



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

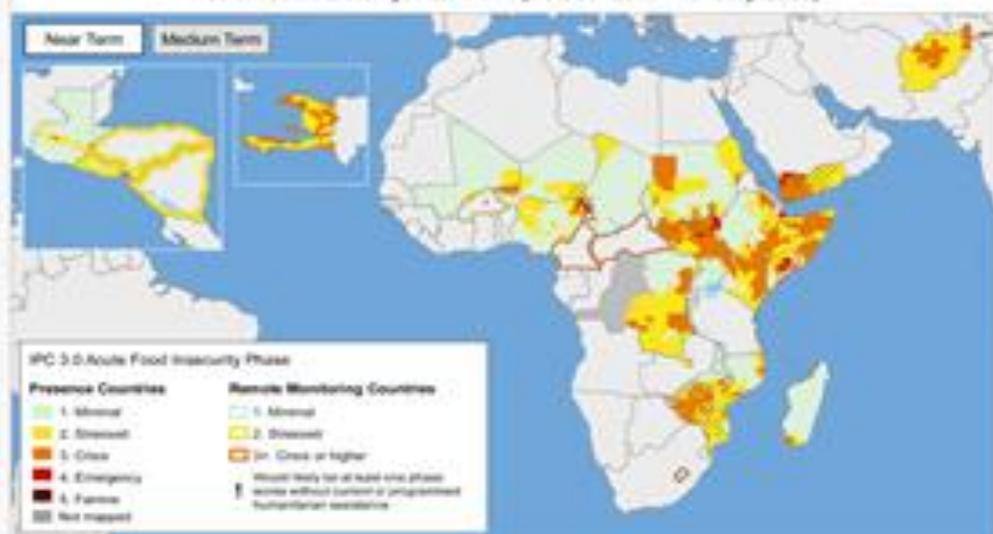




# FEWS NET

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

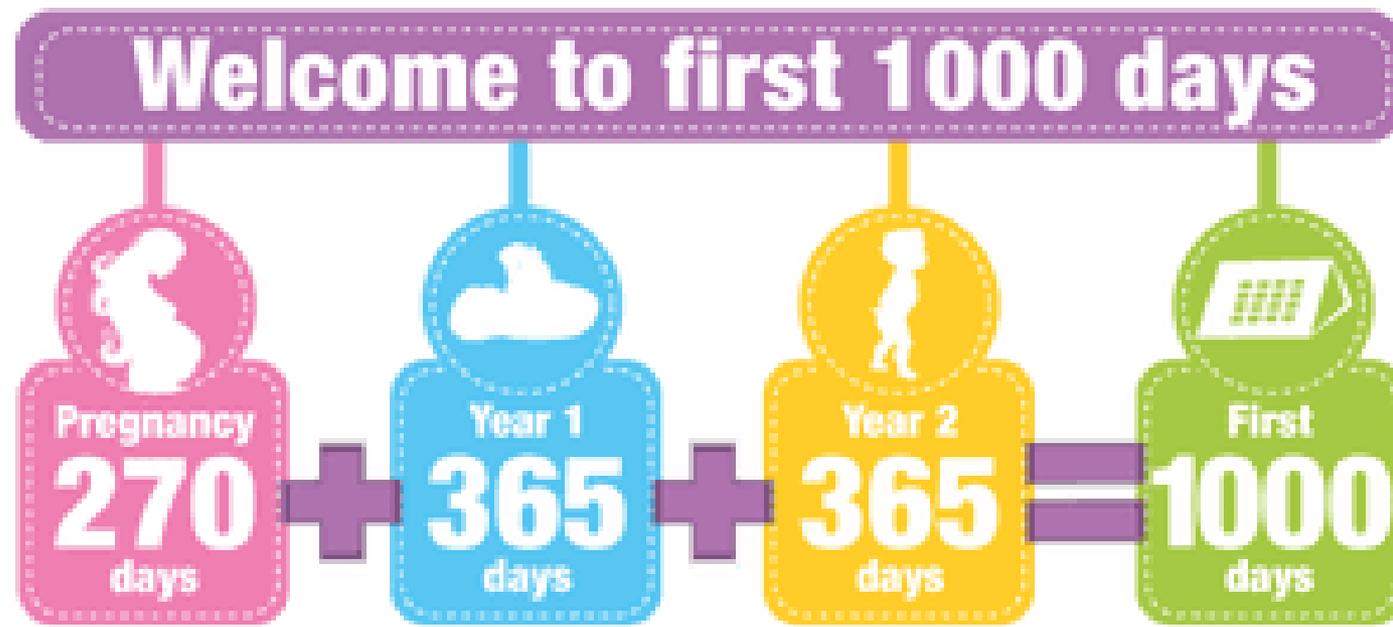




Parents are  
taught to work  
together as  
they manage  
their homes



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

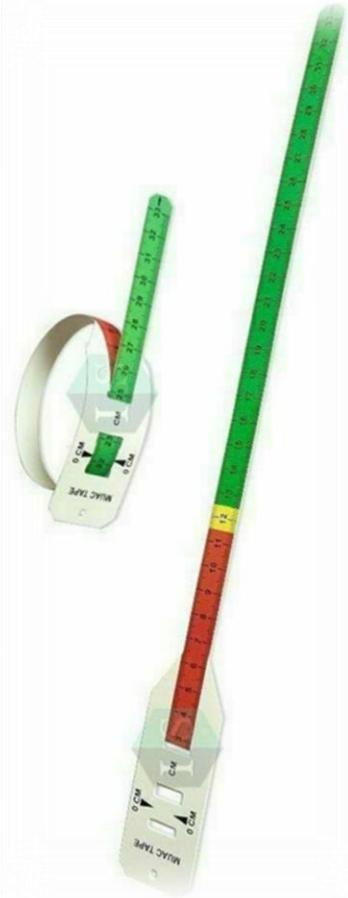
# Composition and nutritional data

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
<b>Fatty acid composition</b>			
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



