

# OXFAM EXPRESS



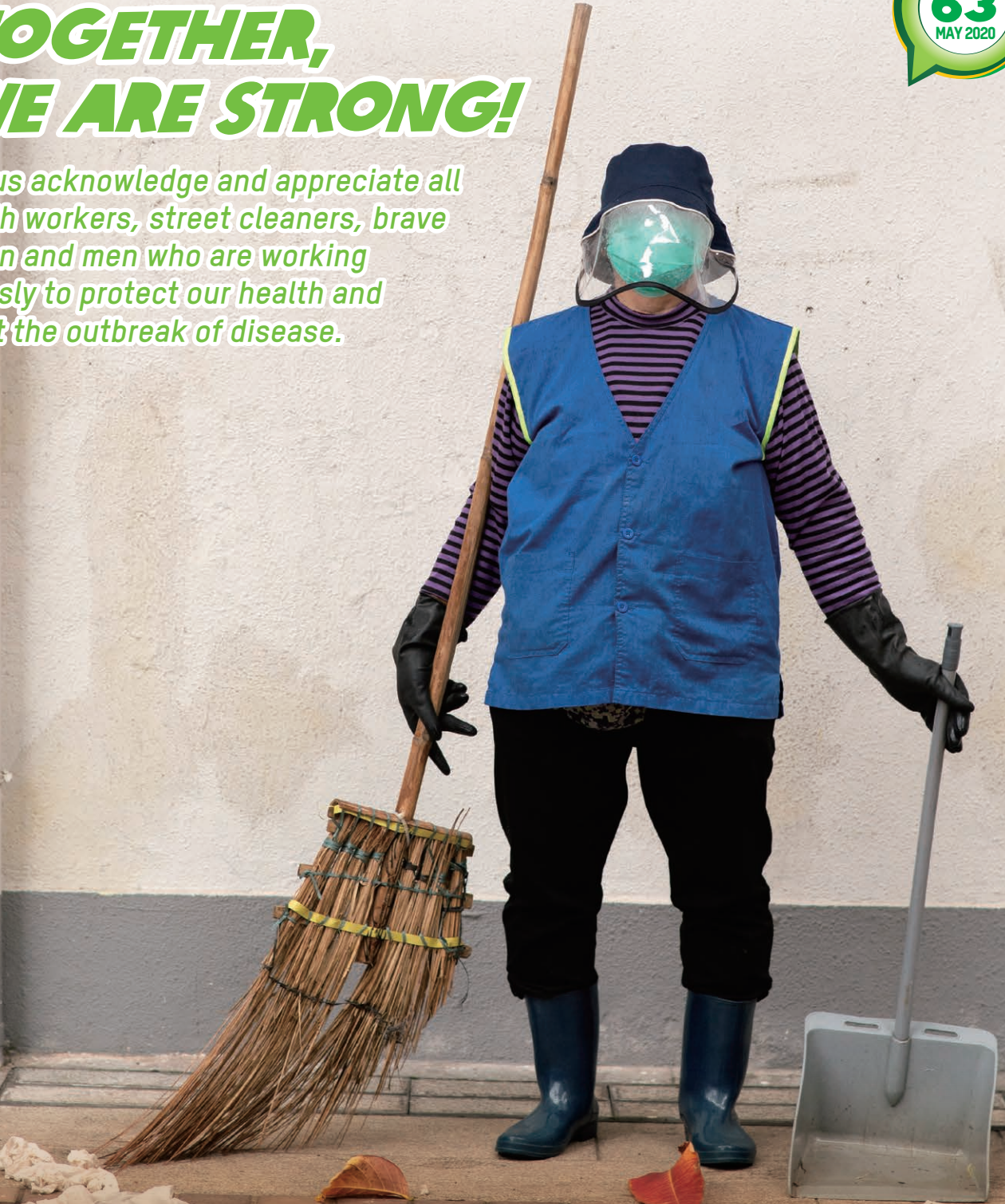
樂施會  
OXFAM  
Hong Kong

無窮世界  
World  
Without  
Poverty



## ***TOGETHER, WE ARE STRONG!***

*Let us acknowledge and appreciate all health workers, street cleaners, brave women and men who are working tirelessly to protect our health and prevent the outbreak of disease.*



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## Message from Director General

Dear Oxfam friends,


I am honoured and delighted to greet you in this issue of Oxfam Express as the Director General of Oxfam Hong Kong (OHK). I have been with the OHK family for 18 years; from taking part in international advocacy campaigns in my early days, to leading the Hong Kong, Macau and Taiwan Programme Unit more recently, I have seen how crucial Oxfam's holistic approach to poverty is in ending it. It is my privilege to take on a more challenging position at the organisation to work with all colleagues and the rest of civil society as we strive to end poverty.

