

# TRAVEL GUIDE

VIRTUAL MISSION TRIP  
HAITI ITINERARY

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FEED MY STARVING CHILDREN







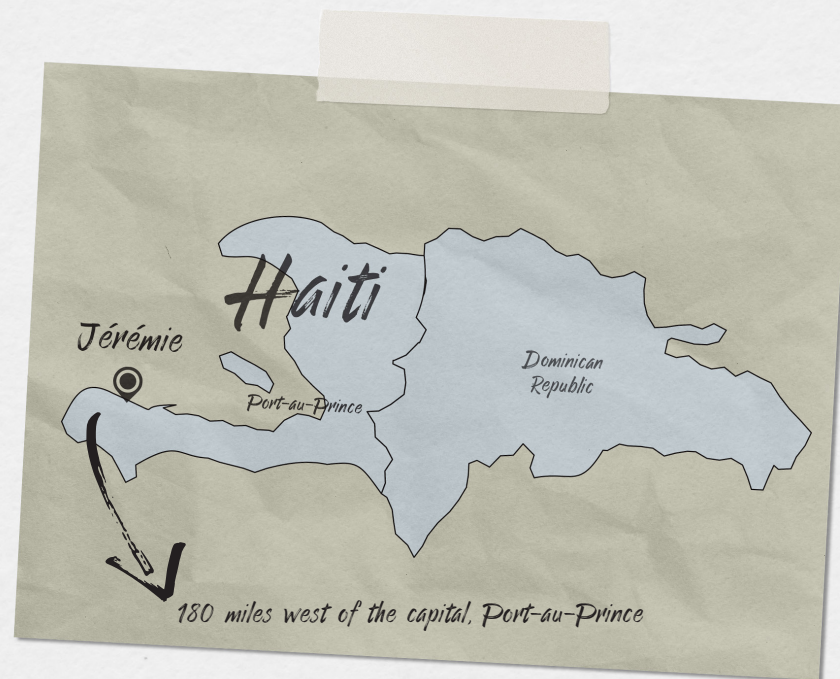
## travel guide contents

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## Dear traveler,

*Thank you for joining us on this virtual mission trip to Haiti.*

We will be traveling to a town in Haiti called Jérémie with FMSC food partner Haiti Bible Mission (HBM). You'll experience a full itinerary of tour stops with HBM CEO, Mark Stockeland and hear firsthand stories of FMSC MannaPack™ meals in action.



## October 17 is a holiday in Haiti

Haitians honor Jean-Jacques Dessalines, who led the Haitian Revolution against French troops at the Battle of Vertières in 1803, winning Haiti its independence as a free republic.





# Our Guides



Mark Crea

Mark Crea has led Feed My Starving Children to significant year-over-year growth since 2004. As a man of faith, he is passionate about helping the "least of these" in Jesus' name.

Andy Carr is the VP of Development and Marketing at FMSC. He's led many Food in Action Trips to Haiti in his nearly eight years at FMSC.



Andy Carr



Junior Obrand

Junior Obrand is on the International Programs team at FMSC and serves as Regional Program Manager for the Caribbean. He has been on the team for nearly eight years and grew up in Haiti.

Mark Stockeland is the CEO of FMSC food partner, Haiti Bible Mission. Based in Jérémie, HBM focuses on empowering indigenous Haitian leaders through leadership development. This is done through discipleship, local church involvement, education, community development and short-term missions.



Mark Stockeland

# Trip Itinerary

6:45 p.m. - Preshow

7:00 p.m. - Welcome and opening prayer

7:10 p.m. - A word from Mark Crea

7:15 p.m. - Journey Begins - 3 stops in Jérémie



Serve FMSC meals in a school



Take FMSC meals to a mountain-top village



Provide MannaPack™ meals in a men's correctional facility



7:40 p.m. - Time to make a difference

7:50 p.m. - Closing Prayer



# Haitian Culture



## Plantains

*You'll find plantains in most households.*

*\* Fried plantain is usually served with "Pikliz" – a spicy coleslaw.*

*Make some!*

## Fried Green Plantains (Bannann Peze)

### Ingredients

3 Green Plantains  
1 tablespoon Vinegar  
1 tablespoon Salt  
1 teaspoon Garlic Powder  
1 cup Vegetable Oil  
1 Tostonera (Plantain Press)  
1 cup Hot Water

Heat oil on medium high heat in a frying pan.

Peel plantains & angle cut each one into 5 equal pieces.

In a bowl add the hot water, vinegar, salt & set aside.

Lightly brown the plantains in oil (Approx. 5 min).

