



## WHAT IS A DAY IN HER FOOD

A Day in Her Food is an experiential food challenge campaign from The Hunger Project UK. It asks challengers to live “in the food” of our women partners, women who are living in chronic hunger in Peru, Senegal and Bangladesh (one country from every continent where The Hunger Project works).

Challengers follow recipes from these women, share their experiences, and fundraise to support our work empowering women to end hunger for good in their communities.

Hunger has a disproportionate effect on women. 60% of the world’s hungry are women and girls. But women and girls are the key to ending hunger. When a woman is unleashed, empowered and supported, everyone benefits: communities become more resilient, families are healthier, more children go to school, incomes increase, and agricultural productivity improves.

We can never completely recreate what the experience is like for a woman living in chronic hunger. However, this challenge gives us the opportunity to understand to a small extent what life might be like for her, and the decisions she may have to make. It is an opportunity for us to advocate for and raise funds for women-focused strategies to enable women to become change agents in their communities, and ultimately end hunger once and for all.

# HOW TO TAKE PART IN A DAY IN HER FOOD

## CHOOSE THREE DAYS

Choose three consecutive days and take the challenge.

On each day you will follow the recipes of women from Peru, Senegal and Bangladesh, one country from each continent where The Hunger Project works. Once you've chosen your dates, let us know, so we can mark our calendars, ready to support you!

## SET UP YOUR FUNDRAISING PAGE

Set up your page here: <https://www.justgiving.com/hungerprojectuk>

Share your link with friends and family to support you on your challenge.

## READ YOUR MENUS AND FIND YOUR INGREDIENTS

You have been provided 3 menus, with recipes from Bangladesh, Senegal and Peru.

These menus were drawn up with advice from The Hunger Project's in-country teams. They represent an example of what a woman living in hunger in one of these three countries might have and all contain ingredients that you should be able to find wherever you are.

## GET COOKING AND SPREAD THE WORD!

Document your challenge on social media, sharing pictures of your meals and experiences with the hashtag #ADayInHerFood

### Our social media handles:

Facebook: <https://www.facebook.com/TheHungerProjectUK/>

Twitter: <https://twitter.com/hungerprojectuk>

Instagram: <https://www.instagram.com/thehungerprojectuk/>

Linkedin: <https://www.linkedin.com/company/the-hunger-project-uk/>

# FAQS

## WHY A FOOD CHALLENGE?

A food challenge is a great way for us to try to understand, to a small extent, what life might be like for someone living in chronic hunger. At The Hunger Project UK we have a passion for using food in interesting ways to help connect people to our work, and that's how A Day in Her Food was born. It also takes our current culture of "what I eat in a day" and turns it on its head. Our food photos can do so much more!

## WHAT CAN I DRINK?

You can (and should) drink plenty of water throughout. Please keep hydrated. A woman living in chronic hunger will very often only have water to drink, and no luxuries such as coffee or tea, so we suggest you stick to water on the challenge.

## WHAT IF I AM VEGETARIAN OR VEGAN?

The Senegal recipes are the only ones that contain animal products. You could repeat either Peru or Bangladesh menus, or follow the Senegal recipes but without the fish.

## CAN I DO THE CHALLENGE AS A GROUP?

Yes! Why not team up with friends or colleagues for the challenge and share your commitment to empowering women.

## WHAT DO WE MEAN BY 'CHRONIC HUNGER'?

Over 90% of the world's hungry people are suffering from chronic hunger. Less than 10% of hunger is the result of famine or emergency crises. Chronic persistent hunger is the day in day out lack of vital nutrients that the body needs. A portion may seem large, or carbohydrate-heavy but what about other nutrients?

The Hunger Project works to empower people to lift themselves, their families and communities out of daily persistent chronic hunger, for good.

## FOR MORE INFORMATION

If you have any questions about the A Day In Her Food challenge please email:

[info@thehungerproject.org.uk](mailto:info@thehungerproject.org.uk)