It's been a truly challenging 2020 globally with the COVID-19 pandemic. OHK has been on the ground protecting lives since Chinese New Year. My colleagues and I have delivered face masks and disinfectant to low-income families and underprivileged groups in Hong Kong, Macau and mainland China. I met frontline street cleaners who thanked us for giving them the face masks and said that our support came in the right time. As the pandemic escalates, Oxfam has scaled up its global response. We are particularly concerned about the wellbeing of vulnerable communities, many of whom are struggling to access clean water, food, sanitation facilities and healthcare.

Thank you, for donating masks and hand sanitizer to Oxfam – your support has enabled us to reach more than 280,000 people in Hong Kong, Macau and mainland China. In this issue of Oxfam Express, we report to you our response to the outbreak around the globe. You will also see how Oxfam's water and sanitation programmes are protecting lives and preventing the continued spread of the disease.

Tough times never last, but tough people do. I've been deeply moved and humbled by the acts of kindness I have witnessed in our community, and by news stories about humanity at its best.

The future is beset with uncertainties and difficulties due to the outbreak. Everyone is affected, but the poor are and will be hardest hit. Despite all the challenges ahead, let us face them positively and think about the way forward. As the mother of two children, I hope you will continue to join hands with Oxfam to make the world a better place for future generations. With warm regards,



Kalina Tsang  
Director General



# OXFAM IS THERE PROTECTING LIVES!

The coronavirus pandemic has affected everyone globally. Since late January 2020, Oxfam has been working with local partners in Hong Kong and Mainland China, as well as ministries of health and key UN agencies in 65 countries to protect the poorest and most vulnerable from the outbreak and its impacts. Here's a brief report.

## Hong Kong and Macau



Face masks  
118,900



Hand sanitizer  
56,200 bottles



Hand sanitizing wipes  
9,500 packs



Rice  
12 tonnes

**MORE THAN  
21,100  
PEOPLE REACHED**

Note: Figures above as of early April 2020

## Protecting frontline cleaners

Tens of thousands of street cleaners, who work on the frontlines to keep public hygiene in check, are most at risk during the pandemic. Since the beginning of February, Oxfam has distributed 50,000 masks, and has distributed hand sanitizer to cleaners. We've also shared ways to prevent the spread of the disease, and have reached close to 4,000 cleaners who work in high-risk conditions.

The cleaners who received the masks said, 'Thank you, they came just in time!'





## Distributing rice to low-income families

To ease the financial burden on low-income families, especially with the price of necessities like masks going up, we began distributing twelve tonnes of rice to 3,740 families with partner organisations since late February.

Miao is a single mum who has a 10-year-old daughter and works at a fast food restaurant. Because of the coronavirus though, she's been asked to not work one day every week. The rice made life a bit easier for her and her daughter since she is now earning less, but spending more because of the soaring price of some necessities.



## Providing picture books to children from low-income families

Oxfam is particularly concerned about the studies of children during the pandemic. Seeing that the learning progress of children from low-income families has been seriously affected due to long class suspensions, we provided them with picture books as learning materials as they study at home. These picture books utilise engaging stories and illustrations to help explain complex concepts in interesting, vivid and concrete ways. In fact, many experts encourage parents to learn with their children through parent-child reading, and Oxfam's picture books help both parents and children learn about social issues!

## Advocating for lasting change

While distributing masks and hand sanitizer in February this year, we worked with our partners to interview 149 cleaners from across 15 districts to understand cleaners' working conditions during the epidemic. The results were announced at our joint press conference on 18 February; many interviewees said they were ill equipped. We thus urge the Government and outsourced cleaning companies to provide cleaners with the protective equipment they need.

