

## Chad

### Africa

#### Menu

##### 1. Squash with peanuts

###### Ingredients:

- 1 Tbsp. oil
- 2 lbs. summer squash, cut into cubes
- 2 cups shelled roasted peanuts
- ½ tsp. salt
- 1 tsp. brown sugar

###### Directions:

Heat a spoonful of oil in a large skillet. Cook the squash until it begins to become tender, stirring often for 5-10 minutes. Add peanuts, salt, and sugar and reduce heat. Simmer for five minutes. Serve hot.

##### 2. Broiled fish

###### Ingredients:

- 6 medium Tilapia filets
- 2 cloves of garlic
- 2 Tbsp. flour
- 5 Tbsp. oil
- 3 tomatoes cut in half
- Salt, pepper, and chili powder

###### Directions:

Cut fish into serving size pieces and push a small amount of garlic deep into fish filets. Dip fish into flour. Heat oil in a cast iron pan and place the fish in it once the oil is very hot. When fish is golden brown, add tomatoes, salt and other spices and cover the pan. Let it simmer at low heat for about 40 minutes. Serve hot.

##### 3. Cooked rice

##### 4. Millet snack

###### Ingredients:

- 3 cups millet flour (substitute with wheat flour)
- 1 cup vegetable oil
- 1/2 cup powdered sugar
- 1 egg

###### Directions:

Heat oil and pour on the flour in a bowl. Blend sugar and whole egg into dough. Roll dough out and cut into ribbons. Fry until golden brown in a pan with oil.

#### Consumption Comparisons

Percentage of children underweight

United States of America: 1%

Chad: 39%

#### Life in Chad

Chad is predominantly rural and malnutrition is common.

#### Typical meal

Chadian meals are typically cereal and some vegetables. Millet, sorghum and wheat are the cereals in a typical diet. Poor families survive on one or no meals daily.

#### Desire and his family's bull



7-year-old Desire's father, Tomas, says he'll sell the prized bull to save his children from dying from hunger. His, and many families in Laokassy Area Development Program in southern Chad, have nothing left to eat. Their diet of wild leaves and yams is supplemented only with the little they can afford at the local market. World Vision is working with farmers to find ways to help support their agriculture.

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