

饑路茫茫

THE ENDLESS HUNGER JOURNEY

媽媽，我們吃甚麼？

MOMMY, WHAT CAN I EAT?
I AM VERY HUNGRY!



香港紅十字會
HONG KONG RED CROSS



立即行動 讓更多家庭獲得溫飽

Act Now – Fight Hunger, Deliver Hope to Families!

EDUCATION KIT – THE ENDLESS HUNGER JOURNEY

OBJECTIVES

- Understand general situation of food insecurity around the world
- Understand the complexity of Food insecurity
- Apprehend what is being done now and brainstorm response actions we can do

Figures in this education kit are updated as of 8 August 2025.

WHAT IS FOOD INSECURITY?

- A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food. Food insecurity can be experienced at different levels of severity. (UN)



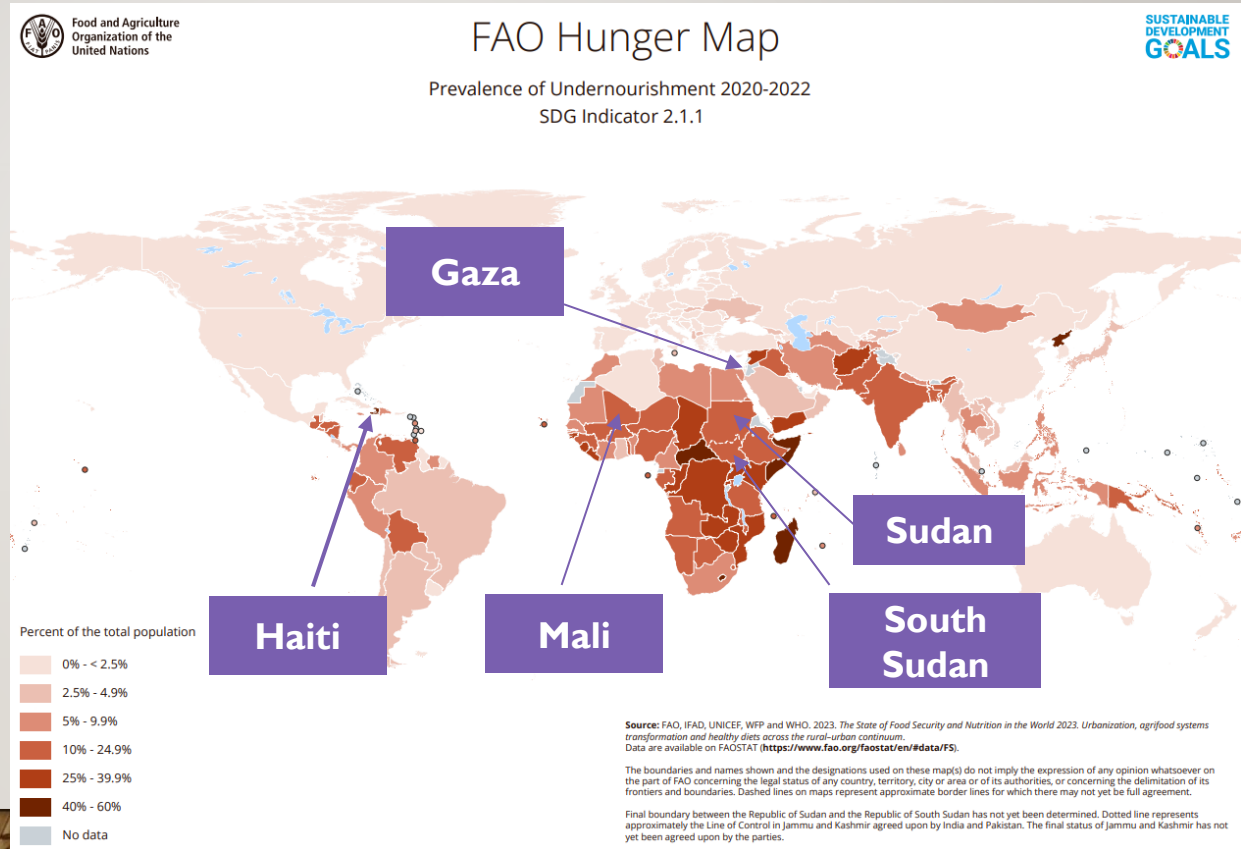
- Food insecurity is **one of the most pressing global challenges** of our time.
- It is an issue that **affects millions of people** worldwide and has profound implications for individuals, communities, and even entire nations.

ESCALATING FOOD INSECURITY

Over 670 million people worldwide are facing hunger.

Over 300 million people are facing acute food insecurity across the world.

This includes **1.9 million people** who are on the brink of famine, primarily in Gaza and Sudan but also in pockets of South Sudan, Haiti and Mali.



MATCHING FACTS

Guess which country/region is facing the situation described ?

