FEEDING CHILDREN

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I heard a quote recently that said “If you feel like you are going through hell, don’t stop, keep going.” That phrase really hit home for various reasons. I have my personal life issues going on with my children and grandchildren along with my own personal challenges to be the best husband, father, grandfather and CEO I can be. At times the weight of all these responsibilities can seem a bit overwhelming until I realize I am not doing any of this on my own. I have an amazing wife and incredible children and grandchildren, and I have the privilege of working with some of the most talented and passionate people in the world at Kids Against Hunger.

Our job at Kids Against Hunger is daunting yet achievable, and when it feels like I am going through hell I need to press on and keep moving to ensure we continue this path of feeding children around the world. I also know that we have some incredible supporters that have chosen to be a part of this great cause.

I had a picture pop into my mind recently about a story that gave me great hope and encouragement about not being alone and working together to meet the challenges ahead of us. It is the story of the Starfish. As the story goes, a man wondered onto a remote beach where he was met with the incredible sight of millions of starfish washed up on the shore who were going to die soon without water. He then notices off in the distance someone on the shore picking up one starfish at a time and throwing them back into the ocean. The man approached this person with confusion and asked a simple question, “Why are you throwing one starfish at a time back into the ocean? There is no way you can save them all.” This individual bent over and grabbed another starfish and held it in his hands and said, “You are correct, I cannot save them all, but I can save this one.”

This very powerful story has given me great encouragement over the years. That is not where the story ended this time for me as I was pondering our work at Kids Against Hunger. My story continues with this same man after he hears the words of this individual turn around with his back to the ocean and see in the distance some people walking toward him and the shoreline. As he continues to watch these people come closer he realizes the crowd is so large he is unable to see its full size or even estimate how many there are. He then watches the crowd approach the dying starfish on the shore and witnesses the power of so many people working together to save the millions of starfish left on the shore.

This is our story. This is our cause. This is why I believe in my heart that we can change the world. We can all come together to lift up the hungry and malnourished with one voice and change the course of history through our actions. Join us to make hunger in our world a footnote in history. Join us to Change the World!

Nick Yaksich
CEO Kids Against Hunger
Welcome!

Director, Steve Tompkin
Amer-Haitian Bon Zami Satellite
ST. CHARLES, MISSOURI

Our Newest Satellite Location

Follow us on social media!

Facebook: KidsAgainstHunger
Instagram: KidsAgainstHunger
Twitter: KAH_HQ

We are always looking for people to take the initiative to start a new satellite location where they call home.

If you are interested in starting your own Kids Against Hunger satellite in your area, reach out by phone or email: 1.866.654.0202 or info@kidsagainsthunger.org
Latin Rice

Feeding Families Around the Corner
By Nicholas Orson

When Kids Against Hunger first embarked on tackling domestic hunger we ran into an unexpected reaction; people were not happy with how the food tasted. This surprised many since we never received that kind of feedback from our foreign partners. We tried explaining that the food could also be modified! If someone had some extra beef, chicken, or spices they can be added to the Kids Against Hunger food to taste. But it was not enough. People did not like our food.

This is where some serious, humbling conversations began. While many were thinking that taste should be a hungry person’s last consideration, we began to realize that each country is different in their cultural preferences. Americans are accustomed to taste. Fast-food and “ready-made meals” are not the most nutritious but they meet two very critical requirements for a person facing hunger: price and taste. Kids Against Hunger was inexpensive but not as tasty as the “other guys.” But knowing that millions were choosing under-nourishing food sources due to “taste,” Kids Against Hunger undertook the massive task of feeding America and making it nutritious and tasty.

In the Spring of 2014 we partnered with ConAgra Foods to create a domestic product that could be packaged just as easily as the original product, be just as nutritious, and taste good enough that people could see themselves buying it on a supermarket shelf. It would be easy to assume all Kids Against Hunger had to do was beef up the spices in its original blend but price was acting as the referee for all decisions. Kids Against Hunger needed to stay within the same cost that it took to make our foreign product. Simply adding spices would have made the product too costly to produce.