Remove the plantains from oil & flatten each using the tostonera.

Soak flattened plantains in the hot water & carefully put back in oil for 5 more min.

Remove plantains from oil & place on a paper towel to remove excess oil.

*Serve Hot.*

## Ginger Tea

*Haitian Ginger Tea is one of the most common teas served in Haiti.*

It's used for large gatherings like a community prayer night and other occasions where you have a large gathering of people but want to serve something simple. Just boil a good amount of ginger tea in water for 20 minutes. Add sugar to make it more or less sweet.



### To make:

#### Ingredients

1 Ginger root  
1 Star Anise  
1 Cinnamon Stick  
3 cups of water  
1/2 tsp salt (optional)

Wash, peel, and dice ginger into small pieces.

Add ginger, cinnamon, star anise and water to a small pot and bring to a boil.

Reduce heat to medium and allow tea to brew for 5 more minutes.

Strain into a cup and sweeten to taste.

## Breadfruit

Jérémie is known as the main producer of breadfruit in Haiti. Breadfruit is a member of the Jackfruit family. The white flesh has a bread-like texture and a flavour somewhat like an artichoke or chestnut.





# The FMSC MarketPlace™

The FMSC MarketPlace believes in the power of dignified and sustainable employment. In communities that receive FMSC meals, our artisan partners earn a fair wage for handcrafted goods. Every purchase strengthens families and communities. Profits fund meals for kids around the world.



*exclusive Haiti made items*

for sale in the FMSC MarketPlace™ tonight



A best-selling artisan item from the FMSC MarketPlace™ and featured in the **live auction!**

## Haitian Clay Mug

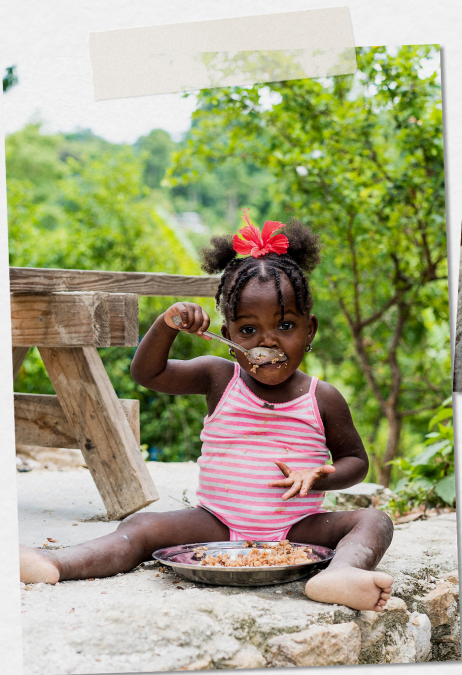
When in need, families in Haiti mix clay from the ground with water, oil and salt to create a clay "cookie." The clay cookies are eaten to fill their stomachs when food is not available. By transforming the same clay into these beautiful mugs, artisans in Haiti are able to sculpt their way out of poverty and support their families.

*meet  
Stephanie*

Stephanie is the pottery manager at FMSC MarketPlace™ partner, Papillon. She has a 5-year-old son and lives with 10 other family members. Her income helps pay for her son to go to school and provides for her large family.







*MannaPack™ meals in Haiti*



*Feeding kids. Feeding spirits.  
Empowering communities.*

Feed My Starving Children (FMSC) believes hope starts with food. As a Christian nonprofit, FMSC is dedicated to seeing every child whole in body and spirit. FMSC works with food distribution partners that stay with communities for the long haul, empowering them to move from relief to development.



# After the Trip: Action Steps

## *donate*

Your contributions are critical in these challenging times. Undernourished children are more susceptible to infectious diseases like COVID-19.

FMSC meals provide nutritional and economic stability for some of the world's most vulnerable individuals, families and communities.

**\$88 feeds a child for a year | \$365 feeds a family for a year**  
**\$1,866 provides a pallet of food | \$10,000 feeds a village**

*Give at* [fmsc.org/gala](https://fmsc.org/gala)

## *pray*

Support us in prayer by lifting up our partners, the children they serve and our supporters.

## *volunteer*

Sign up to pack FMSC meals at [fmsc.org/volunteer](https://fmsc.org/volunteer)





*"When I think of Haiti and  
the Haitian people, the first  
word that comes to mind is  
the word "resilience."*

**– Junior Obrand, FMSC Regional Program Manager – Caribbean**



**FEEDING KIDS. FEEDING SPIRITS. EMPOWERING COMMUNITIES.**

**fmsc.org**