

# The Humanitarian

A publication by humanitarian clubs at U.F.



photo from time.com

The Ayme family of Tingo, Ecuador spend \$31.55 on food per week. Learn more about the hungry around the world and what you can do to help inside.

## Campus Kitchen Christmas Dinner

The Campus Kitchen at UF will be hosting a Christmas Dinner in Broward from 6:00 to 8:00 pm on Dec. 1. It will feature live music from The Guitar Club and delicious dishes from Macaroni Grill, Hill's BBQ, Jimmy John's, Take Home Gourmet, Green Plantains and more! Event admission is \$7 per person (cash only please). Remember that by supporting The Campus Kitchen, you are helping to provide food to members of our community.

## Join ThinkImpact and Start a Social Business in Rural Africa

Do you have what it takes to live in rural Africa, immerse yourself in a community, assess its strengths and start a business? ThinkImpact builds social businesses in rural Africa by taking people like you to live and work with community entrepreneurs. You will identify and develop social innovations. You will learn through an asset-based community development curriculum, and unleash

the potential at the base of the pyramid creating jobs, products and services that change lives. You will have the chance to compete for a ThinkImpact Fellowship, a fully-funded opportunity to return to the community for one year to build the social business. Apply RIGHT AWAY for the chance to win a full scholarship!

More information at [thinkimpact.org](http://thinkimpact.org)

## Campus CodePink for Peace: Letters for Our Heroes

Campus CodePink for Peace is spreading the message of love and peace to our soldiers this holiday season with its ongoing project Letters for Our Heroes. For two years now, Campus CodePink has collected holiday cards, letters and donated items to send to men and women serving in the U.S. military. We hope to brighten the holiday season for our active soldiers and remind them that we are supportive and appreciative of the duty they perform. For the full list of acceptable donations, visit [www.codepinkgators.weebly.com](http://www.codepinkgators.weebly.com). To drop off any items, look for our pink table at the Plaza of the Americas or email the group at [codepinkgators@gmail.com](mailto:codepinkgators@gmail.com) to arrange a pick-up.

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# How to give meaningful holiday gifts

BY AMANDA MONACO

As December begins, and the bright colors and twinkly lights of the holidays start to creep into our peripheral vision, we begin to think about the upcoming hunt for holiday presents. We ask ourselves, "How can I get something truly meaningful for him/her without spending tons of money?" or, "Will I be able to resist the temptations of consumer culture while I'm out shopping, or will I end up laden with bags full of presents that no one will really use or appreciate?"

The holidays are an amazing time to show your loved ones that you care about them, not only by giving presents but by devoting precious time and energy to celebrating the connections you share with them. The two questions above are easily solved in three ways, and so I challenge you to do the following:

**1. Give fewer presents.** Before you go shopping, make a list of gifts that you think your loved ones would truly enjoy. When you go shopping, don't give in to spontaneous purchases just because "oh, I think she'd like that too." If you can't find what's on your list, you can replace it with something else, and remember, you can find anything on the internet! Also keep in mind that memories of fun times shared together often last longer than store-bought gifts. To take this a step further you could calculate the money you saved on gifts, and you and your loved ones could donate a gift to the person(s) of your choice via a humanitarian organization like Kiva, Vittana, Heifer International, the IRC, CARE, or UNICEF!" If you are financially able to make a

positive impact, why not?"

**2. Give gifts that do no harm to others.** Think about what you're buying and WHERE and HOW it was made. Without realizing it, you could be supporting a company that abuses its laborers or abuses the resources that our world and species need to continue. For example, Nike tends to outsource its clothing production to trade zones in countries with abysmal labor regulations. And 90% of the chocolate beans that come from Ivory Coast are estimated to be procured using slave labor. Since Ivory Coast supplies most of the cocoa beans in the whole industry, that means that two-thirds of all chocolate is made using slave labor. You can find out about the production practices of many companies simply by researching them online.