Country/Region

Situations

- Gaza
- Sudan
- Yemen
- Afghanistan

- A. Over half of the population is acutely food insecure.
- B. 1 in every 3 people is now going days at a time without eating.
- C. 4 in every 10 women are undernourished
- D. 67% of households were unable to meet their minimum food needs

Suggested duration of activity: 3 minutes

MATCHING FACTS

Guess which country/region is facing the situation described ?


Country/Region

Situations

- Gaza (B)
- Sudan (A)
- Yemen (D)
- Afghanistan (C)

- A. Over half of the population is acutely food insecure.
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All are facing food insecurity!!

A young child with dark hair, wearing a light-colored long-sleeved shirt and pants, sits on the ground in a dry, rocky, and sandy environment. The child is holding and eating a piece of yellow, flatbread-like food. To the right of the child are several large plastic jerrycans, including a white one and a yellow one. In the foreground, there is a black cooking pot on a small fire pit made of rocks, with a metal spoon inside. A clear plastic bottle with a blue cap and a pink string tied around its neck sits on the ground near the pot. The background is a vast, arid landscape under bright sunlight.

**WHAT ARE THE CAUSES
OF FOOD INSECURITY?**



HELP SOLVE THE MYSTERY!

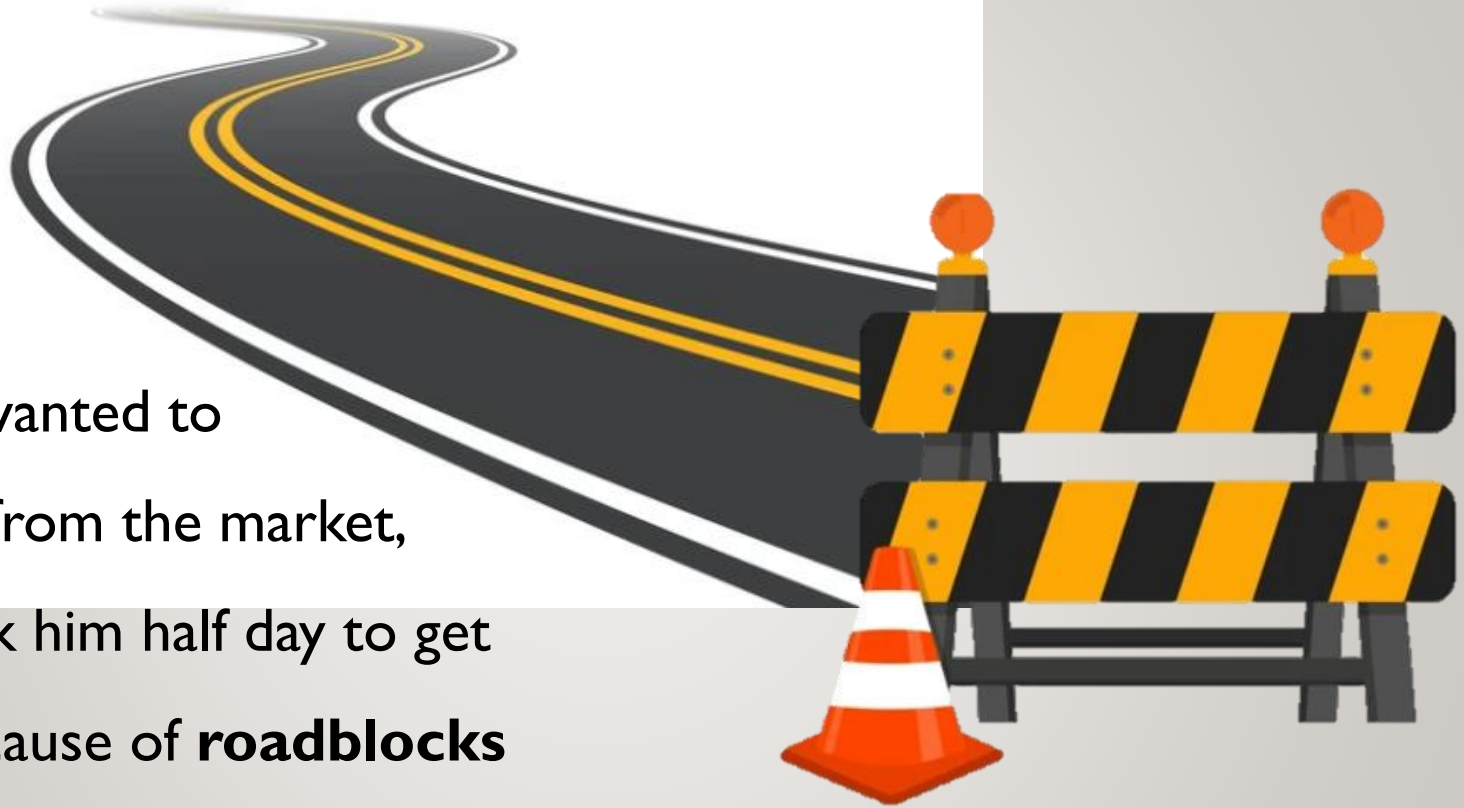


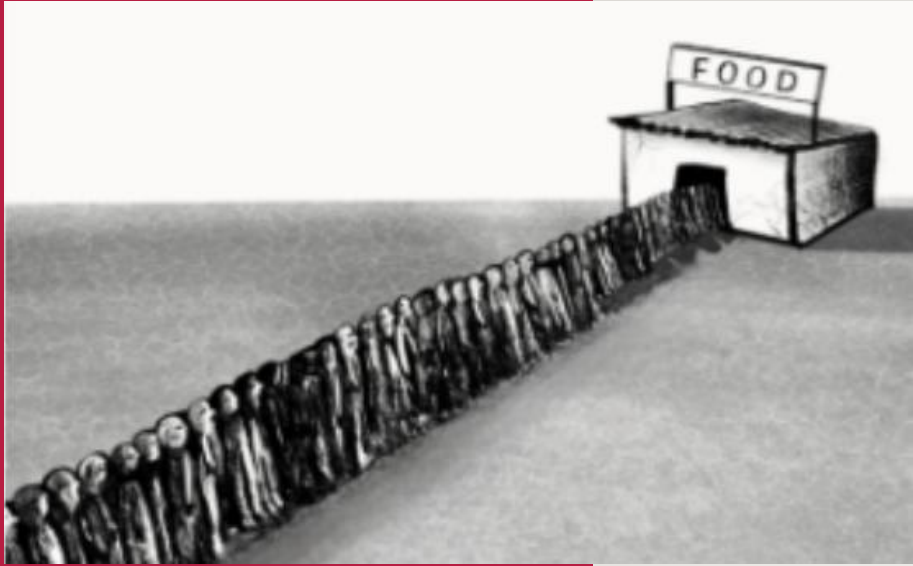
ACTIVITY 1: SOLVE THE HUNGER MYSTERY

The ABC family were farmers and used to grow crops, but **climate change has destroyed their farmland**, which became unharvestable as there was **decline in soil health**.

- Suggested duration of activity: 30 minutes

Mr.ABC wanted to
buy food from the market,
but it took him half day to get
there because of **roadblocks**
from the conflict.