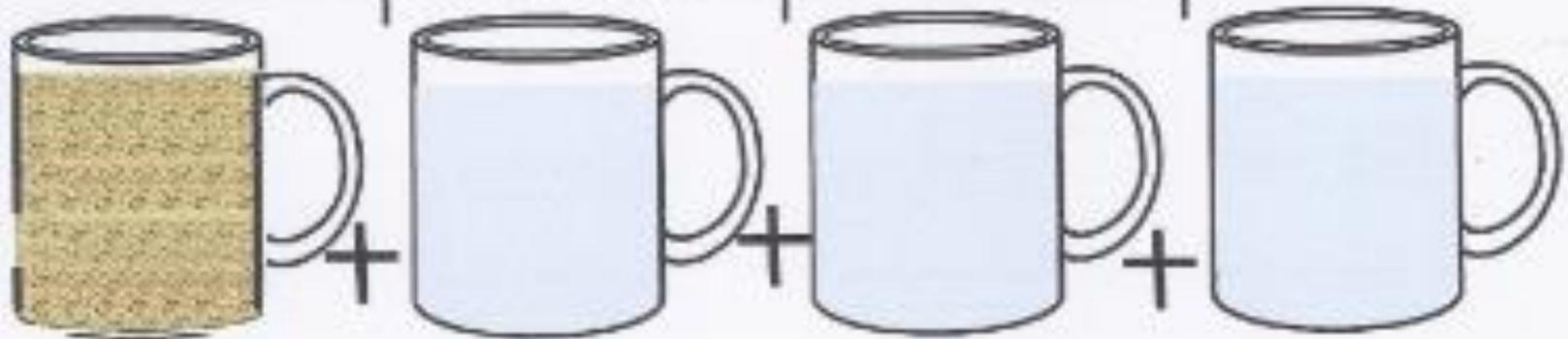


# The process of transforming Soya



# PREPARING SOYA

## 1. Soak in Water



**1 Soya cup + 3 Water cups**

**From**



**to**

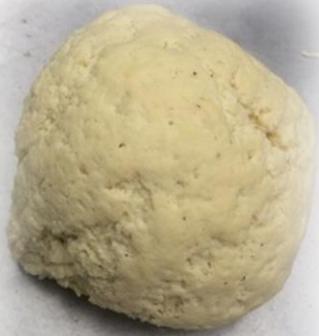


**Sun set 10-12 hours Sun rise**

# 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

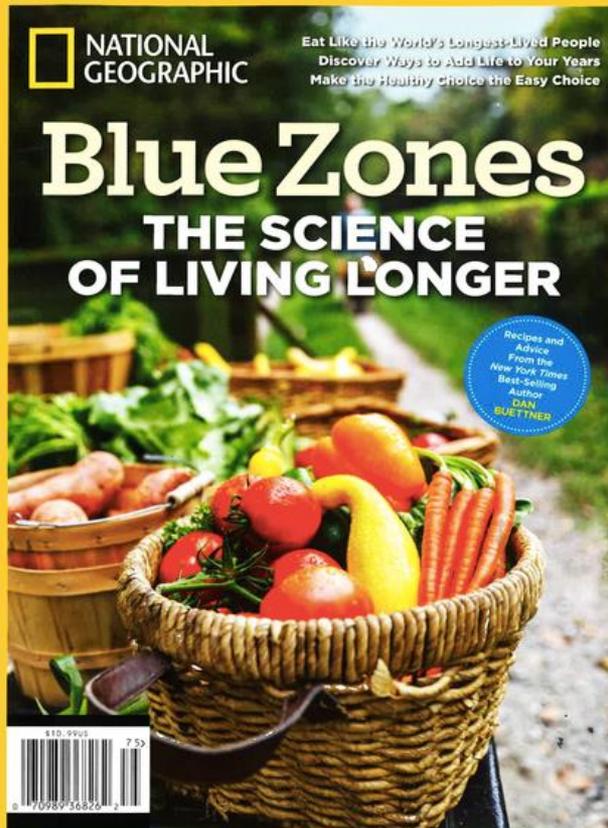
ICARIA  
GREECE