**3. Give gifts that HELP the needy.** By being conscientious about what you buy, you can use your incredible power as a consumer to help needy people around the globe WHILE you do your holiday shopping! One amazing and easy way to do this is by buying Fair Trade goods as gifts. Fair trade goods are certified through a process that ensures that the artisans who made them (be it coffee farmers in rural Nicaragua or women in a basket-weaving cooperative in Uganda) are paid a reasonable wage that will help them feed their families, develop their communities and make the ascent out of poverty. An easy way to purchase fair trade goods is through the online



An example of a fair trade gift from Alternatives.

website of the organization Ten Thousand Villages, which coordinates with fair trade cooperatives all over the world. There is a huge variety of fascinating things to choose from, including decorations, jewelry, clothing, kitchenware, games, instruments, and much more. Gainesville also has three fair trade stores: Alternatives on NW 43rd St, Sweetwater Coffee Company,

and Otter and Trout Trading Co. on University Ave.

I hope this helps you all as you prepare for the holidays, and I hope you share this information with others. Together we can make a huge difference all over the world if we just think a little more about what we buy and how much we buy - now THAT's a great holiday gift to the world!!

**Ten Thousand Villages:** <http://www.tenthousandvillages.com/>  
**Kiva:** <http://www.kiva.org/>  
**Vittana:** <http://www.vittana.org/>  
**Alternatives:** <http://www.alternativesfairtrade.com/>  
**Sweetwater Coffee:** <http://www.sweetwaterorganiccoffee.com/>  
**Otter and Trout Trading Company:** <http://ottertrout.com/>  
**Heifer International:** <http://www.heifer.org/>  
**The IRC:** <http://www.theirc.org/>  
**CARE:** <http://www.care.org/>  
**UNICEF:** <http://www.unicefusa.org/shop/>



# Don't forget the hungry over the holidays

BY AMANDA MONACO

The holidays are a wonderful time for making memories with family and friends. However, they also tend to be a time of much waste and excess in the

forms of presents, decorations and food. By all means, I encourage you to enjoy your family time, but I urge you to also keep in mind several

things: the impact that your holiday experience is having on others around the globe, and the fact that in other parts of the world people are still going

hungry. To illustrate, here are several pictures that manifest the astounding difference between food stability across nations:



**Germany:** The Melander family of Bargtheide  
**Food expenditure for one week:** 375.39 Euros or \$500.07



**Bhutan:** The Namgay family of Shingkey Village  
**Food expenditure for one week:** 224.93 ngultrum or \$5.03



**United States:** The Caven family of California  
**Food expenditure for one week:** \$159.18



**Chad:** The Aboubakar family of Bredjing Camp  
**Food expenditure for one week:** 685 CFA Francs or \$1.23

So before you move back into the fast pace of your daily life, I hope you'll take a bit of time to think about the astounding problem that international hunger presents. There are two key ways that you can help this problem, even while feasting over the holidays!

**1. Buy local and/or organic food.** This supports sustainable agriculture since, as Vandana Shiva and other experts explain,

an overuse of pesticides, fertilizers and genetically modified crops causes pollution. Also, especially in poor nations, it puts small farmers at a disadvantage because they cannot afford the exorbitant prices of these chemicals. If they purchase and use the chemicals and once they purchase them the chemistry of the land forces them to become dependent on these products and they even

have to use other chemicals from the same agricultural chemical companies. Essentially, they cannot compete with wealthy mass-production farming operations, yet when they try to do so they are pulled into a cycle of debt and land degradation.

You can be a part of the movement toward change to sustainable agriculture if you use your power as a consumer to buy food that is local,

organic, or made using eco-friendly practices. You can use local organic food to cook holiday meals by purchasing food at community farmer's markets – just look online for the closest one near you!

In Gainesville, local and organic food can be found at Ward's Supermarket on NW 23rd Ave, at the downtown

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# Don't forget the hungry over the holidays, cont'd

farmer's market on Wednesday afternoons from 4-7pm, and at the farmer's market in the heart of Haile Village on Southwest 91st Terrace Saturdays from 8:30am until noon.

## Learn more from these sites:

**Videos of Vandana Shiva:**  
<http://www.youtube.com/watch?v=TVlJqwt9I8>

<http://www.youtube.com/watch?v=PQDqEUd53YQ>

**Ward's Supermarket:**  
<http://www.wardsgainesville.com/>

**Farmers markets around Florida:** [http://www.florida-agriculture.com/consumers/farmers\\_markets.htm](http://www.florida-agriculture.com/consumers/farmers_markets.htm)

**2. Make sure that you do not waste food.** Either eat it all or donate it to an organization that feed the needy.

You can search for food banks at the Florida Association of Food Banks site to find the one nearest to you (<http://www.fafb.org/food-bank-directory/>).

