

FARM STEW's 5 Freedom Priorities

"For you were called to freedom, brothers and sisters." Galatians 5:13

Our FARM STEW Board of Directors has established the **5 Freedom Priorities** that guide our efforts:



1. Freedom from Dependency is about more than teaching a man to fish; it empowers families to thrive! Our FARM STEW trainers teach classes that emphasize **Farming, Attitude, Rest, Meals, Temperance, and Enterprise** practices and mindsets that promote sustainable self-sufficiency.

- Sustainable gardens and farms
- Self-sustaining businesses
- Thriving families



2. Freedom from Shame promotes **Sanitation** in two ways. One, by providing menstrual hygiene education and supplies, helping girls stay in school, and two, by working with families to construct and adapt latrines, providing privacy and safety for all members of the family.

- Help girls stay in school
- Promote latrine privacy
- Encourage safety for families



3. Freedom from Drudgery & Disease promotes **Water, Sanitation, and Meals** by providing accessible clean water sources for communities, either by drilling or repairing wells, and by introducing efficient, low-smoke and solar cookstoves that make preparing food more safe, convenient, and affordable than the typical open fires used by millions.

- Clean Drinking Water and Efficient Cookstoves
- Less Water-Related and Respiratory Illness
- More Time for Important Matters



4. Freedom to Share promotes **the training of trainers (TOT)** with the FARM STEW Recipe Curriculum that contains detailed guidance for the recipe for abundant life. The lessons are designed so our partners (organizations, universities, and individuals) can effectively share the recipe in their context and language.

- Equipped FARM STEW trainers
- Spread the Recipe in different languages
- Share resources electronically or in print



5. Freedom to Grow operates health food manufacturing or agricultural related **Enterprises** under the auspices of FARM STEW Foods, that help fund the work of FARM STEW while also providing markets for local small farmers and nutritious food products in areas with significant levels of malnutrition.

- Tackle malnutrition with locally grown food businesses
- Re-invest in the community/buy from local farmers
- Expand health food product marketing and sales

