



**~your gift feeds children in need with these plants-4-hunger programs~**

**Your December Gift-Donation is Doubled!**

### **Ethiopia - International Fund for Africa**

IFA not only expands healthy food access to students through their vegan school lunches, but also builds school bakeries and food gardens to increase self-sufficiency and sustainability with income from the sale of baked goods.

IFA currently serves 500 children (five schools with 100 students each) and plans to add new schools and breakfast options as funding permits. Health lessons, vaccinations, and donations of eye glasses are important complements that further children's learning and overall well-being.



### **India - Annamrita: Food For Life**

Annamrita's mid-day meals program operates in eight states throughout India providing vegan school lunches to reduce hunger and malnutrition in children from disadvantaged areas.

They have a particular focus on girls, who are often given less food in poor families and communities. Leveraging available resources, they are experts in distributing large amounts of low-cost, high-quality food.



### **Guatemala - Plenty International**

Plenty's nutrition program works with families to grow and distribute non-GMO soybeans, expand employment opportunities, improve parents' knowledge of nutrition, and increases access to healthy foods for families and children.

Women's groups use the soybeans to produce soymilk and fortified vegan bakery goods (including nutrition-packed "cookies") for malnourished children. Additional food sales further decrease hunger in their community.



### **USA - Grow Where You Are & MaituFoods**

Grow Where You Are is a team of veganic farmers who empower youth by teaching them how to plant and care for food gardens, which increases family and community access to fresh fruits and vegetables in urban food deserts.

Together with their partner MaituFoods, they provide vegan food to school lunch programs, run a learning-centered summer camp, and work with local churches to build community micro-farms on unused land.

