

RATION CHALLENGE

St Joseph's School Hopetoun teacher, Nicki Dalton, recently joined refugees by participating in the Ration Challenge. For an entire week Nicki lived on the same rations that a Syrian refugee lives on for one week. Nicki's Ration Challenge pack included 420g of rice, 170g lentils, 85g dried chick peas, 125g tinned sardines, 400g tinned kidney beans and 300ml vegetable oil. In addition to this Nicki also received 2 food coupons. These were representative of the coupons many refugees are given by the UN or other organisations that can be exchanged in local shops for essential staple foods, such as rice and flour. Nicki received sponsorship from family, friends and members of the school community for taking part in the challenge. The money raised supports refugees in having a better life through supporting their access to food, medication and education.

"Participating in this challenge provided me with an incredible insight into the life of a refugee," said Nicki. "I elected to complete this challenge knowing very well I was only going to live on small rations for the week. However, the reality is that refugees do not have this choice. Pope Francis made the claim that food wastage is like stealing from the poor. I can admit that during the challenge not a single piece of rice was wasted from my plate; any burnt food was scraped from the side of the pot and added to the meal and my awareness of what others live through every day was increased."

Nicki succeeded in meeting her sponsorship goal of \$500, raising \$620 in total. The organising agency, Act for Peace (the international aid agency of the National Council of Churches in Australia), raised \$2,664,015 in total this year, which is enough to feed 10,246 refugees for a whole year. A terrific effort indeed by all who took part!

Cynthia Maiden, Principal



Grades 3-6 teacher Nicki Dalton joining her students for a simple lunch of rice and beans during the Ration Challenge