We unveiled Latin Rice in October 2015. Since its unveiling, one satellite has been dedicated to maximizing its domestic impact by exclusively packaging domestic meals. Dan Jensen of the Omaha, NE satellite, Omaha Against Hunger, has packaged and distributed over 690,000 Latin Rice meals so far.* Jensen gave us some insight into the impact Latin Rice is having in America.

When asked about the difference between our original product and our Latin Rice, Jensen replied, “The greatest part of the Latin Rice is that it has more flavor than the standard food and the packaging itself has greater appeal to the final recipients as it looks more like a packaged retail type product than a relief product like the international blend packaging.” His Latin Rice is distributed by Orphan Grain Train and Food Bank for the Heartland** impacting thousands from Nebraska to Iowa to South Dakota.

Jensen shared an inspiring story about Christian Outreach Program - Elkhorn (COPE) in Nebraska and their launch of Latin Rice. They sent clients home with Latin Rice and some beef, encouraging them to make casseroles with the new food. According to Jensen, “[COPE] had immediate requests for more of the Latin Rice.” Jensen is hopeful for the success and growth of Latin Rice in the coming years.

As we continue to grow, Latin Rice will find its place as our premier domestic aid product. Its unique packaging, bold flavor, and high nutrients will hopefully make it more than just an aid for hungry families. We hope to see it as a symbol of reversing the course of hunger in America.

*Statistics provided by Dan Jensen from Omaha Against Hunger.
**Food Bank for the Heartland was contacted, but did not respond.

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Fortified soy - used for texture and protein

Black beans - pre-cooked, and full of Vitamin B1, protein and magnesium

Garlic - contains not only flavor, but Vitamins B and C as well as calcium

Onion - contains Vitamin C, dietary fiber, folic acid and protein, as well as flavor.

Chili powder - gives the Latin flavor that makes it appetizing in the American market
Kids Against Hunger Your Quad Cities was founded in 2009 by John and Gail Kessler. The first packaging event was held in June of that year. By the end of 2009, Kids Against Hunger Your Quad Cities had made two shipments of meals to Haiti. John did a great job of building the satellite and keeping it running for four years, however, in 2013 he decided to pass the torch to a new Director.

In June of 2013, I attended my first event and decided right then that God had led me to this mission. I became the Director of Kids Against Hunger Your Quad Cities. It has been both rewarding and challenging. Rewarding with the fact that you know you are helping to change the world, you are helping to make people aware of the hunger situation, you are helping to feed the world one child at a time. There is nothing that touches my heart more than to be giving my introduction to Kids Against Hunger at a packaging event and to look out at the crowd and see tears in their eyes or heartbreak on their faces realizing how many children are hungry, how many children we lose to hunger each day. Then while the packaging is happening, there is an excitement when people know that they are helping and their world lights up. There is always a sense of accomplishment when the event is over. The people know they have helped to feed the hungry around the world and right here at home.

The challenges of running a satellite are many, but knowing the challenges the hungry face on a day to day basis, makes those challenges seem small. In the Quad Cities all of our events are mobile - we move to the clients and that presents its own set of challenges. We pull a trailer with all our supplies and equipment and when that trailer is not big enough to accommodate what we need, we have a volunteer that uses one of his tractor/trailers to move our supplies. I must say that the best asset of this satellite is our volunteers, those folks that load up the trailer, set up and run the events, tear down, clean up and haul everything back to the warehouse. Those are the people that make a satellite work. A round of applause to all of our volunteer staff.

We are very fortunate to have partnered with a few local businesses to help resolve needs of the satellite. A BIG shoutout to The Center, Dohrn Transportation, Murray Warehouse, and US Auctioneers.

In September of 2015 we were approached by the Jewish and Muslim communities of the Quad City area, wanting to package meals for the Syrian refugees as their way to help those in crisis. The Bettendorf Waterfront Convention Center donated the space to host an event. The logistics that go into planning a 250,000 meal event are amazing, and on December 5, 2016 we had the event. It was 16 packaging lines that ran for 10 straight hours. It was exhausting, but it was AWESOME! The meals that were packaged that day were sent to Omaha, then the corporate office managed to get them shipped via Air Force C-17 to Iraq where they were handed off to the Barzani Charity Foundation. What a great event and a great outcome, not only did we bring different religious communities together to work side by side, but we held our biggest packaging event ever. WOW!!!!!
KAH is launching a program called “Travel with A Purpose” to introduce our donors and volunteers to the many areas of the world where we send and distribute food. We are hosting packaging trips to distribute food to the regions we are traveling to, along with exploring the wonders of those parts of the world. In addition, we are fulfilling our vision of opening distribution centers in strategic global areas. The Israel facility is the realization of this vision.

