



# Your coins can make a difference in the world!

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## 2016-2017 project: **Food Security in Laos**

Collect your coins to help kids and their communities in **Tha Thom, Laos** get enough to eat through:



**School garden** and **nutrition** programs



**Conflict mediation** training



**Natural resource** management



**Rice growing** training and **land development**



**Community** capacity building



### Sabaidee!

 (*sa-bye-dee*). That means “hello” in Laos.

My name is Khammany, and I’m 12 years old.

I get up at 4 every morning and steam sticky rice. Sometimes, we dip the rice into a sauce made with **chilies**, **sesame** seeds and **peanuts**. We also eat it with **vegetables** from the garden or wild **greens** we find in the fields.

I’m in grade 5. At school, we have lessons on how nutritious food helps you to stay healthy and that it is important to eat different kinds of food, not just **rice**. Through MCC, I learned how to make compost and grow fruit trees from helping in the school garden.

In my village, people often go out and collect and catch food in the fields and streams. After school, my friend and I go out to catch **fish**, **snails** and small **crabs** for protein.

Thank you for collecting your coins to help my community have access to food. Turn the page to help me make dinner!

# What's on Khammany's plate?

Read Khammany's story and find the words in **bold**.



Help Khammany collect the ingredients she needs to make dinner!



## Fun Facts about Laos



Laos means “land of a million **elephants**”



2 of every 3 people are **farmers**



It's tradition to leave your **shoes** outside the door