The pandemic has also affected a wide range of industries. However, workers with little bargaining power are often the first to be laid off or affected when employers cut costs. Oxfam conducted another survey together with several community organisations in March. The survey found that the number of unemployed people rose by 400 per cent after Chinese New Year. We are thus urging the Government to, among other things, offer short-term unemployment allowance, a special allowance through The Community Care Fund, and unemployment insurance for low-income families to help ease their burden during this difficult time.



# Mainland China

The outbreak has been affecting vulnerable groups in rural areas, migrant workers in cities, and street cleaners – people who often lack protective equipment and are thus more susceptible to catching the virus. Oxfam's teams in the Mainland have been supporting poor and vulnerable families in Guizhou, Yunnan, Gansu, Hunan, Guangdong, Shanghai, Fujian, Anhui, Beijing, Shaanxi, and Jiangxi Provinces to cope with the outbreak and its impacts.

## Supporting disadvantaged groups

Sixty-year-old Chen Guanglun lives in a community in Bijie City, Guizhou Province with his wife and grandson. He has problems with his legs and feet. The family relies on a subsistence allowance they receive from the local government. After hearing about the coronavirus on TV on the second day of Chinese New Year, he told us, 'We seldom go out now, it is better for us to stay put. I know that someone comes to disinfect our community every day.' Chen said he also felt relieved when he received the quilts and information about how to prevent the spread of the disease from Oxfam.

Since the outbreak, 398 volunteers from Oxfam's partner organisation in Guizhou have been working on the frontlines to protect people's health. Every day, 100 volunteers work in various communities – among them, the youngest is 23 and the oldest is 58 years old; they visit the elderly and distribute disinfectant to families.



Face masks  
172,116




Sanitizers  
23,815 bottles



Rubbing alcohol  
39,888 bottles



Protective gloves  
19,900 pairs



Emergency food  
4,237



Protective face shield  
900



**265,219**  
**PEOPLE REACHED**  
Note: Figures above as of early April 2020



'Thank you for always visiting me,' Granny Li said as she held our volunteer's hands to express her gratitude. Li lives in a community in Kunming City. She's visually impaired but she knows our volunteers well because we visit her often.

Granny Xu is another elderly resident in the community. As a widow, and having recently fractured her thigh, she isn't able to go out at all and has no one at home to keep her

company. Companionship and care are especially important for elderly people like Xu, but also others who stay at home all the time while they social distance.

Whenever Xu sees us when we visit, she'd greet us happily. Recently when we visited, she said 'Thank you for coming to see me. You had visited me before Chinese New Year, I miss you so much, but you should stay home to protect yourself during this difficult time.'

In February 2020, Oxfam and its partners provided masks, protective gloves and hand sanitizer to 108 poor families in Kunming City, Yunnan.



On 22 February 2020, we at Oxfam and our partner organisation distributed 50,000 face masks and 10,000 bottles of alcohol spray to, and conducted hygiene promotion activities for 5,000 street cleaners in Changsha, Yueyang and Changde cities in Hunan Province.

# OUR GLOBAL RESPONSE

Poverty affects people's ability to protect themselves against outbreaks. With our expertise in water, sanitation and public health promotion, Oxfam has been working with vulnerable, high-risk communities around the globe – from slums in India to refugee camps in Bangladesh. We're:

## Bangladesh

- ✦ Installing new handwashing stations in refugee camps, and further distribute soap and detergents.
- ✦ Providing training for community leaders on COVID-19, holding community information sessions on prevention measures, and sharing information about maintaining personal hygiene during household visits.

## India

- ✦ Helping to prevent the spread of COVID-19 among the general population through enhanced knowledge and skill of the community in adopting the prescribed protection measures.
- ✦ Installing portable handwashing stations and distributing safety kits for frontline health workers at hospitals, caregivers and community members, which contain protective gear/personal protective equipment, to help prevent the spread of infection.
- ✦ Urging the government to strengthen the public healthcare system immediately by allocating more funds to it.



## WATER AND SANITATION ARE CRUCIAL FOR HEALTH AND WELLBEING

Viruses and diseases don't discriminate. The poor, who lack the basics such as safe drinking water, sanitation facilities and healthcare, are hardest hit if there is disease outbreak.

Since the 1960s, Oxfam has been working in some of the poorest communities as well as refugee camps to provide safe water and sanitation facilities, and promote health education. Poor water and sanitation perpetuate a vicious cycle of disease and poverty. If an individual, family or community lacks these basic needs and rights, it's easy to offset the results of poverty reduction. Providing poor communities with clean water and sanitation facilities can prevent the outbreak and control the spread of diseases, and ensure the health and livelihoods of poor communities.



