

## Athou's Story

Athou Garang Bol is a 40-year-old mother of six living among other Internally Displaced Persons (IDPs) in Bor County, South Sudan. She was forced to flee her home after it suffered from catastrophic flooding.

Before the flooding, the family had a farm and some livestock, but it was all destroyed when the land was submerged. Life was never the same again after that.

*"Things have been difficult. We only survived because of emergency food assistance. After that ended, we again desperately looked for food to eat. It got difficult and then life started to be very miserable."*

When the initial food assistance support ended, Athou had to devise new means of providing food for her family. She tried fishing at the river side, which was becoming increasingly difficult as families competed for limited resources. *"I decided to go to the river side to fish at least twice a week, but I have a chronic disease that affects my ability to support my family."*

The initial food assistance that Athou received was lifesaving. In addition to cash, she received vegetable, maize and sorghum seeds. She planted some vegetables at the river side while using river water to irrigate the garden every evening with the help of her children.



Athou at her home



Athou with her children

This helped to provide meals at home, as well as being able to generate some income through selling vegetables.

Athou recognises that self-sustainability will be key to their survival, and so she intends to develop her vegetable garden to continue supporting her children. With the money raised through this Lent appeal, and thanks to the matching fund from Canadian Foodgrains Bank, families like Athou's will receive additional livelihood support, such as vegetable seeds and fishing equipment, to help them meet their food needs sustainably.

The project will also offer immediate food assistance to those in need, and Athou hopes that other displaced families in her community can be blessed with the same help and support that her family initially received.

**By providing food assistance, you can help alleviate the immediate pressure and stress that many hungry families in places like South Sudan, Burundi and Ethiopia face, as well as giving them the support they need to live sustainably and to navigate through whatever challenges may await them in the coming months.**

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