

A mudslide after a flood has destroyed your family home and crops and you don't have any money to buy food.

You don't get any food.



Through the efforts of an international aid organisation, your village now has a good supply of water to help grow crops in the fields.

Take one serving.



Your family owns and runs a small company. You have all worked hard, business has been good and you have done quite well.

Take 4 servings.



Your parents are both sick with tuberculosis so you need to work to earn money to support your family. You will never learn to read or write.

You don't get any food.



Your mum has a good job and has helped a big company to buy a piece of land where they want to open a mine.

Take 8 servings.



You are a 12 year old girl and have just completed your school education. You have been lucky enough to get a job in a factory but all your money is needed to send your brother to school.

You don't get any food.



There was such a bad drought this year that the crops on your family farm could not grow properly. You cannot eat them, or sell them for extra money.

You don't get any food



Wealthy countries are consuming more grain which means there is a shortage in your country and prices are high.

Take two servings but eat only one. Give your second serving to the person who got the most.



Fighting between government soldiers and rebel groups means your life is in danger. You must leave everything behind and flee in the middle of the night.

You don't get any food



Your dad has just lost his job making shirts. The company has decided to move its factory to a country where they pay workers less.

You don't get any food.



You have worked 11 hours in a dirty factory in the city making clothes. You didn't get any breaks and your employer decided to only pay you half of your wage and keep the rest for himself.

Take one serve.



You were able to use the knowledge you learnt at school to help your family grow more vegetables this year.

Take one serve.



Your family received a goat as part of the Caritas gifts programme. Your family now has fresh milk to drink and sell and you are all much healthier.

Take 3 servings.



All your family income this year was used to cover hospital bills when you broke your leg, as there is no free healthcare and you do not have medical insurance.

You don't get any food.



Your Dad owns a shirt-making factory that has moved to another country where he can pay people less. He gives himself a big bonus with the savings.

Take 7 servings.



Things that happened during the war in your country have left you feeling hurt and confused. A project has been set up near where you live to help you cope.

Take two servings.



You have harvested a big crop this year. You would be able to afford 3 servings of the food if the farm was yours, but you have to give two thirds of your income to the wealthy land owner.

Take one serving.



A mining company from a wealthy country has come to mine on your ancestors' land. The company pays the government to use the land but your family doesn't get anything.

You don't get any food.



You are a nurse. Due to instability in the economy, your wages do not cover the cost of transport to your work every day.

Take one serving but give it to the person next to you.



It is cyclone season and your village has just been hit by a massive typhoon that has destroyed all the homes. You are in an isolated area with no access to fresh food or water.

You don't get any food.