Photo: Aurélie Marrier / Oxfam

Ellina, 67, fetches water at a water point supported by Oxfam, and looks after her granddaughter at the same time. The water point has greatly reduced women's time and effort to get water.

**2.2 BILLION** people around the world do not have access to safe drinking water



**2 BILLION** people do not have basic sanitation facilities such as toilets



**3 BILLION** people lack basic handwashing facilities



Some **827,000** people in low- and middle-income countries die as a result of inadequate water, sanitation, and hygiene each year



Sources: UNICEF and the World Health Organization, 2019

## POVERTY ALLEVIATION DICTIONARY

Did you know, Oxfam is an expert in WASH?

WASH stands for and consists of three main components: **water, sanitation, and hygiene**

### Benefits of improving water and sanitation

- reducing the severity and impact of malnutrition;
- promoting dignity and boosting safety, particularly among women and girls;
- promoting school attendance: girls' school attendance is particularly boosted by the provision of separate sanitary facilities; and
- promoting potential recovery of water, renewable energy and nutrients from sustainable faecal sludge management.



## Protecting the health of refugees ▼

According to the UNHCR, as of the end of 2018, more than 70 million people worldwide were forced to be displaced due to violent persecution, conflict or climate change. Can you imagine what would happen if there was a disease outbreak in a cramped refugee camp where there is a lack of clean water or sanitation facilities? If that happens, not only would care workers, but also refugees and nearby host communities be at risk of a bigger humanitarian crisis.



Oxfam's experts discussing the installation of a water supply system in front of a large water storage tank. Oxfam has extensive experience in providing water and sanitation in refugee camps.



Photo: Phil Moore / Oxfam

Public health includes health facilities, disease prevention, and sanitation. Children, the elderly, pregnant women, and girls are the most vulnerable and have the greatest demand for WASH. Here in the Nduta refugee camp in Tanzania, Oxfam has built a latrine with a handwashing station for every four households. Oxfam has installed a total of 6,771 toilets and 4,396 bathing units in the camp.



Photo: Aurelie Marrier DUrmierville / Oxfam

## ◀ Protecting the health and livelihoods of poor communities

Takudzwa, an Oxfam WASH Engineer working on an Oxfam supported solar piped water system in Somerton village, Zimbabwe. The system will supply water to a local school and clinic as well as many families in the local community. With the water system, villagers will have safe water, and women can spend less time and effort to fetch it, and they can have more time taking care of their families and developing livelihoods.

## Protecting lives amid an epidemic ▶

During the outbreaks of Ebola in West Africa and eastern Democratic Republic of Congo, Oxfam has worked directly with communities to support local solutions to the outbreak and to ensure that communities have the knowledge and capacity to prevent and help contain the disease. Oxfam has also been providing clean water and handwashing stations to enable the poorest to practice good hygiene and to slow the spread of disease. These interventions are now crucial in response to the coronavirus, will save lives, slow its spread, and reduce pressure on completely under-resourced health systems.

Here, an Oxfam staff member explains the symptoms of Ebola, the precautions, and essential steps to take if someone exhibits the symptoms of Ebola to community members in Democratic Republic of the Congo. Oxfam was one of the first international NGOs to respond to the Ebola outbreak in the country. Oxfam works closely with local leaders and communities to stop the spread of the virus, and works with the community to promote hygiene and sanitation.



Photo: John Wessels / Oxfam



# BACKSTAGE HEROES WHO PROTECT OUR HEALTH

This is a time to acknowledge and appreciate those who look after us and uphold our public health systems, which are always important but become indispensable in the face of a pandemic.

My name is Aki (pseudonym). I am a Rohingya refugee\*, I am also one of the 300 community volunteers of Oxfam. I talk to people in the refugee camp about the importance of good hygiene in preventing the outbreak of disease.

Oxfam has opened the largest waste treatment plant ever built in a refugee camp, which is able to process the waste of 150,000 people per day. I visited the plant before, and had a better understanding of how my work is part of Oxfam's wider efforts to stop outbreaks of disease. Last year lots of people were sick with serious diarrhoea. But we are seeing improvements. We can tell our community that this plant is doing something that will help for the future, and maybe also produce cooking gas. It's great!