OKINAWA  
JAPAN

NICOYA  
COSTA RICA

BLUE  
ZONES

LONGEVITY HOTSPOTS



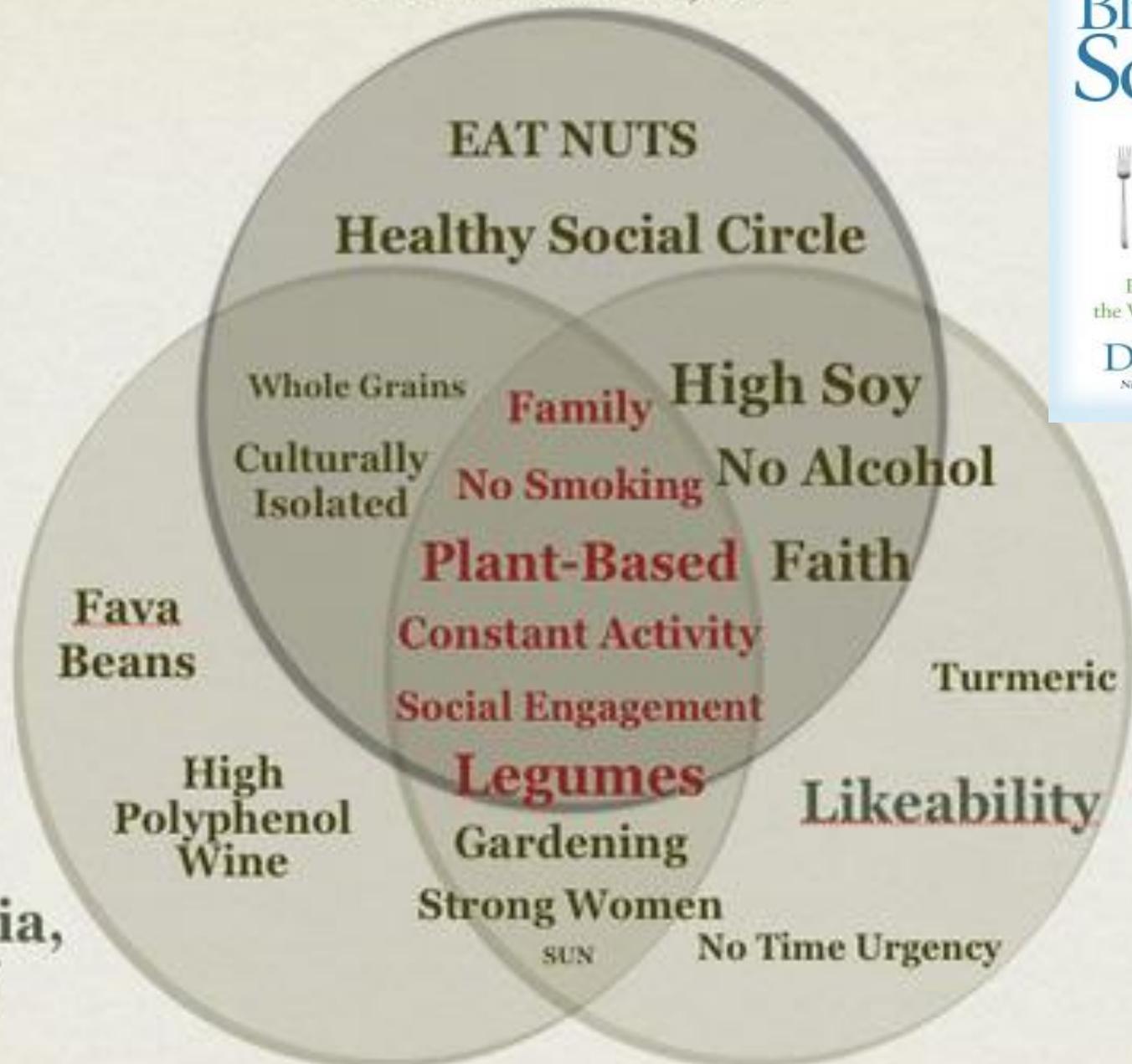
# LOMA LINDA, CA

## 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,**

**Contact Doreen Arkangelo at**

**[Doreen@farmstew.org](mailto:Doreen@farmstew.org)**

**+211 921 334 372**

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*

