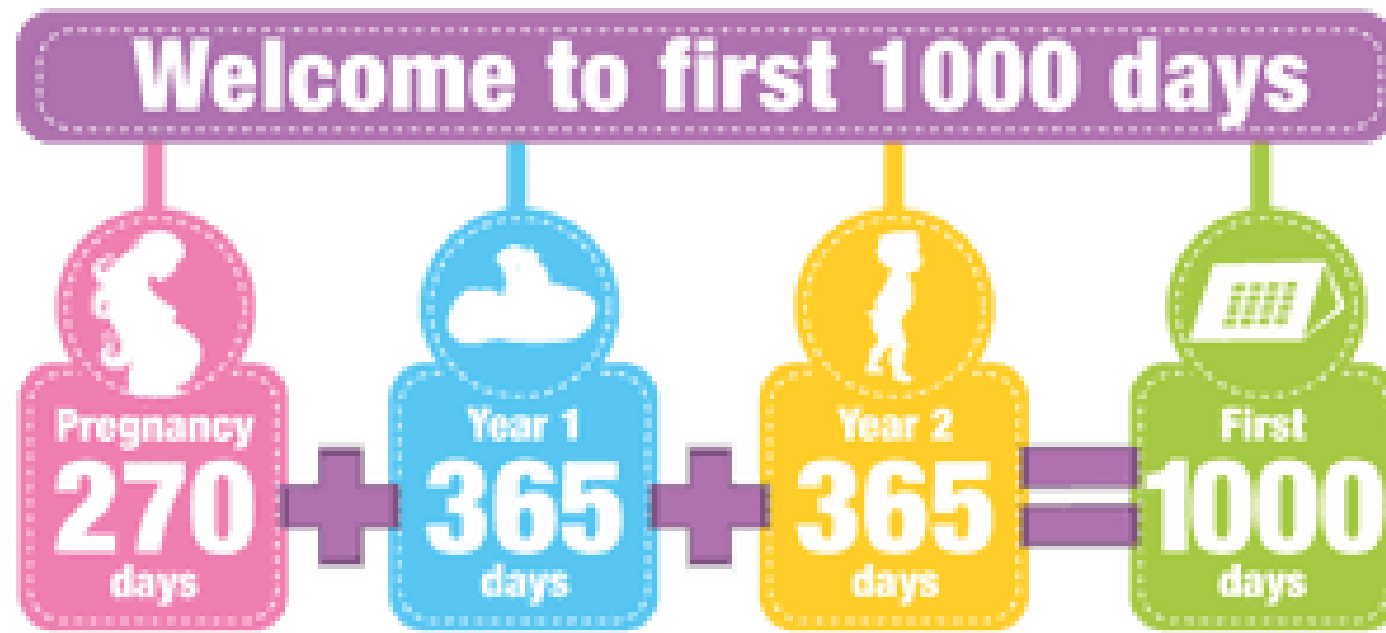




Parents are
taught to work
together as
they manage
their homes



The most critical time in the life of the “Children” is the first 1,000 days: 730 of them out of the womb.



Children that do not receive adequate nutrition have long term negative impacts that include:

- Compromised Health Status
- Limited Cognitive ability
- Higher rates of obesity
- Lower income by 22%



nutrition now, matters forever

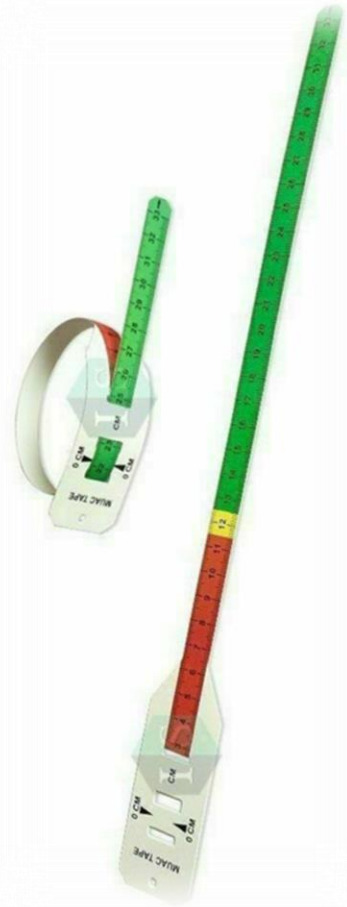
Composition and nutritional data

Source: *Vandermoortele (UK) Ltd. (ALPRO soymilk)*

Nutritional value per 100 g	Cow's milk		Soymilk
	Whole	Semi-skimmed	
Protein	3.4 g	3.5 g	3.6 g
Fat	3.5 g	1.5 g	2.3 g
Carbohydrate	4.6 g	5.4 g	3.4 g
kJ	269	208	204
kcal	64	49	49
Cholesterol	10 mg	5 mg	0
Lactose	4.6 g	5.4 g	0
Fatty acid composition			
Saturated	63.5%	63.5%	14.0%
Poly-unsaturated	3.0%	3.0%	63.5%
Mono-unsaturated	33.5%	33.5%	21.6%



From Juba we can reach South Sudan!



Integrated Pest Management



Training in organic pest management.



Soya Harvest Time in Magwi County





The process of transforming Soya



PREPARING SOYA

1. Soak in Water



1 Soya cup + 3 Water cups

From



to



Sun set 10-12 hours Sun rise

The process of transforming Soya



The finished soya products



Tofu (soya Scrambled Eggs)
Mandazi, and Soy Rainbow Pot

Training of faith based leader in Juba!





FARM STEW is a Training of Trainers program with over 76,000 participants!