\*Nearly a million Rohingya people have fled violence in Myanmar and are living in crowded refugee camps in Cox's Bazar, Bangladesh. Oxfam is providing clean water, installing water points, toilets and showers, distributing soap, and promoting hygiene to help prevent outbreaks of disease and keep people stay healthy.

My name is Revo, I am a 50-year old Congolese refugee and a member of the Oxfam volunteer WASH Team. I am responsible for cleaning latrines and educating the community about the importance of hygiene at the Mantapala refugee settlement in Northern Zambia.

In Congo I was a midwife, so people trust me. I go to the community to educate people on the importance of how to use toilet properly and how to wash hands and to ensure that people are protected from diseases. I understand that being unwell in an environment like this is a huge problem.

I'm a volunteer, I'm not paid anything, not even a soap. I clean the toilets once a day and do hygiene promotion three times. I've given my life to people because in my heart I love people so much.

My name is Fong. I am a street cleaner in Hong Kong. I work the night shift and work eight hours a day, six days a week. Since the COVID-19 outbreak, my company did not provide us with enough training or guidance on how to deal with used masks and dirty stuff that's discarded on the streets. They only asked us to use more bleach to wash the streets. Using bleach all the time though makes my eyes very uncomfortable. I am not too worried about getting infected, life must go on; I will continue to work hard in my job. My company provides us with one mask a day, but I need to use two every day due to long working hours. Thank you to you all for giving us masks, they came in handy.



Photo: Dorothy Sang / Oxfam



Photo: Alexis Huguet / Oxfam



Photo: Tétris Luk / Oxfam





Photo: Bruno Bierbach Feder / Oxfam

“ My name is Joseph Pur Chuol, I am volunteer hygiene promoter for Oxfam in South Sudan. Our team has four members, we visit communities in Panyijiar County ensuring proper sanitation is maintained. In 2016, there was an outbreak of cholera which scared most and killed many people in this county. Our biggest challenge is to prevent another cholera outbreak and protect people’s health. Thanks to Oxfam’s support, boreholes were constructed or repaired. With safe water and better health awareness, we have seen some improvements! ”



Photo: Peter Caton / DEC

“ My name is Julia, I am an aid worker for Oxfam. I started to promote good hygiene practice in Beira, Mozambique, three months after Cyclone Idai. I myself also lost my home during the cyclone.

I manage a team of 25 “activists” from the local community who go door-to-door to promote good hygiene practice and hand out soap and water purification liquid to villagers to prevent the spread of waterborne diseases such as cholera.

Cases of cholera have been brought back to the same low level as before the cyclone after public health campaigns such as this one, and a mass vaccination programme was launched. ”



Photo: Islam Mardini / Oxfam

“ My name is Sana Majeed, and I am 24 years old. I work at Oxfam’s Public Health Promotion focal point in Aleppo, Syria. My job is to increase people’s hygiene awareness in communities in Aleppo so as to improve health and prevent the spread of disease.

I began my journey with Oxfam as a volunteer in early 2015 and have been working with the Public Health Promotion team since then. What got me into humanitarian work? Because of the war in my country. It made me want to become a productive member of society and give back to my community. As a female humanitarian worker, it is easier for me to connect with other women and relate to issues affecting them – especially on matters they are not willing to communicate with the males. Some communities do not accept that a man ask women sensitive questions, which is why a woman on the field helps break down walls, and boost transparency. ”



Name: Zhang Junyou  
 Age: 12 years old  
 Occupation: Student  
 Country: Kunming City, Yunnan Province, China  
 Family members: Grandpa, Grandma

“ I live in a migrant worker community in Kunming City with my grandparents. There is no running water or toilet in the small room we rent. It is very inconvenient especially for my grandma, because she is visually impaired. Whenever she needs to use the toilet, she has to walk up and down the stairs to the public toilet.

Our hometown is in a remote rural area in Zigong City, Sichuan Province. Grandpa said that we have no relatives, no farmland or a house there. So, we cannot go back. Grandpa is the breadwinner of the family. He makes and alters clothes in a small factory in Kunming, earning about 1,200 yuan a month. He uses this meagre income to pay the rent, buy food for us and support my studies. Grandpa is getting old, I'm worried he's going to burn out.