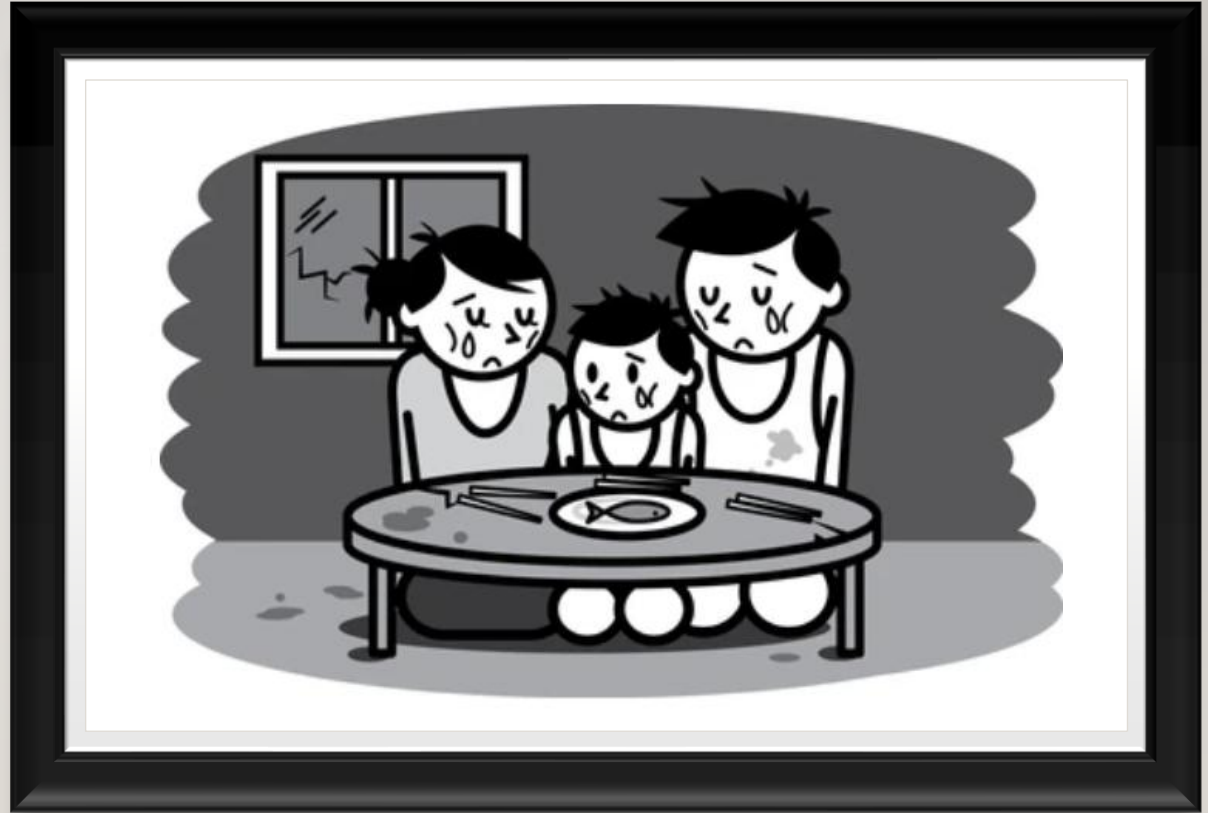


When he finally got there, he was told that the food were almost sold out, since there were **many people facing the same situation** as him.

The remaining stalls sold the food at **doubled price**, and he simply could not afford that. He went home sadly without buying any food.



WHAT ARE THE
REASONS THAT
THE ABC FAMILY
CANNOT GET
FOOD?



DISCUSSION

- Get into groups of 3-4
- Discuss on the possible reasons the family cannot get food
- Share your group's ideas on mentimeter / padlet / paper form
- Share your group's thoughts with the class

REFLECTION

- The problem of food insecurity is not one sole issue
 - **more than one factor** attributing to the severity of this issue
 - look deep into each of the factor, and the **interlocking relationship** of them.

CONFLICTS AND INSTABILITY

Conflict and instability continued to be the main drivers of food insecurity in **20 countries and territories**, where **139.8M** of people faced high level of acute food insecurity – which is **65%** of acutely food-insecure people in the world.



CONFLICTS AND INSTABILITY

Ongoing violence disrupts agricultural production and trade, with damage to crops, farmland, or critical infrastructure immediately affecting food access.

Moreover, broader impacts, such as the closure of trade routes and the collapse of local markets—even in areas far from the conflict—exacerbate the situation.



1 in every 3 people in Gaza is now going days at a time without eating.

The increasing frequency and intensity of extreme weather events, such as droughts and floods, are damaging crops and livestock, straining food supplies.

These conditions have worsened as average air temperatures hit historic highs.

CLIMATE CHANGE



CLIMATE CHANGE



Since November 2023, the strong El Niño weather event has brought elevated temperatures and below-average rainfall to much of southern Africa, resulting in severe drought.