Our mission is to significantly reduce the number of hungry children in the USA and to feed children throughout the world. Having a facility in the heart of an area of need will better position KAH to fulfill this mission quickly and efficiently.

Please join us for a once in a lifetime trip that will truly shape the future of how we are able to feed children around the world.

Visit our website at www.kidsagainsthunger.org to sign up or call 402-333-1346.
Day 1: Sunday, April 23 – Begin your travels by getting on your flight in the U.S.

Day 2: Monday, April 24 – Find your room at the four-star Leonardo Art Hotel in Tel Aviv and we will travel together to Independence Hall, the site of the signing of Israel’s Declaration of Independence. Here we will see ancient artifacts and an art exhibition.

Day 3: Tuesday, April 25 – We will move north as a group to the Ein Gev Hotel in Tiberias, on the Sea of Galilee where we will visit the historic site of Caesarea’s ancient ruins and the ancient city of Megiddo (built in 7000 B.C.). Next, we will visit Jezreel Valley, a Biblical site of a victory by the Israelites, led by Gideon, followed by a trip up Mt. Carmel where the prophet Elijah was said to make his stand in the Book of Kings, and will drive by Nazareth and Cana.

Day 4: Wednesday, April 26 – Continuing our stay in Tiberias, we will visit Caesarea Philippi, an ancient Roman city where Alexander the Great began his conquest. We will then travel to Tel Dan where the House of David once stood, and move on to the Golan Heights, a battle site in the Old Testament, and a drive up Mt. Bental, with a view of Israel, Palestine and Syria.

Day 5: Thursday, April 27 – We will take a boat ride on the Sea of Galilee and see a 2,000 year-old boat that was unearthed in 1986. We will continue to the Mt. of Beatitudes where in the Bible Jesus gave his Sermon on the Mount. Afterwards, we will see the home town of apostles Peter, James, Andrew and John in Capernaum. Magdala, where Mary Magdelene is presumed to be from, is next and at the end of the day, we will participate in a baptism at Jordan River, where Jesus was reportedly baptized by John the Baptist.

Day 6: Friday, April 28 – Friday morning we will move to the Grand Court Hotel in Jerusalem and visit Beit Shean where Biblical kings David and Solomon ruled from. We will move to Gideon Springs where Gideon gathered his army in the Old Testament, and a drive by Jericho. We will end the day with a viewpoint at Mt. Scopus with a stunning view of the golden dome of the Temple Mount.

Day 7: Saturday, April 29 – We will begin the day traveling to King Herod’s palace at Masada, then travel to Ein Gedi, the lowest place on Earth, followed by Qumran, ruins from the days of the Second Temple. We will finish the day with a once-in-a-lifetime float in the Dead Sea.

Day 8: Sunday, April 30 – Our morning begins with a trip to the Mt. of Olives, where there are many Biblical references to Jesus spending time there. At the base of the mount is the Garden of Gethsemane, where Jesus was said to pray with his disciples on the night of his betrayal. We will continue to the Church of St. Anne’s, the best-preserved church built by Crusaders. We will travel under the Ecce Homo Arch and walk Via Dolorosa, the path towards Jesus’ crucifixion, and end at the Church of Holy Sepulchre where he was crucified. We will begin an afternoon of mission work at the Millenium Center, our newest distribution center.

Day 9: Monday, May 1 – We will visit one of the most sacred placed in the world to the three major monotheistic religions - the Temple Mount. We will continue outside to the Western Wall, also known as the ‘Wailing Wall”, a place of great import to the Jewish religion. From there we will continue down the Southern Steps to the City of David where King Herod had his temple. Our afternoon will be spent doing mission work in afternoon at the Millennium Center.

