

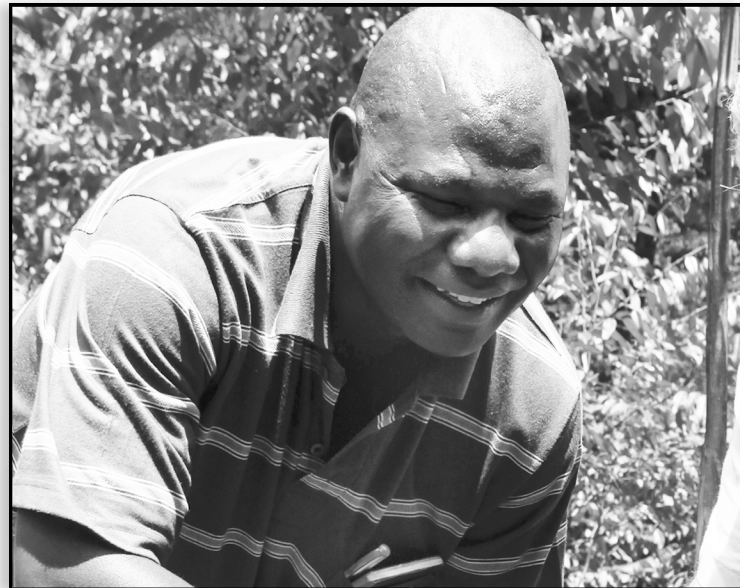
CELEBRATE HUMAN RIGHTS BY SHARING A MEAL



NANCY VILCE AND MARIE OBETHE MOISE

ASSOCIATION FOR THE PROMOTION OF INTEGRAL FAMILY HEALTHCARE

Nancy Vilce and Marie Obethe Moise run a community restaurant – which serves nutritious and affordable meals made with produce from local families’ urban gardens – as part of their holistic health clinic in Haiti.



CHRISANTUS MWANDIHI

SOILFARM MULTI- CULTURE GROUP

Chrisantus Mwandishi offers education about environmentally friendly agriculture, helping his community in Kenya sustainably grow food, preserve the rain forest, protect water resources, and adapt to climate change.



DON MARIO PÉREZ

CAFÉ ORGÁNICO MARCALA AND EQUAL EXCHANGE

Don Mario Pérez, a small farmer in Honduras, grows organic coffee using methods that are good for the earth, and a fair-trade collaboration between Equal Exchange and UUSC ensures he receives the compensation he deserves.

Photo by Carly Kadlec/Equal Exchange

Haitian Rice and Red Beans

8 oz. red beans
4 tbs. oil
4 shallot bulbs, minced
3 garlic cloves, minced
half a large onion, finely chopped
half a large green bell pepper, finely chopped
1 tbs. tritri (dried baby shrimps)
1 tbs. minced salt cod fish
1 cup yellow Haitian rice
thyme and parsley, to taste
1 tbs. salt
1 whole scotch bonnet pepper
more water if needed for rice



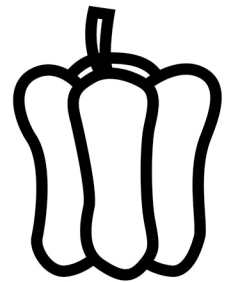
1. Place beans in a large pot and cover with three inches of water and a bit of salt. Boil until tender. Reserve liquid.

2. Heat oil in a pot over medium heat and sauté the following: shallots, garlic, onion, bell pepper, tritri, and cod. Stir and let cook until fragrant and slightly brown. Add beans and stir, then add boiling liquid from beans, thyme, parsley, and scotch bonnet pepper. Bring to a boil and then add rice; stir, avoiding hot pepper (it must not pop). Reduce heat and cook until rice is done. Remove hot pepper, thyme, and parsley before serving.

Note: Some people add coconut milk to the bean water before adding the rice.

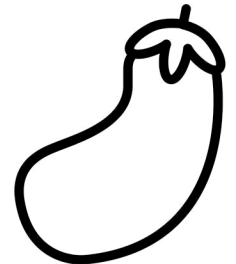
COLOR IN THESE FUN FOOD PICTURES

BELL PEPPERS FROM HAITI



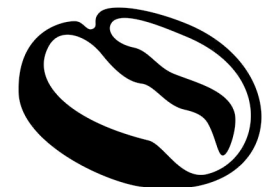
Pepper designed by Nathan Thomson from the Noun Project

EGGPLANT FROM KENYA



Eggplant by Gregory Sujkowski from The Noun Project

COFFEE BEANS FROM HONDURAS



Coffee Bean by Jordan Díaz Andrés from The Noun Project

DRAW YOUR FAVORITE FOOD

GUEST AT YOUR TABLE