



JOURNEY TO MALAWI

■ CATHOLIC SOCIAL TEACHING FOCUS

OPTION FOR THE POOR AND VULNERABLE

Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to give a voice to those who are unheard and to help those most vulnerable.

ENCOUNTER ALEFA

Alefa is a mother, grandmother and farmer. She provides for her three children, three grandchildren and husband by selling her crops. If they fail during one of Malawi's rainy seasons—or in a drought—her family goes hungry. One particularly difficult year, Alefa was forced to sell some of her land to make ends meet.

She knew she had to start planting crops that could withstand Malawi's changing climate. So, she attended a CRS-sponsored seed fair, where farmers learn the best crops to plant for the upcoming year, and receive vouchers so they can choose the seeds and supplies they need. Besides rice, Alefa bought corn, cabbage and tomato seeds. This way, she can continue farming rice but also feel confident that, even if her rice fails, she will have other crops to sell.

"This harvest will provide food, shelter and education for my family," she says. In a few short months, Alefa will be growing corn and harvesting hope.



Photo by Georgina Goodwin for CRS

SHARE THE JOURNEY

Nutritious food is vital to a dignified life. If none is available, families may be forced to migrate.

FACTS TO CONSIDER

Population: 17,964,697

Size: 45,747 square miles, slightly smaller than the state of Pennsylvania

- Malawi is among the world's most densely populated and least developed countries. More than half of the country lives below the poverty line.
- Malawi's economy is mainly agricultural, with 85 percent of the population living in rural areas.
- CRS Malawi works to help people improve their lives by increasing food production, and improving health, income, and access to water and sanitation.



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