Day 10: Tuesday, May 2 – We will take in some of the oldest artworks in the world at the Israel Museum before continuing on to Yad Vashem, a Holocaust museum. We will then see the ancient Jewish dynasty area of Modi’in. In the afternoon, we will be dedicating and officially opening the Millennium Center.

Day 11: Wednesday, May 3 – The Garden Tomb, where Jesus was buried and rose from the dead, according to the Bible is where we will begin our last day together. We will continue with mission work at Millennium Center, and then travel to Beit Shemesh, where people were said to have seen the Arc of the Covenant. We will visit Elah Valley, where David battled Goliath in the Bible and (as time permits) Jaffa. We will finish our evening with dinner in Tel Aviv so you can easily get to the airport in the morning and travel home.
Iraq: Barzani Charity Foundation

Feeding Families Around the World
By Nicholas Orson

Facebook is awful. It isn’t that I don’t enjoy staying connected with people, “liking” a picture or sharing an impactful article or two. But Facebook has created a scenario where it actually might be better to take a sharp stick in the eye over getting into another emotional, baseless, pointless, barbaric argument in the comment section. Like the rising tide a new hot-button-issue has risen among the chaos ensuing on the Facebook news feed and it can be summed up in one word: refugees.

This article will not attempt to debate the merits of either side of that argument. However, this article will highlight the potent response Kids Against Hunger has made and has been making concerning the refugee crisis in Iraq, Syria, and surrounding countries. This is where a little-known but extremely influential organization comes into play.

Barzani Charity Foundation (BCF) was founded in 2005 in the Kurdistan Region of Iraq in a city called, Erbil. The nonprofit organization serves about 2 million refugees and internally displaced people (IDPs) in Kurdistan from Syria and Iraq due to the war against ISIS and other conflicts. According to BCF’s public relations officer, Eskandar Saleh, “BCF is committed to providing inclusive, social, cultural, educational, health and basic humanitarian services to all parts of society for the sake of improving the overall living conditions in Kurdistan.”

If asked where Kurdistan sat on a map, most people could not point to it. While Kurdistan is not a formal country, the ethnic group numbers about 30 million people and a majority are living in Iraq, Iran, Syria, and Turkey. According to The Kurdish Project, in Iraq the Kurds have “established their own autonomous government, the Kurdistan Regional Government.” Given its geographical location, the region has been among some of the hardest hit from the civil war in Syria to the war against ISIS in Iraq and abroad.

The Kurds are considered the largest ethnic group in the world without a state that defines them (as Americans are to America). This makes them exceptionally vulnerable to the crisis occurring in the Middle East, as they have no government to protect them or to advocate for them on a global scale. BCF is one of the few organizations doing everything in their capability to advocate for the Kurdish people and supply them with their immediate needs.

To add to the scale of this issue, the Kurdish people are not the only ones facing displacement. Saleh has implied in our interview that not all refugees coming from Syria are Kurdish refugees. Plus, there are several hundreds of thousands of people considered IDPs, internationally displaced people coming from across the whole region seeking refuge.

In an effort to cover as much ground as possible, Saleh says that there are BCF offices across Kurdistan Iraq including, Sulaymaniah, Dohuk, Kirkuk, and Garmian. In the region there are 49 refugee camps servicing some of the almost 2 million IDP’s and refugees who resettled to Kurdistan, of which BCF manages 15 camps. Of that 2 million, about 45% live in the refugee camps. BCF provides “inclusive, social, cultural, educational, health and basic humanitarian services” to these refugees and IDP’s as well as the rest of the Kurdistan region.

Saleh further elaborated on the need by highlighting one of the more gruesome attacks by ISIS in the region. It was known as the Sinjar Massacre where 5,000 men were executed and between 5-7,000 women were enslaved. The attack forced tens of thousands of women and children into the Sinjar Mountains where, according to Saleh, “many children died because of starvation and lack of water.”

The Washington Post covered the story in August 2014 saying, “Humanitarian agencies said...that between 10,000 and 40,000 civilians remain trapped on Mount Sinjar since being driven out of surrounding villages and the town of Sinjar...But the mountain that had looked like a refuge is becoming a graveyard for their children.” The article continues, “‘Children have died because of dehydration and lack of food,’ Vian Dakheel, a Yazidi parliamentarian from Sinjar, said through tears. ‘My people are being slaughtered,’ she continued, referring to reports of mass killings of those who had stayed behind.” The attack also resulted in over 147,000 people flooding the already burdened refugee camps in Kurdistan where BCF is located.

Thankfully, the story does not end there. Kids Against Hunger has actively participated in feeding refugees around the world for several years. However, countries like Iraq and Syria have been increasingly challenging to get our life saving food into. The political atmosphere or violent conflicts have often kept our food out of the hands of the innocent bystanders in these countries. Through our various connections with the US Air Force, Navy, and Army we have seen a slight breakthrough in these areas including the most recent aid sent to BCF.

Kids Against Hunger, through the donations from multiple satellites, was able to send over 256,000 meals to BCF. But this would not have been possible without the assistance of a few key players. The Denton Program partnered with Kids Against Hunger.
in order to get the donated food on government aircraft and successfully penetrate hostile regions to get the meals to BCF.

When I asked Saleh how the Kids Against Hunger food was affecting their efforts he added that the number one thing people left behind when fleeing conflict was food. He offered some more insight into how the food was being distributed and who was specifically benefiting from the food:

“[Since] April 2016, Barzani Charity Foundation has been providing new-arrivals with two hot meals on a daily basis, which [amounts to] more than 14,000 meals per day during the last nine months. Other than the hot meals, BCF has provided immediate response rations to the families, [which is] a very effective way [of] saving the lives of thousands. The priority is given to those who are living in a very severe condition of life and poor people as well. For instance, [the] Sinjar Mount population…is considered a remote area.”

According Saleh, Kids Against Hunger’s food aid provided in December 2016 was distributed to 24,414 families in the Kurdistan region. 2,346 of those families were part of the refugees still hiding in the Sinjar Mountains, and in January 2017 they received their first taste of the life saving Kids Against Hunger food.

As always, there are players behind the scene who rarely, if ever, receive recognition for their hand in making donations like this possible. One such organization was the Metropolitan Community College CDL training program provided by Omaha Metropolitan Community College. The program offers students the opportunity to achieve their CDL license and potentially start driving professionally in as little as six weeks. Darryl Partner, a CDL faculty, shed some light on how the CDL training program played a role in getting the over 256,000 meals to BCF:

“At this particular event we helped by having the meals loaded onto our trailers, relieving Kids Against Hunger from having to pay storage [fees on the food]. We then delivered [the meals] to Offutt Air Force Base and helped with off-loading them there before their final journey to [Barzani Charity Foundation].”

He left me with a profound statement that reminds us why we at Kids Against Hunger work so hard to partner with our communities to make our mission of feeding families around the world and around the corner a possibility:

“I think the relationship we have with Kids Against Hunger is an important one for our community to be aware of. We like being part of something like this that, as you say, helps those in need around the world and around the corner. As I’m fond of saying, our middle name is Community.”

It is important now that we remind ourselves the story is not yet over. Millions more refugees seek our aid and Kids Against Hunger is primed to provide more than just aid, we can provide hope. There are thousands more Saleh’s and Partner’s waiting to get involved and actively looking for a way to help. It is up to us at Kids Against Hunger to create and solidify these connections so that organizations like Barzani Charity Foundation are not left needing food for the masses they care for.

So the next time someone wants to start up a Facebook debate with you about the refugee crisis, rather than argue with them or take the cowards way out with a sharp stick to the eye, invite them to your next packing event. Challenge them to have a hand, an active hand, in helping the refugees facing death on a daily basis. And as a precautionary measure, take that sharp stick and throw it back outside. You won’t be needing it anymore.

When a church’s mission statement is to “See, Grow, and Serve to the Glory of God,” there’s no better way to live it out than to open up a Kids Against Hunger satellite.

That was the thinking in 2011, when a group of South Canyon Lutheran Church members in Rapid City, SD took a leap of faith and held the satellite’s first pack at a senior citizens center.

“We were so excited, and everyone who came to pack was, too,” said Deanna Darr, satellite director. “We immediately knew that this was going to be a powerful, hands-on way for volunteers – especially kids – to live out their faith and do something with their own hands to help eliminate starvation. And they were surprised that they could do it from a small, remote city in the middle of the United States.”

Since then, the group has packed nearly 800,000 meals. In 2016 alone, the satellite packed more than 200,000 meals.

“We’re not the biggest satellite in terms of meals packed, but we make up for it in enthusiasm,” Darr said.

Kids Against Hunger-Rapid City has worked with larger satellites to send International meals to the Philippines, Sierra Leone, Liberia, Nepal, and Haiti. But the Latin Rice meal has really struck a chord in the community. Three of the poorest counties in the nation are in South Dakota, and Rapid City is located just 80 miles from the Pine Ridge Indian Reservation.

“There are so many people in need in our community, and our volunteers have a heart to help those at home,” Darr said.

The Latin Rice meals have been distributed to area veterans in need through the Veterans Administration Stand Down, to area reservations, and to food banks throughout the Black Hills. A group of young men at the South Dakota School of Mines & Technology recently packed Latin Rice for their college’s food bank shelves, and then enjoyed a meal of Latin Rice doctored up with taco sauce, tortillas, and cheese. (It was delicious.)

The satellite lost its original packing site at another nonprofit’s warehouse, and a year ago moved all its supplies back to South Canyon Lutheran, into a Sunday school classroom. These days, most packs are held in the church’s Fellowship Hall, with rolling carts holding all the supplies. The packing team also makes good use of a donated trailer to do mobile packs at school service fairs, businesses, and other churches.

Although losing its donated space seemed like a blow at the time, it has been a blessing in disguise.

“We’re more visible now with members of our congregation, and with one of the high schools, which is located across the street from the church,” Darr said. “We have a nice group of high school students who help us with packing events. They’re really taking ownership.”

The church is also home to Friend-Ship Preschool, and students there – all 3 and 4 years old – have also packed meals.
What’s the secret to our food?

Our food can save lives, it’s filled with so much nutrition. But how was it developed and why is it so special?

After seeking advice from several sources to determine the nutritional requirements of malnourished and starving children worldwide, Kids Against Hunger brought together a team of food scientists from Cargill, General Mills, Archer Daniels Midland, and Pillsbury. This team of experts developed a specific food formula that meets the nutritional needs of children and that is far superior to the widespread rice and beans mix used by many feeding programs. The specific formula took nearly three years to develop.

The rice was chosen because it is so widely recognized worldwide. We use premium long-grain white rice. We chose white rice specifically because of its shelf life. The soy we use is fortified with ten vitamins in addition to the high protein content of the soy. The vegetables provide both color and flavor to the food. The vitamin formula is a proprietary formula and is the “secret sauce” that goes into our food. We provide 21 vitamins and minerals and each bag of our food contains six servings of the dehydrated food which when boiled will serve six children and provide all the vitamins and minerals they need for a day. It provides not just a meal – but better health to starving children. Additionally, our bags are specifically made to be three-ply for strength and they are made of a moisture-proof and odor-proof material to prevent spoilage and insect or rodent problems. Our food has a shelf life of at least three years.

The ingredients are formulated to provide a rich source of easily digestible protein, carbohydrates, and vitamins needed by an undernourished child’s body and mind. The food is also acceptable to the broad diversity of ethnic tastes and religious differences around the world. The food offers all 9 of the essential amino acids required for complete nutrition, something that can’t be said about other typical food relief sources such as rice or beans alone. It is also very simple to prepare, requiring only 6 cups of boiling water to make a complete meal and to save a life.

What goes into our vitamin powder?

Vitamin A is good for eyesight, growth, appetite and taste. A sign of a Vitamin A deficiency is night-blindness.

Vitamin B6 is good for preventing skin conditions, nerve problems, and helps the body absorb protein and carbohydrate. A sign of Vitamin B6 deficiency is skin inflammation.

Vitamin B12 is good for making red blood cells and forming nerves. Signs of a Vitamin B12 deficiency are tiredness, breathing difficulties, dizziness and poor nerve tissue function.

