

On the Line FOR PEACE

Peanuts for Peace

Have you ever thought of peanuts as making peace? The Bible's idea of peacemaking includes the well-being of everyone. The Hebrew word for peace, from the Old Testament, is **shalom**. Shalom includes helping neighbors close by and around the world. Shalom includes seeing that hungry people are fed. Where people are hungry, peanuts and peanut butter can be lifesavers. They are helping to create shalom.

PLUMPY'NUT

Peanut butter is saving the lives of starving children, especially children in refugee camps who have lost their homes. It's a new form of peanut butter, called **Plumpy'nut**.



A hungry child in Darfur enjoys a packet of Plumpy'nut.

A French scientist invented this highly nutritious peanut butter spread that comes in a silver packet the size of a juice pack.



Plumpy'nut can be made almost anywhere, with local materials and a bunch of vitamins and minerals. It is a sweet, enriched peanut-butter paste.

When powdered milk is used to feed children, too often it is mixed with water that is dirty. Plumpy'nut is not only safer than milk, it costs less and doesn't spoil as quickly.

Plumpy'nut is being used to feed hungry children around the world.

SENDING PEANUT SEEDS

Another plus for using peanut butter is that **peanuts can be planted in many places**. Many different people around the world are familiar with these "nuts" (actually *legumes*) that grow under the ground.

Mennonite Central Committee (MCC) has been involved in sending food and seeds to Chad, a country in Central Africa. Among the seeds sent to Chad were groundnuts. In African countries peanuts are often called **groundnuts**.

After there was flooding in Bangladesh, MCC sent emergency assistance. Among the seeds they shipped were rice, wheat, potatoes and you guessed it peanuts. Some 1,800 farmers received peanut seeds.

Peanuts are a good source of protein, which we all need to stay healthy. Peanuts, or groundnuts, are an international food and a good way to feed friends and global neighbors.



Laoukoura Jean, from Mont de Lam, Chad, planted groundnuts (peanuts) he received from MCC and harvested his own crop.



MAKE PEANUT BUTTER PLAY DOUGH

Peanut-butter play dough is fun to mix and play with. It is also fun to eat. Mix some up and create some wild shapes.

- 1 cup smooth peanut butter
- ½ cup honey
- 2 cups nonfat dry milk

First, mix together the peanut butter and honey. Add half of the dry milk and mix. Continue to add powdered milk, a little at a time, until it feels soft and playful! You may not need the full 2 cups of dry milk. It depends on the consistency of your peanut butter. Once you have the ingredients mixed, you're ready to create a peanut butter peace sculpture!

COLLECT PEANUT BUTTER

Your Sunday school class or Venture Club could hold a peanut butter drive for your local food pantry. Decorate a large box with facts and pictures about peanuts. Ask people in your congregation to fill the box with their favorite kind of peanut butter.



Take the filled box to your local food pantry. Then think of all the children that are happy because their families have received a jar of peanut butter!

Most kids enjoy peanut-butter sandwiches. What's your favorite peanut-butter sandwich? Peanut butter and jelly? Peanut butter and banana? Peanut butter and pickles? Sharing peanut butter is a creative way to create shalom in your community.

SEND SEED MONEY

You or your Sunday school class could also take an empty peanut butter jar and use it to collect money for Mennonite Central Committee to send seeds around the world. Send your seed money to:

Mennonite Central Committee
21 South 12th Street, PO Box 500
Akron, PA 17501-0500

Sending seeds is another way to make peace.

