



Photo courtesy of HomeSpace, Malaysia

CHRISTADELPHIAN
**MEAL
 A DAY**
AUGUST
News

Team profile: Introducing...



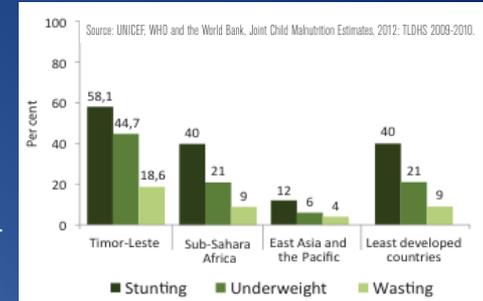
Hello! My name is Hannah Shaw. I was saved 12 years ago by Jesus. I am married and have 3 children, Indiana, Sebastian and Denver. I am a HPE (Health & Physical Ed), Maths and Science Teacher and also have my own business doing meal plans for friends and family.

I am very passionate about Healthy Living. I love cooking and running, and live in Brisbane, Queensland.
What's your favourite food? Cake, fudge and pavlova. Pretty much any dessert. *If you could invent something what would it be?* An off switch for my brain so I could sleep better at night haha (the joys of being busy)!
When did you join the Meal-a-Day team? 2015
What is your role? I am an Ambassador for Brisbane
Why did you want to join the team? I am passionate about helping and serving. I have also travelled quite a bit and have seen first hand how poor some communities are. We are just so blessed to live in Australia. I don't ever want to forget how much we (my family) have. *What are your hopes/plans for Meal-a-day in the future?* I have started to make a point of telling everyone I socialise with all about Meal-a-day and the wonderful work that is being done. In the future I would love some first hand experience of visiting some of the communities that are receiving help from Meal-a-day.

Thank you Hannah!

Overcoming malnutrition in Timor Leste

Timor-Leste remains one of the countries with the highest prevalence of stunting (see UNICEF data ▶) among children, and child mortality remains very high - each year, around 1 in 16 children dies before his/her 5th birthday. Malnutrition is at the heart of these sobering figures. This is driven not only by poor nutrition in daily meals, but also lack of basic knowledge of what constitutes a healthy balanced diet. So, working with our partner, HIAM Health, we are seeing a change for the better through nutrition and garden training programs.



Nutritional status of children <5-years

In Liquiça Municipality, community participants are very excited to be part of this project: They undertake 5 full-days of practical training in Dili, learning the importance of a balanced diet and how establishing and maintaining Kitchen Gardens leads to improved nutrition - with the added benefit of economic sustainability for their communities. They receive a resource pack to share with other families & the wider community, plus receive 3 support visits from HIAM to embed their skills including:



Photo courtesy of HIAM 2016: Participants learning how to make drip irrigation

- Establishing a community garden to help improve nutrition, food security and reduce malnutrition
- Developing vegetable gardens using sustainable, low-input, low-cost permaculture methods
- Becoming self-sufficient in growing their own produce AND earning income from selling their extra produce.

Donations are very welcome to help cover the costs of this invaluable program (A\$10,000 budget). Please do get in touch with Jess if you'd like to find out more or have interest in potential field visits.

For more information, please contact [Jess Lawson | Project Coordinator | timor.lete@meal-a-day.asia](mailto:jess.lawson@meal-a-day.asia)

Upcoming events God willing

- Community Fair & Publicity event**
10 Sept 2016 @ Hurstville NSW
- Kingdom Visions Luncheon**
16 Oct 2016 @ South Brisbane QLD
- Spring market fair, music & AGM**
26 Nov 2016 @ Melbourne VIC

"...in humility value others above yourselves, not looking to your own interests but also for the interests of others"
 Philippians 2v4

Please give...so others may live

Based on the increasing demand for our projects across Asia-Pacific, our annual budget is \$100,000+ (= \$274 per day, from across Aust / NZ)
 Please consider what you can give – perhaps \$20 per month, maybe more, maybe less – you can be sure every dollar counts in providing communities with clean life-giving water, nutritious food, education, and HOPE. *Thank you for giving what you can!*



Donate: www.meal-a-day.asia/content/giving