My mother abandoned me when I was born, and my father works in Jiangsu Province. I haven't seen him for many years. I miss my parents. I love my grandparents very much. I

want to be with them forever. I remember grandma had an operation a year ago; I was so scared. I didn't want them to worry about me, so I only cried in my bed at nights.

I was not born in Yunnan, and my household registration is in Sichuan, I cannot go to a public school. Thank you (Oxfam) for supporting my school fee, or I would have had to drop out from school.

We couldn't even afford a TV. Every day after school, I go to the Community Centre (supported by Oxfam) to do homework and read books. There are volunteer teachers to help us with our homework. I work very hard with my studies, and I score 80-90 marks in many subjects, including Maths and Science. I also like drawing.

What is my dream? I am still very young, dreams are a bit unattainable to me. I just want to be able to further my studies. ”



# TACKLING GLOBAL INEQUALITY

## TIME TO CARE



The world's **billionaires**, only **2,153** people in 2019, have more wealth between them than **4.6 BILLION** people

The combined wealth of the world's **22** richest men is more than the wealth of all the women in Africa



The monetary value of **UNPAID CARE WORKER** globally for women aged 15 and over is at least \$10.8 trillion annually – **three times the size of the world's TECH INDUSTRY.**

Taxing an additional 0.5% of the **wealth of the richest 1%** over the next 10 years is equal to investments needed to **create: 117 MILLION** jobs in education, health and elderly care and other sectors, and to close care deficits.



Photo: Aurelie Marrier D'Unieuxville / Oxfam

Sibongisiwe washing dishes with her little daughter in the family kitchen in Bubi District, Zimbabwe. In Zimbabwe, only 48 per cent of the rural population has access to safe drinking water. Many women walk long distances every day to find water, which reduces the amount of time they spend doing other activities such as earning an income, taking part in community activities or spending time with their friends and family.



Photo: Sam Taiting / Oxfam

Lan works in a factory and two other jobs in Dong Nai province, Vietnam. Her low wages and the high cost of living means that she can't afford to have her children live with her and relies on her parents to take care of them while she is away working.

Women and girls are among those who benefit least from today's economic system. They spend billions of hours cooking, cleaning and caring for children and the elderly. Unpaid care work is the 'hidden engine' that keeps the wheels of our economies, businesses and societies moving. It is driven by women who often have little time to get an education, earn a decent living or have a say in how our societies are run, and who are therefore trapped at the bottom of the economy.

**Governments created the inequality crisis – they must act now to end it. Oxfam urges governments around the world to:**

- Improve public services and infrastructure to protect carers, and ensure that people who do some of the most important jobs in our society are paid a living wage.
- Ensure corporations and wealthy individuals pay their fair share of tax, and build more human economies that work for everyone, not just a fortunate few.

Download the report



[www.oxfam.org.hk/1/news\\_and\\_publication/43123/Oxfam\\_DAVOS\\_Time-To-Care-Full%20Report\\_200120\\_Final-en.pdf](http://www.oxfam.org.hk/1/news_and_publication/43123/Oxfam_DAVOS_Time-To-Care-Full%20Report_200120_Final-en.pdf)

**Inequality is also alarming in Hong Kong. Oxfam urges the Hong Kong government to:**

- Spend additional recurrent expenditure on initiatives such as increasing the quota for occasional child care services, care-and-attention places and nursing home places for the elderly, and public health care.
- Pay its workers a living wage and to improve labour protection and benefits, to ensure people who work can provide for themselves and their families, and live with dignity.
- Review the current tax system and implement ability-to-pay taxation in order to better redistribute resources, narrow the gap between the rich and poor, and create a more equitable society.



# GIFTS FOR ANY OCCASION

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20IT1021	Berry Delicious	\$600			
20IT1031	Change Lives Set	\$2,540			
20IT1030	Pure Donation				
				Total:	Total (HK\$):



Please fax the form to 2590 6880 or send it to Oxfam Hong Kong, 17/F China United Centre, 28 Marble Road, North Point, Hong Kong, Attn: "Oxfam Unwrapped". If you would like to make payment by cheque or bank transfer, please send the cheque or the original bank-in slip together with the order form to us. It will take about 2-3 days to deliver your printed card to your friend / family.

