

### **Help end hunger for families like Worknesh's in Ethiopia this tax time.**

This year Caritas Australia's annual Make Hunger History appeal highlights the urgent need to support families facing hunger in poverty stricken regions like Ethiopia. The appeal focuses on the story of Worknesh, a resilient mother of four, who is doing everything she can to feed her children amid worsening farming conditions.

Worknesh is a coffee and vegetable farmer living in southern Ethiopia. Her community is frequently affected by droughts, landslides, malaria outbreaks, and a lack of clean water, putting her family at high risk of hunger and disease, especially during the lean season from June to September.

"We were suffering during the lean season, and it destroys the yield," Worknesh said. "We suffer when there is not enough food for our family. Since there is no option, our family tries to sustain and pass the time with root crops."

Her family is often forced to drink contaminated water as the nearest clean water source is a 90-minute walk away, leading to frequent waterborne illnesses in the family. Last year, most of her family also contracted malaria, which is also common in the region. They have limited access to healthcare for treatment for any of these conditions.

Despite these challenges, Worknesh's life began to change after joining a program supported by Caritas Ethiopia. Through this initiative, she received training, vegetable seeds, and business skills that helped her diversify her crops, improve nutrition, and increase her income.

"After engaging in the project, I am able to produce vegetables to secure my family food and to increase my family income with the surplus product," Worknesh said.

Donations to the Make Hunger History appeal can help provide seeds, tools, and training to families like Worknesh's, improving their food security.

"Worknesh's story is one of strength and determination, but also of urgent need," said Kirsten Sayers, CEO of Caritas Australia. "No mother should have to watch her children go hungry. This tax time, we are asking Australians to help families like Worknesh's break the cycle of poverty and hunger."

"Your support can help families grow food beyond the lean season, protect their children from malnutrition, and build a future where they can thrive," Kirsten Sayers concluded.

To donate, visit [www.caritas.org.au/make-hunger-history](http://www.caritas.org.au/make-hunger-history) or call 1800 024 413 toll free.

*All donations made to the appeal are tax deductible and will be matched dollar for dollar by a pool of generous Caritas supporters if made before the 16<sup>th</sup> of June and before the matched pool runs out.*

**ENDS**

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