Six countries have declared a national emergency, affecting 95 million people.

Little Trivia (I):

What is El Niño weather event?

El Niño, Spanish for male infant, originally refers to the **warming of the waters** off the coast of Peru which takes place around Christmas every year. Occasionally this warming becomes particularly intense and prolonged. Nowadays El Niño has come to be identified with these episodes of exceptional warming.

El Niño is characterized by low pressure over the equatorial Pacific and high pressure over the Indian Ocean, weak easterly trade winds, falling sea levels in the western equatorial Pacific and rising sea levels in the eastern equatorial Pacific.



Story of a grandmother from Zimbabwe



Story Link : [ZRCS- Zimbabwe-grandmother story.mp4](#)

ECONOMIC INSTABILITY

- Escalating economic tensions and successive shocks, such as disruptions in commodity production, conflicts, and extreme weather, have weakened economic growth prospects.
- This stagnation fuels food insecurity by **driving up food prices, reducing affordability**, and disrupting trade, ultimately diminishing household purchasing power and increasing reliance on external aid in vulnerable regions.



Over half of the population in Sudan is acutely food insecure.

67% of households were unable to meet their minimum food needs across Yemen.

Food insecurity is an **impact** from these global issues worldwide, and it is expected to get worse.



WHAT WOULD YOU DO?

ACTIVITY 2



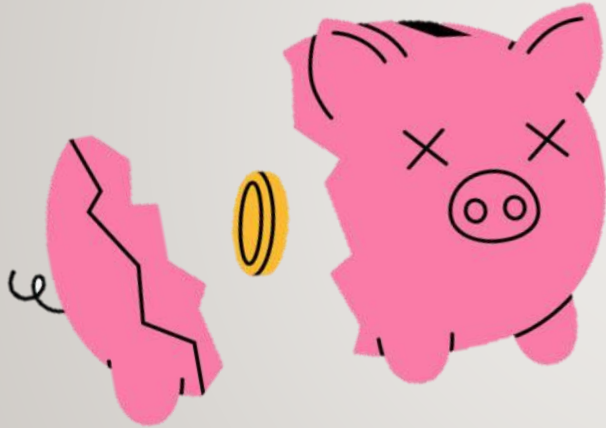
ACTIVITY 2: FEED THE FAMILY!

Ken's family of 4 (Ken, Ken's wife and two young children) lives in XYZ village, which was recently hit by food shortages. Ken lost his job when the local grocery shop closed because food prices shot up.



Suggested duration of activity: 30 minutes

Now, the family struggles to buy enough meals to stay fed since Ken was the breadwinner, especially with increased food prices.