Hands on cooking classes



Rainbow Dish





Where are people living the most abundantly?

LOMA LINDA
CALIFORNIA

SARDINIA
ITALY

ICARIA
GREECE

OKINAWA
JAPAN

NICOYA
COSTA RICA

BLUE
ZONES

LONGEVITY HOTSPOTS

NATIONAL
GEOGRAPHIC

Eat Like the World's Longest-Lived People
Discover Ways to Add Life to Your Years
Make the Healthy Choice the Easy Choice

Blue Zones

THE SCIENCE OF LIVING LONGER

Recipes and
Advice
From the
New York Times
Best-Selling
Author
DAN
BUTTNER



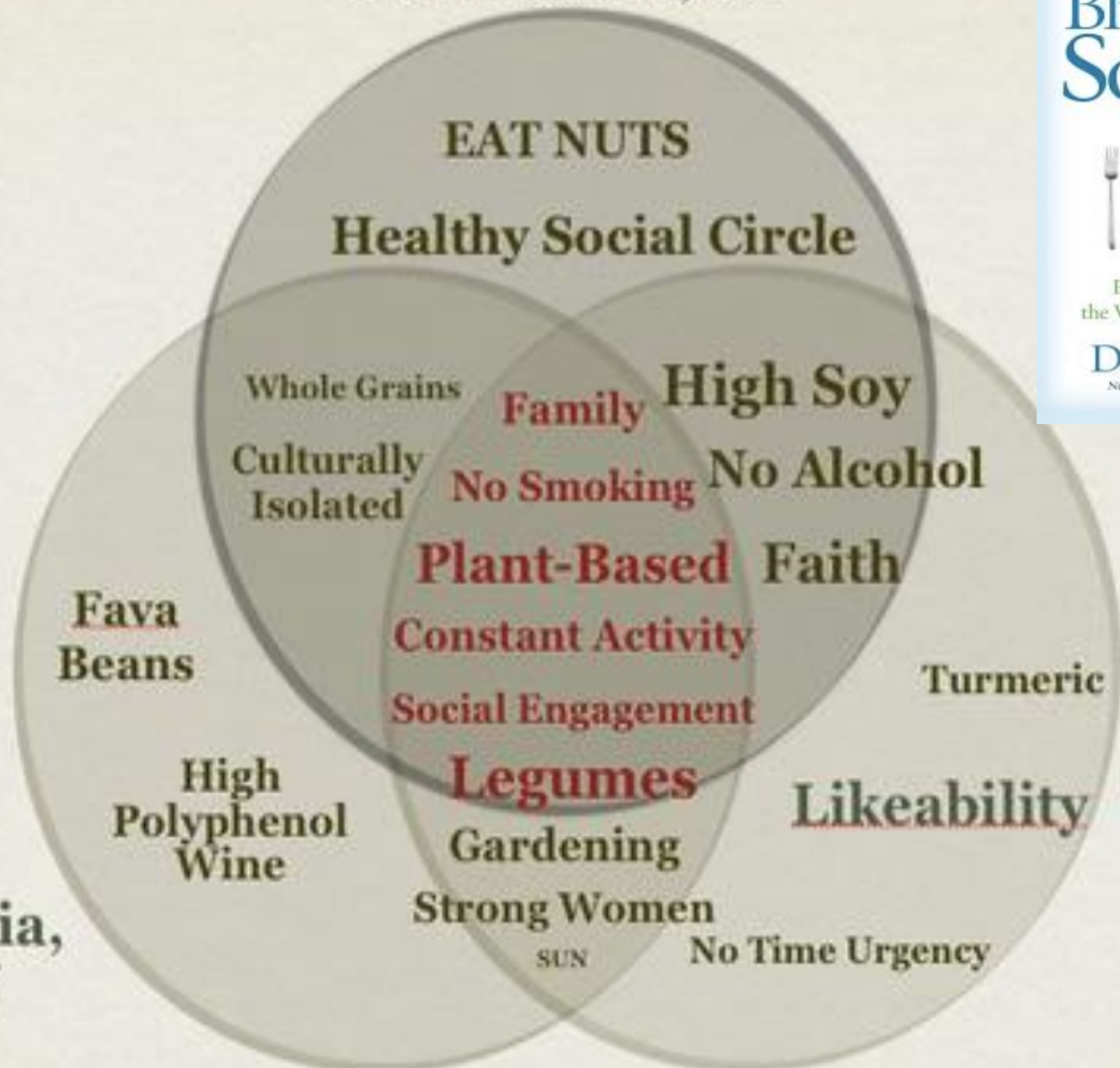
LOMA LINDA, CA

THE Blue Zones Solution



Eating and Living Like
the World's Healthiest People

Dan Buettner
New York Times Best-Selling Author



Sardinia, Italy

OKINAWA JAPAN

FARM STEW Home certification requires these 8 criteria:

1. A kitchen garden that produces > 3 vegetables
2. Participation in a group or faith-based gathering
3. A compost pile for garden use that is free of trash
4. Legumes eaten by children more than 3 times/wk
5. A dish drying rack and a used latrine
6. Addiction free and Violence-free home
7. Business or savings club participation
8. Hand washing stations (tippy- taps) with water, soap or ash

White foods lead to problems.



FARM STEW Food Guide



School Girls Receiving Hygienic Pads



Tippy-Tap demonstration



Garbage pit to keep environment clean





For More Information About



In South Sudan,

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The thief does not come except
to steal, and
to kill, and
to destroy.

I have come that they may have life, and that
they may have *it* more abundantly.

John 10:10

That's the vision of

