

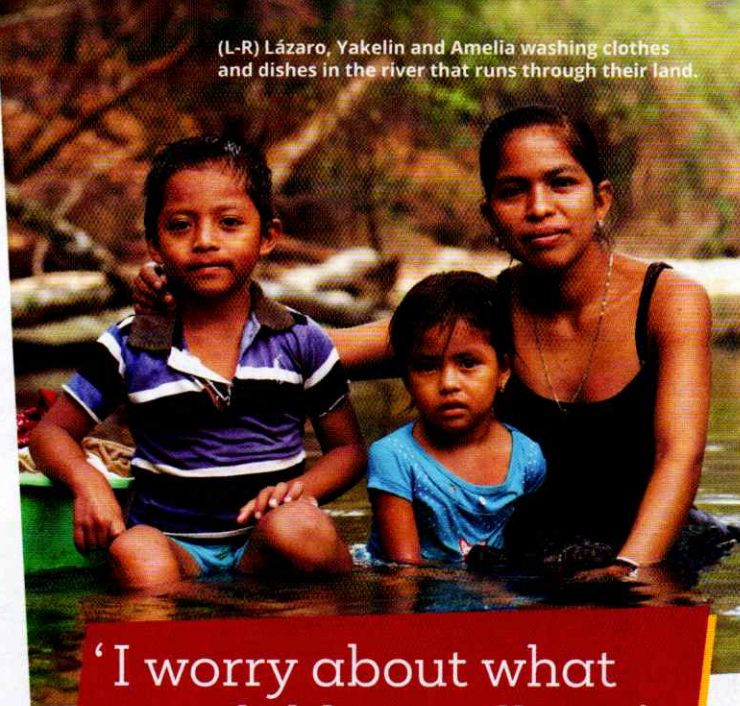


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(L-R) Lázaro, Yakelin and Amelia washing clothes and dishes in the river that runs through their land.

**'I worry about what my children will eat.'**

May 2025

## **Can you support Amelia to protect Lázaro and Yakelin from hunger?**

Dear John

Danger and uncertainty are looming over 24-year-old Amelia's young family. Here in the Alta Verapaz region of Guatemala, the climate emergency is causing both the dry and rainy seasons that would once arrive with predictability to intensify and shift erratically. As a result, vital crops are failing, pushing farming families like Amelia's into hunger, malnutrition and poverty.

The burning injustice is that the Indigenous communities who've done the least to cause the climate crisis, endure its deadly droughts, savage storms and gruelling heatwaves the most. As Amelia walks her scorched farmland, she tells us: 'There is no food for my kids. With high heat, there is little we can do but adapt.'

**This Christian Aid Week, we each have 7 days to make a difference. Will you help fund the tools and training that a determined farmer like Amelia needs to fight the climate crisis?**

Proactive Amelia is hopeful that she can combat extreme weather by changing the way she farms. With the support of specialist agricultural training from our partner, Congcoop, Amelia's beginning to plant climate resilient crops, conserve water and make fertiliser – taking back control of her ancestral land.

Amelia lives in this mountainous landscape with her husband and their two children, 8-year-old Lázaro and 4-year-old Yakelin. The river that runs through Amelia's land is central to her life and farm. As a child, she learned to swim here. Now her children splash in the cool waters to escape blistering temperatures. But the climate crisis and thirsty industrial plantations\* nearby are causing this river to run perilously low. As water becomes scarce, the vital crops that Amelia depends on wither and die before her eyes.

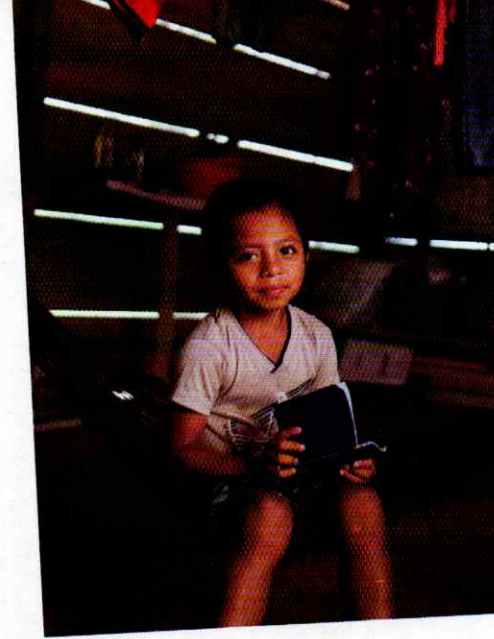
**Your support is urgently needed.  
We must act to help protect harvests from drought and children from hunger.**

*\*Ironically, these plantations feed the world's richest countries by robbing the natural resources of people living in poverty!*

Please turn over

Amelia tries to grow a range of crops and root vegetables that will provide Lázaro and Yakelin with a balanced diet – such as bananas, peppers and cassava. In this way, she can protect them from malnutrition and the irreversible developmental damage it can cause. But the loss of recent harvests means the family's diet now largely consists of rice and tortillas alone. Fruit and vegetables have become unobtainable locally, depriving the children of the vitamins and minerals they need to grow and thrive. Heatwaves are killing little Lázaro's dreams too. He tells us: 'I really like listening at school and learning to read.' But Amelia explains, some days, it's too hot to go to school.

'People are struggling to eat even twice a day. Nutritious food, meat and fish are unthinkable. Even for drinking, water is scarce. Recently school stopped for kids, due to lack of water. It is a critical situation.'  
**Donaldo Rax Coc, Congcoop Agroecological Facilitator**



Lázaro, Amelia's eight-year-old son, reading his hymn book at home.

The climate crisis is heaping layers of agony on Amelia's family. It's testimony to her endurance and strength that through heat, hunger, crop failure and water shortages, she's proactively seeking solutions.

Amelia's story reminds us that even the most resourceful among us can need a helping hand in life. Your donation today is urgently needed to ensure we can be there for Indigenous families who are bearing the full force of the climate crisis. Children like Lázaro and Yakelin are hungry right now, so it's vital that our programme with Congcoop continues. With your support, more farmers like Amelia can build their resilience to extreme weather and feed their families.

'My message to people is climate change is really happening, and we need your help by any means you can. It is important to help Christian Aid, so they can keep supporting these projects.'  
**Gladys Mucu Choc, Congcoop Territorial Facilitator**

### Your gift today could fund vital agricultural training and tools that unlock climate resilient farming.

This Christian Aid Week, we can all be more like Amelia, and put the unstoppable power of hope into action, because a life beyond poverty is possible. As our Project Officer Gerardo says: 'Amelia's story is one of resistance, and it's just beginning.'

With every appreciation,

Moises Gonzalez, Head of Christian Aid Latin America and the Caribbean

PS Can you make a gift today that will help end hunger and malnutrition?

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Amelia with her daughter Yakelin beside their dying banana tree in Guatemala.



Join us in our mission to stop hunger.

## How will you support a farming family to beat hunger this Christian Aid Week?

We know our work together is close to your heart, will you give again to support people like Amelia and her family?

**£5**

could buy climate-resilient seeds that produce a variety of foods to protect farmers' children from hunger

**£10**

could buy tools that maintain cacao trees, which are a source of nutritious produce to eat and sell

**£20**

could help fund a rainwater collection system to sustain a family's crops, guarding them from malnutrition

[caweek.ie/StopHunger](http://caweek.ie/StopHunger)

Scan this QR code to donate faster online:



