



37

37 million people live at or below the poverty line.

3.6

Every 3.6 seconds, another person dies of starvation.



800

More than 800 million people go to bed hungry every night.

## Friends Against Hunger

We are a non-profit 501(c)(3) organization focused on feeding the hungry in the United States and worldwide. Since the foundation of our organization in 2007, we have had no paid employees, and we are completely volunteer-based.

If you are interested in getting involved with Friends Against Hunger, please visit [fahunger.org](http://fahunger.org) or email [director@fahunger.org](mailto:director@fahunger.org).

friends against  
**HUNGER**



PO Box 7108 • Springfield, MO 65801

# Meals a Million Pack-A-Thon



Friends Against Hunger • Springfield, MO

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PO Box 7108

Springfield, MO 65801

# Ending Hunger

## One Meal at a Time

Meals a Million is an opportunity for you to unite with a group of volunteers to fight hunger locally and worldwide.

### Our Meals

Over several packaging sessions, volunteers will work to package one million meals. There are two meal varieties: enriched rice and bean meals, which are also gluten-free, and enriched macaroni and cheese meals. Preparation is simple; just add water and boil until the pasta or rice is cooked to make a complete meal.

These meals are well-balanced and vegetarian, and they are enriched with vitamins, minerals, and amino acids. They also contain soy to supply protein.

### Meal Distribution

Our meals are distributed throughout the United States and to developing countries internationally. Previous distributions have included Tanzania, Mexico, Haiti, and El Salvador.

We distribute our food through non-governmental agencies. All partnering organizations must have a proven track record of successful food distribution.

# YOU CAN HELP!

You can make a difference at Meals a Million in three ways:

### Collect Items

We need hand sanitizer, packaging tape, nine-volt and AAA batteries, gloves, masks, sanitizing wipes, and disposable plastic aprons for the event. A list of additional collection items can be found at [fahunger.org](http://fahunger.org).

### Donate Funds

We encourage volunteers to make a contribution of two dollars or more. To distribute meals, we need \$160,000. Every dollar makes a difference.

To make a further contribution, visit [fahunger.org](http://fahunger.org) or mail a check to PO Box 7108, Springfield, MO 65801.

### Volunteer Time

Register for a two-hour shift at [fahunger.org](http://fahunger.org). You can organize a group or signup as an individual. All volunteers must be nine years or older.

Volunteers are needed to

- add ingredients to bags (groups of 4–6)
- weigh bags
- seal bags (adults only)
- box meals and stack boxes (requires lifting thirty-three pounds)
- refill rice and soy into plastic tubes (requires lifting fifty pounds)

Although most activities require standing for two hours, weighing can be done while sitting down.

**We need 4,500 volunteers to package one million meals. Will you be in the count?**