Food Ration Challenge: Ken has 10 tokens as weekly budget for food, how will you spend them to feed the family?

Food	Price
Rice (portion for 8 meals)	5
Bread (portion for 2 meals)	1
Beans (portion for 4 meals)	1.5
Vegetables (portion for 1 meals)	2
Fruit (portion for 2 meals)	3
Chocolate (2 pcs)	3



WHAT IS YOUR DECISION?

WHY WOULD YOU
CHOOSE ONE ITEM OVER
THE OTHER?

WHAT ARE YOUR
CONCERNS WHEN
MAKING THIS DECISION?

GROUP SHARING



REFLECTION

Considering factors:

- Practicality? Cost?
- Balanced diet?
- Personal taste?
- Is it really a choice to make?
- Who are the most impacted among all?

IMPACT OF FOOD INSECURITY

Impact on Vulnerable Populations

- Women and Children are disproportionately affected by food insecurity
 - **Over 60 percent** of chronically hungry individuals are women and girls
 - **37.7 million children** suffer from acute malnutrition in crisis-hit regions, emphasizing the critical need for targeted support



2 million children suffer from severe acute malnutrition in Nigeria but only 2 out of every 10 children are reached with treatment.



(Photo: ICRC)

Afghanistan, 2024 –

During winter, many Afghan families face an impossible choice: **heat or eat**.

With limited resources, they cannot afford buying heating materials and getting the family fed at the same time.

Seqida, a mother of five children living in Kabul. She struggles to make ends meet as the sole breadwinner, after losing her husband in Afghanistan's past conflicts.

IMPACT OF FOOD INSECURITY

- **Displacement**
- By mid-2024, **122.6 million** people had been forcibly displaced, representing a doubling compared to 10 years ago.
- Most forcibly displaced people globally are Internal Displaced Persons (IDPs), and nearly all are in countries /territories with food crises.
- Countries with food crises also host **70%** of all refugees and asylum-seekers globally.



Central African Republic, 2025 –

Pulcherie Dayo, a mother of 11, displaced by armed violence, brings her malnourished child to the Doukouma health centre for emergency care.

She is a farmer, but she struggles to harvest enough food for her family.

(Photo: ICRC Special Appeal 2025)

IMPACT OF FOOD INSECURITY



Over half of the population need humanitarian assistance and more than 10 million people face severe hunger in Afghanistan.

Forcibly displaced people face specific vulnerabilities in relation to food insecurity including **limited access to employment, livelihoods, education, food and shelter, and reliance on dwindling humanitarian assistance.**

Tunisia, 2021 – Migrant workers displaced by the conflict in Libya queue for food at the Choucha transit camp in Tunisia. (Photo: IFRC)





“There is no farmland to cultivate, no livestock and no rain, too many problems. The previous wealthy families and the poor ones are now the same. They all have nothing.”

COMPLEXITY OF FOOD INSECURITY

CASE STUDY: ETHIOPIA'S SITUATION

	Economic Instability	Climate Change	Conflicts and Instability
Experienced the worst drought in 40 years in 2022	✓	✓	
2020-2022 Violence in Tigray - explosive remnants of war are still scattered in agricultural land, making it dangerous to farm	✓		✓
2020-2022 Tigray War (Explosive remnants of war are still scattered in agricultural land, making farming dangerous.)	✓		✓
Global conditions leading to high inflation of food prices.	✓		
Displaced people have been relying on the support of the host communities who shared their already limited resources.	✓		✓

COMPLEXITY OF FOOD INSECURITY

CASE STUDY: ETHIOPIA'S SITUATION

Conflicts, aside from affecting the agricultural cycle, is also making it difficult for families to find additional work to help them afford more food.

Climate change-led extreme weather events like floods and landslides causing major damage to infrastructure, agriculture, and livelihoods. The destruction of roads, homes, and crops hurts local economies and feeds poverty in already vulnerable regions.



