

POUND FOR CHANGE EVENT GUIDELINES



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1.0 INTRODUCTION

Pencils for Kids is an all-volunteer, grassroots Canadian charity whose vision is to make a difference in the world by providing every child the opportunity for an education. We partner with a community in Niger, called Liboré.

Niger is the poorest place in the world to live and it has one of the lowest literacy rates. Girls rarely go to school beyond grade six. Instead, from an early age, they are already working in the fields, preparing food and pounding millet for hours on end.

Women in Niger spend up to six hours each day pounding millet (a small grain cereal) to make the grain into flour, which is their main food source for every meal. Often they can be seen in groups taking turns pushing a heavy wooden pestle into a wooden mortar. Every muscle of their bodies is engaged in this strenuous activity.



Woman pounding millet

The Process of Millet Pounding in Niger



Millet is harvested by removing the long grainy head from the rest of the stock.



The millet is then “threshed” to remove the usable grain from the hard husk.



After moistening the millet with water, the manual pounding begins and the chaff is strained off.

2.0 POUND FOR CHANGE PROGRAM

What is the Pound for Change Program?

The Pound for Change program was launched by Pencils for Kids to help people in the developed world appreciate the daily hardships women face preparing food in Niger. The program is a fun way for supporters to get together with friends and family to learn about millet pounding and raise money for education scholarships for girls in Liboré, Niger.

Through Pound for Change we simulate the experience of pounding millet, gain greater insight into the lives of women in Niger, then discuss ways to offer hope to girls in Niger who yearn to learn and do not want to spend the rest of their lives pounding millet like their mothers and grandmothers. Contact us and let us help you hold a Pound for Change event!

Here are some suggested activities and tips to help shape the event. However, don't be limited by these ideas. Feel free to come up with fun, interesting activities and please share them with us.

Millet Pounding Simulation

It is important that your guests understand and experience what it is like to pound millet in Liboré. Although it may be difficult to get African mortar and pestles, anything that can approximate the experience will work!

How to Replicate the Experience of Millet Pounding

Fill a water bucket with water until it weighs around 8 pounds or 3.6 kilograms. This is same weight as a regular sized pestle in Niger. Have each guest lift the bucket and feel the weight.

Have each guest bring in his or her own mortar and pestle of any size (if they do not have one, any bowl and stick will do). Provide an equally measured amount of millets to each guest and have each guest pound the millets to a powder so it will be ready for meal preparation. You could even make this into a challenge, first person done wins a prize! If there aren't enough mortar and pestles for each guest, break the group into teams and take turns.

Speakers & Presentations



If you are in Toronto or the GTA, please feel free to contact Pencils for Kids to see if a member of our team is available to attend your event. If this is not possible, we are happy to spend time on the phone explaining the program and answering your questions.

In the event package, there is also a PowerPoint and video presentation for you to show at the event. Presentation notes are provided to help you educate guests about Pencils for Kids and the story of the women in Liboré.

Millet Cooking



Since the focus of the event is on millet, and the challenges women face preparing food in Niger, we have included several millet recipe cards in the event package for those who may want to include cooking as part of the Pound for Change event.

Where Can the Event Be Held?

The location of the Pound for Change program can take place anywhere. The event can occur at your home, corporate offices, community centres or schools. A kitchen facility is needed if you plan to have a millet cooking session as part of the event.



Decoration Ideas

We encourage creating a fun environment for your guests. Here are some ideas for decorating.

- Download and print photos from our Flickr gallery for wall decorations
- Print out and post event poster in entrance
- Show a photo slideshow on TV or PC screen

Visit our website, www.pencilsforkids.com/pound-for-change to download the Pound for Change event package with tools and materials to help run your event.

3.0 SCHOLARSHIPS FOR GIRLS

Raising Awareness and Funds

If we want to help future generations of girls avoid the hardships their mothers face daily, the only way out is through education.

Every year we spend educating a girl enriches her life, broadens her opportunities, and promises a better future for her whole community. Every year of Secondary education for girls reduces malnutrition, reduces over-population, reduces infant mortality, increases economic opportunity and leads to empowerment.

That is why at Pencils for Kids we raise money for Scholarships for Girls. Scholarships cover the cost of uniforms, books, supplies, food allowance, and tutoring. Each scholarship costs approximately \$600.



If your group chooses to raise money, consider the following options:

Option 1

Create your own personalized Giving Page on the Canada Helps website. Simply go to www.canadahelps.org and follow the directions to set up a Giving Page, using Pencils for Kids as the recipient charity. Then give your friends, colleagues and attendees the specific URL of your own Giving Page. This way people can securely donate online and you can keep track of all donations that come in as a result of your event. You can also set a target goal, and give your group a name! Tax receipts are automatically given on this site for any donation amount.

Option 2

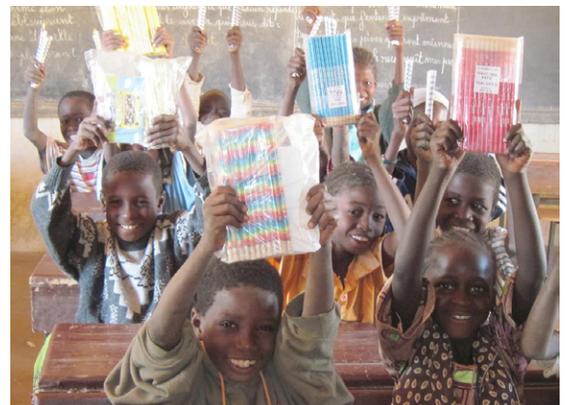
People can donate online directly on the Pencils for Kids website.

Option 3

You can collect cheques as a group and mail them in to Pencils for Kids. All cheques \$20 or over will be receipted as long as they have full names and addresses.



Peace Corps volunteer helps distribute books to the girls in our scholarship program.



Children in Libore holding packages of pencils from Toronto.

If your group would also like to raise awareness, consider holding other events at work or school, or running a "Wear-a-Pencil" campaign. Contact us at info@pencilsforkids.com for more information!

4.0 SAMPLE AGENDA



Welcoming Speech / 5 minutes

- Thank everyone for coming
- Say a few words to introduce Pencils for Kids
- Explain why you invited everyone to come today



Speakers / 10 to 15 minutes

- P4K Speaker if available
- PowerPoint Presentation for host to present



Millet Pounding Experience / 20 minutes

- Simulate the weight of the giant mortar pestle using buckets of water
- Everyone brings a mortar and pestle, or something similar, while the host provides millets or similar grains
- Each guest is given a measured amount of millets and encouraged to pound away until the millet becomes a powder. First guest to finish wins a prize.



Cook & Serve Millets / 30 minutes

- Pick a millet recipe and prepare the millet
- Serve refreshments at this time to your guests



Discussion / 15 minutes

- Discuss fundraising strategies and/or ways to raise awareness
- Talk about how the group can make a difference
- Set a goal as a group



Thank You / 5 minutes

- Thank the guests for coming and give them personalized thank you cards
- Hand out the P4K Pound for Change Flyer

5.0 CONCLUSION

Thank you for hosting a Pound for Change program. Every person we inform will share the story with another person, and then another, and change will surely follow. With your help, we can offer many more women and girls in Niger hope for the future. Feel free to contact us with any questions or ideas and let us help you plan a successful Pound for Change program.



Pencils for Kids

w: pencilsforkids.com

e: info@pencilsforkids.com

