

Meet  
**Halima**

aged 8



**Myanmar to Bangladesh**

How would you feel  
if you had only rice  
and potatoes  
to eat?

Halima and her family had to leave their country because of fighting.

They are now in a refugee camp in Bangladesh. They do not have a good diet. They have been surviving on just rice and potatoes.



Meet  
**Mohammed**

aged 6

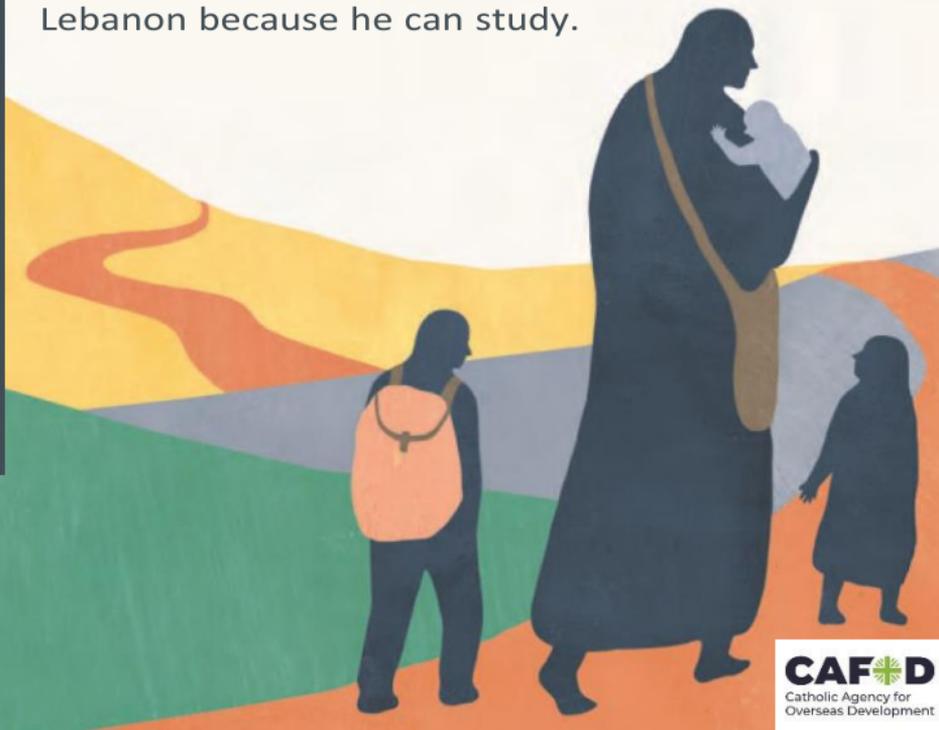


**Syria to Lebanon**

If you had to leave home suddenly, what would you take with you?

Soldiers made Mohammed's family leave their home without anything. Mohammed had to leave his toys behind.

In Syria he could not go to school because lots of schools had been destroyed. Mohammed loves Lebanon because he can study.



Meet  
**Ruth**

aged 4



**South Sudan to Uganda**

How would you feel  
if you had to leave  
your home?

Drought and fighting have forced many people to leave South Sudan. Ruth's family now live in a refugee camp.

CAFOD's friends, Caritas, gave seeds and tools to Ruth's father. He grew vegetables and sold some to buy new sandals for his children and fish for a healthier diet.



Meet  
**Dainer**  
aged 6



Venezuela to Colombia

What would you  
do if you could not  
afford to buy food?

In Dainer's country, food costs a lot. Dainer's family, like many others, cannot afford it.

Dainer's dad gets up very early each day to cross the border into Colombia for food. Sometimes Dainer goes too.