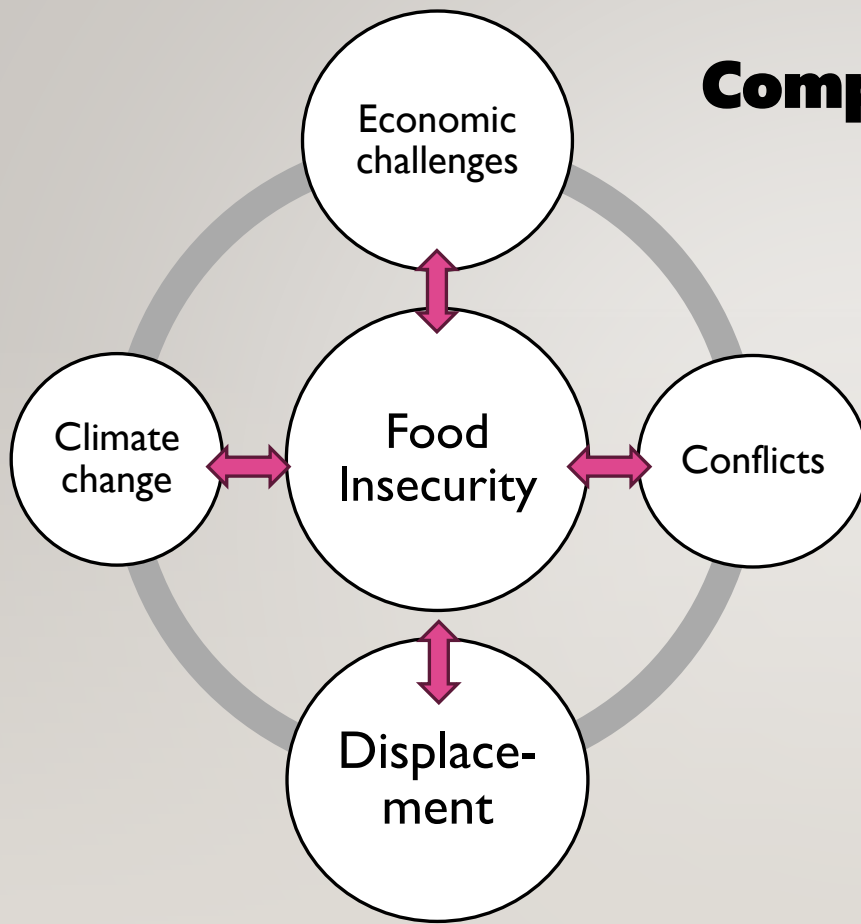
COMPLEXITY OF FOOD INSECURITY

CASE STUDY: ETHIOPIA'S SITUATION

The **direct and indirect impacts of conflict and climate change** on food insecurity (which exacerbate economic instability) will ultimately create a **vicious cycle**, profoundly affecting the health and stability of individuals, families, and communities.



Complexity of Food Insecurity



- Food insecurity is not a crisis to cope with solely.
- It is **an impact, a factor, and a part of the vicious cycle.**
- The consequences of food insecurity extend far beyond hunger, impacting including **health, economic and social well-being.**
- Countries that are facing severe food insecurity consequences, are often facing a combination of different challenges in this cycle.

What are Red Cross Movements doing?



Emergency Assistance

Respond to **emergency food, nutrition and other essential public-health-0 needs** of disaster & conflict-affected people

Building Community Resilience

Build **sustainable solutions** for food and economic security to **strengthen resilience** at the household, community and systems level.

Prevention

Promote respect for **International Humanitarian Law (IHL)**

3 MAIN RESPONSES

Recovery Initiatives: support in Myanmar's farmland, providing seeds, tools, trainings, etc.



Food Kitchen & Food Distribution:



Nutrition Support & Health Service:
Vaccinations and body checks for children and women



Strengthen livelihood and resilience initiatives:
farmers' training on disaster preparedness,



Cash & Voucher Assistance:
Support for families on household expenses, starting a business

PREVENTING FOOD INSECURITY THROUGH INTERNATIONAL HUMANITARIAN LAW (IHL)

We contribute to the prevention of acute food insecurity, and effective response when such crises nevertheless occur, by promoting improved respect for rules of international humanitarian law (IHL).

- **IHL protects civilians in Conflicts**
- **Reducing Suffering:** Limits acts of violence in conflicts, protecting innocent civilians.
- **Prohibiting Starvation:** Clearly forbids the use of hunger as a weapon, ensuring food supply.
- **Ensuring Access to Aid:** ensure civilians receive humanitarian assistance, such as food and medical aid.

For more information on IHL, please visit <https://www.redcross.org.hk/en/rcmovement/ihl.html>

The word "SUPPORT" is written three times in a bold, brushstroke-style font. The top two instances are in blue, and the bottom instance is in red. They are stacked vertically, with the red word at the base.

Your support is crucial to ensure civilians have access to food and essential services in these dire circumstances!

HKRC'S ACTION

- Since 2006, HKRC has mobilized over **HKD 32 million** to support food insecurity operations in countries including Ethiopia, Kenya, Nigeria, Pakistan, Somalia, South Sudan and Syria and reached over 270,000 people.
- **Different deployments** were arranged to support the frontline emergency humanitarian assistance work, including medical and mental health professionals.



INDIVIDUAL ACTIONS

What MORE can we do?