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The personal data collected will be treated as strictly confidential and will be used only for receipting and other communication with you. If you would not like to receive any mailings from Oxfam, please tick the box

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World  
Without  
Poverty

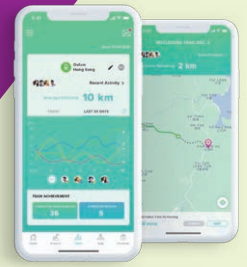
請以膠紙封口 Please Seal

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**OXFAM TRAILWALKER**

**Samantha Chan**



The world was almost been completely shut down by a global pandemic. Social distancing, working from home, school suspensions – our lives have never been so affected and shattered. Infectious disease experts warned that the coronavirus will not end soon. So, how can we equip ourselves to cope with the threat and stay healthy? Here, Oxfam Trailwalker veteran Samantha Chan shares her tips of building and keeping a healthy lifestyle.

**INFINITY WALKER**

Samantha recommends Oxfam’s hiking/running mobile app, Infinity Walker, to those who are interested in exercising: ‘By completing various missions and reaching certain milestones, you can earn points and badges. With the points you earn, you can redeem rewards, enjoy exclusive offers or even donate to Oxfam Hong Kong to help people in need. This app is better when you use it with friends!’

Samantha has taken part in the Oxfam Trailwalker for many years. She is a seasoned participant who has completed the entire route within 18 hours. Although training takes up much of her time, she believes exercise is essential. Smiling, Samantha said, ‘Exercise is a crucial part of my life. Running and taking part in the Oxfam Trailwalker are my lifelong commitments. I found that exercising is good for my body and mind. I have become more positive, focused and determined, and I’ve been able to overcome obstacles and challenges in my life. I really think everybody should exercise no matter what.’

In recent months, people around the globe have been doing everything they can to prevent the spread of and fight the coronavirus. In Hong Kong, many people are staying at home while many others have been seeking refuge in the countryside on

weekends. Exercising and staying healthy has been important in fending off the coronavirus too. Samantha agreed, saying that hiking responsibly and away from the crowds could help boost our health and immune system: ‘The countryside in Hong Kong is beautiful and there’s lots of fresh air. Walking in the countryside and getting in touch with nature can help you relax and make you happier, and can strengthen your heart and lungs. I would suggest that you go with two or three friends, but not in a big group. Remember not to leave any trash on the trails; don’t pick or damage any plant or tree, whether living or dead, and bring your own water. During this critical moment, when you’re around people or when you take public transport back to the city, do put on your mask. Of course, if the situation is alarming, stay home – this is the best way to protect yourself and others.’

But how can you exercise when you need to stay at home during this pandemic? Samantha recommends a few simple exercises which are sure to boost your health: ‘Yoga can relax and energise you. It helps you stay flexible and strong without putting added stress on your joints. Core exercises such as sit-ups and planks, and lower body strength training exercise like squats can strengthen your muscles and burn fat. Skipping rope can strengthen your heart and lungs too.’

‘No matter what difficulties arise along the 100 km trail or even in life, a positive frame of mind is very important,’ Samantha said.



Photo: MIU MIU MOU

Veteran Oxfam Trailwalker Samantha Chan hopes to promote environmental consciousness and healthy eating.

**THE TRUE TRAILWALKING SPIRIT**

The true trailwalking spirit is the determination to face the daunting 100 km trail, the perseverance to overcome its peaks and valleys, and knowing that you as a walker never walk alone. Through teamwork and mutual support, no challenge is too big to overcome for these teams of four. A firm believer in this spirit, Samantha believes the same goes for fighting the pandemic – as long as we stand together and support each other, we will make it through with perseverance. ‘Most importantly,’ she added, ‘we need to stay positive because stress and anxiety are harmful to our physical and mental health.’

The outbreak of the coronavirus has given us the opportunity to reflect on what is most important in our lives, and how we can live a meaningful life. Thinking beyond the current crisis, Samantha said, ‘We also need to work together to address climate change. I believe that each one of us can make a difference. From today onwards, you can help make the world a better place by living a simple life, reducing consumption and eating healthy. I love eating apples, and I use organic honey as a substitute for refined white sugar. Drinking organic honey with warm water is delicious. It is rich in vitamins and can help strengthen the body’s immune system. I also support fair trade and I think we can be a changemaker by using our consuming power. Buy fair to empower poor people and protect our planet.’

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