



Presentation

of Africa's project

Bread for everyone

by Alex Duarte Ribeiro

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HUNTER'S BREAD
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Quelimane, Mozambique

How did it start?

It started with my uncle, Leônidas Duarte. He went to Quelimane – Mozambique in 2016. He was found by Danilo, who is the lider of a community called Good Samaritan. When I say found, it is because he was really found! After hundreds of emails sent to Europe and the USA, asking for help, one of these emails got to my uncle, who has been working with social projects for many years in Brazil and Eastern Europe

01

Picture of the hunter bread, on the embers!

02

Picture of a visit to a local bakery

03

Picture of Antônia eating the bread made by the



How I got involved

In 2017, I felt the desire to join this trip, but in the begging, I didn't know how to help. I work with IT and I made bread as a hobby. And then we knew that we should take those breads to Africa and teach the guys from the village how to make bread.

The resources

We started a campaign, in the family, with friends and on social media. I had enough resources to afford my own trip, but I needed resources to execute the plan there! We were able to get a certain amount of money, that would be used on this project. Many people on social media helped sending money.

How did we bake the bread?

The biggest challenge was coming towards us – how to bake the bread. We bought some clay pots, and we made a hole on the ground and filled it with rocks and charcoal.

It was an amazing experience, but we wouldn't be able to bake all the dough in one week. We couldn't waste time baking all those breads. I wouldn't be much longer with them so I wanted to use all the time we had in the course to make as much dough as we could, because if they are making more dough, they could practice more, and they would have more experience.

The hunger

Something that would change my perspective of life, happened during the course. A dough that I used, on the first day of the course to demonstrate autolysis, was not used after the demonstration. Then I saw one student (Isler) using banana leaves to get that dough made with only flour and water and he saved it to take home. He ate that raw. And at that time I realised that we nneeded to bake all the dough we were going to make during the course, because I was dealing with something that I haven't experienced in my life, the hunger!

It was then, when we started to bake the bread under charcoal embers. There, we were making hunter's bread. They liked that method a lot, because they could observe every change in the dough made only with flour, water and salt, until it became bread.

What about the oven?

There were lots of **experiences...**

Seeing children eating bread that were being baked, children only a few months old, like Antônia! Lots of people were fed with the bread that we made! By the way, all the bread in the village, since the course, has been made by the boys and this makes me very happy!

01

The boy and the oven!

Your name is Isler!

02

The bakery being built



forming a leadership

Among the boys, five of them stood out: Arsênio and Aider, are the leaders of the team, Felismina, Alex and Isler, the masters of embers!

What about the oven?

Now you may be asking yourself... what about the oven? We were able to leave there the amount of money necessary to build the oven, but it wasn't built while we were for lack of skilled labor. By the way, The oven is ready now! And also the bakery is! Trying to help the construction while I was Brazil was a huge challenge!

Isler

When I arrived in Brazil, I contacted Danilo and I asked about Isler, the young man from the course that had great skills to handle the embers. I asked because I left Mozambique worried about him. I saw him very fragile and with a sad look, and only then I knew that Isler and his family were starving. That young boy who ate the raw dough.

Challenges

The upcoming challenges are still huge! Yeah, I know... Everything that was done was only the beginning! We want a lot more, we want to change today's reality and we also want to change the perspective of every young men and women who live in that village and give them hope about the future.

Love for baking

With this trip I learned that nothing happened by chance. This love that I feel for baking and for bread with natural fermentation didn't just happen. It happened with a purpose, with a bigger goal, and this goal is feeding people in another continent giving them hope of a better tomorrow.

Bakery's construction

The picture aside, shows us the bakery being built! All the boys participated in the construction, even the children helped, while playing they helped caring the clay.

Making income

After the first trip, the challenge was to go back to Brazil and keep the bakery working. We bought the flour, the coconut, the butter and the firewood. We also started a campaign to raise resources for the boys, in the beginning with the help of family and friends, we sent money to buy food for each one of them.

01

Picture of Armando, with the bread he baked!

02

Picture of a child eating bread baked by students.



Dignity

After a few months giving them food in exchange for their work at the bakery, we were able to raise funds through partners to pay the boys' salaries. Now they can buy the food for their home. We understand that this way, not only the bread was being delivered, but receiving the payment, we would be giving them some dignity.

Children being fed

With the boy's work in the bakery and with the funds sent to Quelimane monthly, today 80 orphan and vulnerable children and 40 disabled seniors are fed by the project!

When I arrived in the village, they were eating a mix of flour and hot water. This was their breakfast. And that to me is a great victory! To be able to provide ways for the bread to be at the table of such a suffering people.

Making income

Well, now bread is a part of a daily routine in the village. But we understand that this is not enough to keep the project alive. It's necessary to teach them how to fish, not only give them the fish itself.

Therefore, we encourage the boys to produce more batches so that the surplus can be sold in the city of Quelimane. We don't want them to get used to donations. In the city there are many people selling everything! Even rats in cages! Why not sell bread? And quality breads! Made by them, like local products! Valuing the coconut, much found in Quelimane!

And this has been our biggest challenge! Making people who are used to waiting for help, to move and search their own livelihood!

Our goal

Today, Danilo, the project manager in Quelimane, welcomes 120 people at his door. We need to build a care center for the elderly and an orphanage for the children! This is our dream! Give a decent place where they can grow up, study and pursue a profession!

How to help?

Distribution of flip-flops - In the background, a girl was not given one. We only realized that later on looking at the pictures.

01



Monthly I send resources to Mozambique. Through a network of friends, we are managing to feed and dignify these people. But we could be doing a lot more! Therefore, I am seeking the regularization of the project, since all help sent is via individual.

Regularize o project

So if you are reading this material (Some law firm), and if you can help us with the regularization of the project, please get in touch! We really need your help!

Travel expenses

Managing a project from a distance is not easy. Even with all the support of technology and social media. Nothing replaces the physical presence there.

There are many expenses with the trip, like the visa to enter the country (one visa for each entry), the costs of tickets, travel and food. If you can help us in this regard, please contact us!

How to help?

In July 2019 I'll be back to Africa! We are already building the second bakery in Africa, now in the city of Beira. City hit by cyclone Idai.

In addition, we have our commitment to Quelimane. We need to continue helping to support the young people who participated in the bread course, and for the purchase of flour and charcoal for bread production.

If you are interested in helping, follow the bank account for the deposit for the project in Africa.

Thanks in advance for being part of this team! The idea is to gather efforts!

Alex Duarte Ribeiro
Bradesco Bank
Agency: 2580-1
Saving Account: 1002074-3
CPF: 032.206.227-63

This bank account has been separated for this purpose.

Special thanks

I thank all the support we had. In particular, my family! That even during school vacations supports me to travel to Africa. Thanks to Danilo Montanha for welcoming me to Quelimane for allowing me to help! It's been a privilege to walk with you!

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