Buy from local farmers



Food waste handling

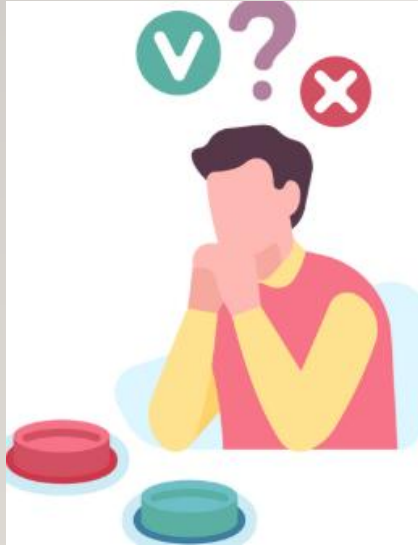




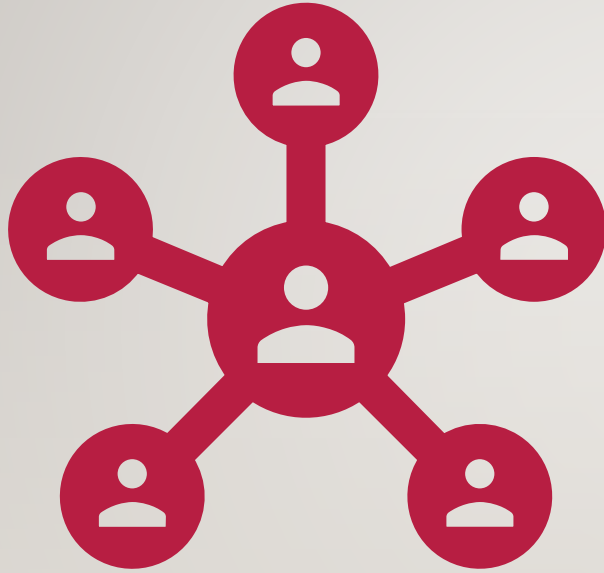
BE AN INFORMED CONSUMER

- Research on brands and products that prioritize ethical sourcing and sustainability
- Choose to support businesses that contribute to food security efforts

Make Sustainable and Responsible Choices!



- Lifestyle changes that will help slow down climate change, boost economy development
- Conscious choices require understanding and determination



COMMUNITY ENGAGEMENT

What can we do?



Urban Agriculture: increase local food production and provide fresh produce.

Do you have a mini-farm at school or a community garden around your neighborhood?



Farm-to-School Programs:

- Connecting local farms with schools to provide fresh, healthy meals can **support local agriculture** while **promoting nutrition education** among students.

FOOD RESCUE!



- Different Apps are developed to **save surplus from going to waste**, and **redistribute to people in need**



Education on food waste and food security

- Continuous attention on the situation
- Be the voices of the powerless
- Call for attention and ACTIONS!

Advocate on the support for people on the move (POM)

- Their challenges and needs are immensely affected by the difficulties posed by food insecurity
- Creating an inclusive and respectful society for all

Little Trivia (2):

What is People on the move?

People on the move (POM) - migrants, refugees, asylum seekers and other displaced populations - face extraordinary risks to their lives, safety, dignity and well-being.

The core reasons that lead to migration and displacement range from violence, natural disasters, persecution, conflict, poverty, political and social issues, as well as natural disasters and the adverse effects of climate change.

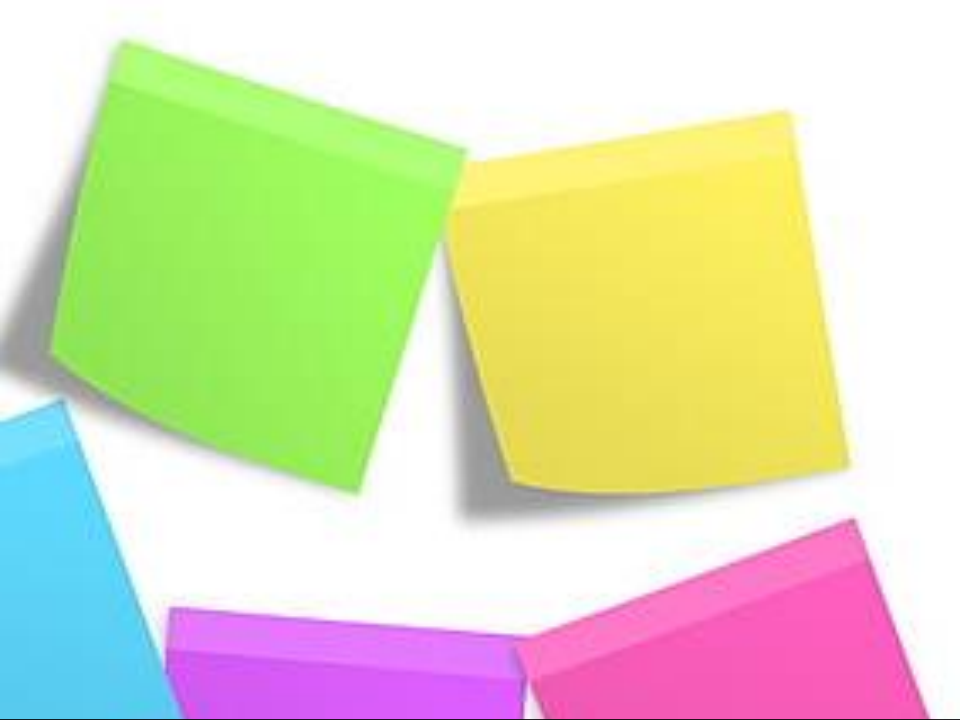




WHY THESE ACTIONS ARE IMPORTANT?