In Gainesville, we have several great food aid organizations. You can take extra food to organizations such as the St. Francis House on South Main St and 4th Ave, The Campus Kitchen at UF student organization, or the Bread of the Might food bank, all of which help distribute food to the homeless and needy population in Gainesville. You can make a positive impact.

To learn more about the

**To find out more about these organizations and to donate food, visit:**

**St. Francis House:** <http://www.stfrancishousegnv.org/>

**The Campus Kitchen at UF:** <http://ufcampuskitchens.yolasite.com/>

<http://www.youtube.com/watch?v=LUFv1Cu3yg>

**Bread of the Mighty Food Bank:** <http://www.bread-of-themighty.org/>

problem of the global food crisis, watch Aljazeera English's broadcast on food solutions: [http://www.youtube.com/watch?v=pmcEC7N9L\\_M&feature=related](http://www.youtube.com/watch?v=pmcEC7N9L_M&feature=related)



**Sources:**

**"Hungry Planet: What the World Eats" article by NPR:**  
<http://www.npr.org/templates/story/story.php?storyId=5005952>

**Article and pictures from Time Magazine online:**  
<http://tinyurl.com/29fgs94>

## Upcoming events

**Nov. 30:** Peace Ribbon Display - 10:30am to 3pm at the Plaza of the Americas

**Nov. 30:** Free Peace Ribbon Workshop - 5:30pm to 8pm in Reitz Union Room B60

**Dec. 1:** World AIDS Day

**Dec. 1:** Recruso AIDS Candlelight Vigil

**Dec. 1:** HIV/AIDS Awareness Tabling Fair, Plaza of the Americas, 10 am-2 pm

**Dec. 1:** Campus Kitchen Christmas Dinner, Broward Hall, 6-8 pm

**Dec 3:** ONE-UF and HIC Movie in the Pit: Full Circle, Yulee Pit, 6-9 pm

**Dec. 5:** Children of Rwanda: A Vision of Peace and Unity, Media Image Gallery, 4-6 pm

**Dec. 10:** Human Rights Day

**Dec. 11: Packing meals for overseas distribution,** Trinity United Methodist Church, 12-1:30pm or 3-4:30pm. Contact: [missions@trinitygnv.org](mailto:missions@trinitygnv.org)

**Dec. 11:** Peace Social - Volta & Downtown - 2pm

For more details about a specific event, visit our online calendar at <http://humanitarianuf.yolasite.com/events-calendar.php> and click on the event title. Contact HIC at [humanitarianuf@gmail.com](mailto:humanitarianuf@gmail.com)

## Club Meeting Times

**Recurso:** Every other Tuesday starting Aug 31st at 6:30pm in Matherly 103.

**Campus CodePINK for Peace:** January 19th - General Body Meeting - Location TBA - 6:30pm

**Invisible Children:** Every Thursday 7pm McCarty A G186.

**UF Amnesty International:** Monday, 7:20 pm, starting Sept. 13 and continuing every other week, in NPB 1011.

**Students for Justice in Palestine:** Wednesdays, 6:00 in Pugh Hall.

**ONE:** Biweekly Thursdays at 6pm in 110 Frasier-Rogers Hall, starting Sept. 9th.

**International Justice Misson:** Wednesdays @ 6pm, starting Sept 17th, location TBA via Facebook.

**Gators for UNICEF:** Every other Tuesday at 6:15pm, more info TBA

**The Campus Kitchen at UF:** Every other Monday starting Aug 30th at 6:30pm in FLG 245.

**HumanI.T.Y.:** Dec 8th at 6:30pm in Matherly 107.

**Bridges Across Borders Student Coalition:** Every Monday outside of the Library West Entrance

**Model UN:** NPB 1002 at 8:20pm on Tuesdays, e-mail [ufmuneboard@gmail.com](mailto:ufmuneboard@gmail.com) for more info.