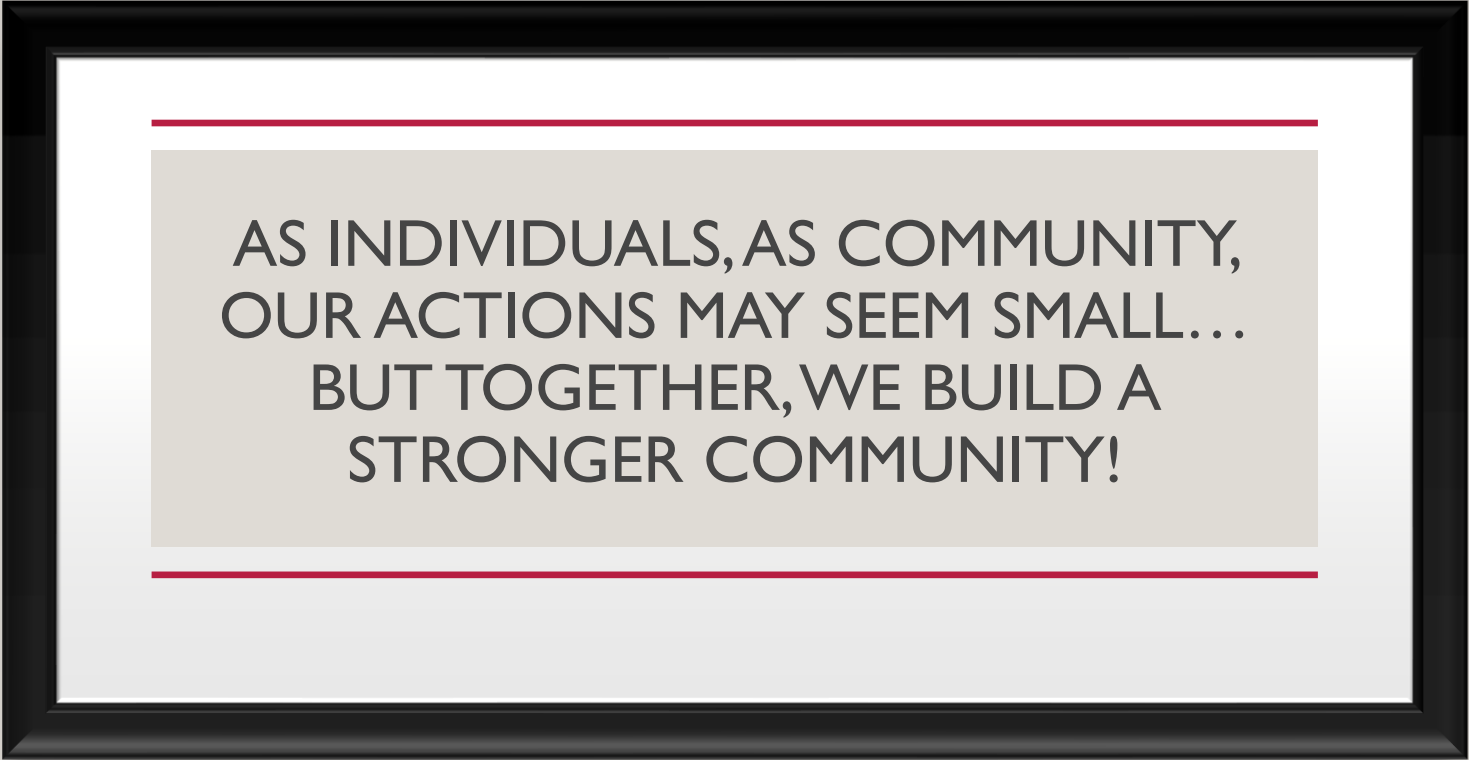
Food is a basic
humanitarian need

As responsible global
citizens to create a ripple
effect of positive change
around the globe.



LET'S BRAINSTORM!

How would you participate in raising awareness about food crisis in your community?



AS INDIVIDUALS, AS COMMUNITY,
OUR ACTIONS MAY SEEM SMALL...
BUT TOGETHER, WE BUILD A
STRONGER COMMUNITY!

TAG US ON SOCIAL MEDIA AND
LET US KNOW YOUR
INITIATIVES!

#HUMANE.WAYS

#HUMANITARIANEDUCATION

“Everyone can, in one way or another, each in their sphere and according to their strength, contribute to some extent to this good work.”

Henry Dunant, founder of the Red Cross and Red Crescent Movement





人道教育中心
HUMANITARIAN
EDUCATION CENTRE

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