Vitamin C is good for the immune system and cell lifespan, healing wounds, cholesterol, preventing scurvy and protection from viruses and bacteria. Signs of deficiency are tiredness, bleeding gums and slow-healing wounds.

Vitamin D is good for strong bones. Signs of a Vitamin D deficiency are unhealthy teeth, weakening of bones and rickets in children.

Vitamin E is good for fighting toxins and is a powerful antioxidant. Signs of a Vitamin E deficiency are weak muscles and fertility problems.

Folic acid is good for production of red blood cells. It is essential in the first three months of pregnancy to prevent birth defects. Signs of deficiency in folic acid are tiredness due to anemia and a red tongue.

Calcium is good for strong bones, nerve function, muscle contraction and blood clotting. Signs of Calcium deficiency are brittle teeth and bones.

Iron is good for red and white blood cells, muscle function and the immune system. Signs of iron deficiency are tiredness, irritability, poor concentration.

Magnesium is good for converting food into energy, cell repair, building strong bones and muscles and regulating temperature. Signs of a Magnesium deficiency are muscle spasms, heart disease, diabetes, high blood pressure and weak bones.

Zinc is good for the immune system, and breaking down proteins, fat and carbohydrates. Signs of a Zinc deficiency are lesions, loss of taste and smell, hair loss, diarrhea, slow healing of wounds and stunted growth.
We have the privilege and blessing to "follow our food." I just returned from my 7th trip to northern Haiti, where our primary work is, under the guidance of an amazing man named Emory Wilson, who founded the work there. At the end of this last trip Emory and I had the opportunity to visit the areas most devastated by Hurricane Matthew. It was a heartbreaking journey, and yet out of the destruction have risen many stories of hope, which reminded me again of the amazing resiliency of the Haitian people. We took the time to pray with them, ask them what their story was, and then gave what we could—tarps and peanut butter and of course, our bags of KAH food.

Karen Freeman, Director, KAH Satellite Verde Valley, Arizona

I have been a Missionary here in Haiti since 2007. I was here when both the Earthquake and Hurricane pounded this country. My work is primarily in the mountain regions of Grand Goave approx 1 1/2 hours West of Port au Prince. The mountain areas I work in were just 1 month away from harvesting their crops, that was now all gone. Within days' hunger was starting to be a big problem and I knew it was going to get far worse. In one area I work, the children were eating the bark off the remaining trees that were still standing. I had some KAH food sitting in a warehouse that Carl Nabieh from KAH Canada had sent me for a feeding ministry we run in one of the mountain areas. Immediately we started to deliver KAH food to the mountain people, just getting there was very difficult because most of the roads were now washed away. We would take the food up as far as we could and then load it all on waiting donkeys, then the mountain people would take it up to their communities. Myself and the mountain people of Grand Goave Haiti have been Blessed by Kids Against Hunger and I really appreciate all they have done to help battle hunger here in Haiti.

Tony Jones, missionary who works with the KAH Canada Satellite

Below are stories from satellites and those in Haiti who benefited from the global effort of Kids Against Hunger volunteers and donors. After the category 5 Hurricane Matthew disrupted the Caribbean in September of 2016, satellites across the United States and in Canada held emergency events to get food where it was needed most.
Jerry and Chuck, have made two KAH food distribution trips to Haiti and were able to send 700 boxes with two ministries to the south of Haiti, which was the hardest hit, and also 250,000 meals to the Northwest of Haiti. Below is a letter two them from a community they reached.

Hi Jerry and Chuck,

We wanted to send you a special note of thanks and encouragement for the food boxes that Kids Against Hunger delivered to us in October. Please know: these boxes had a huge impact in our community, especially in the wake of Matthew. Kids Against Hunger has developed something of a reputation in the community through the food boxes (although most people don’t know the specific names associated with them). Manis (Haitian director of the mission) said, “I ask God to bless the people who give those food boxes. Those boxes help us so much!”

Krischelle Frost, Lemuel General Secretary, Anse-Rouge, Haiti

Jerry Lantz and Chuck Guerber,
KAH Satellite St. Peters, Missouri

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Krischelle Frost, Lemuel General Secretary, Anse-Rouge, Haiti

Rick Hetzel, Director,
KAH Satellite Southeast Missouri

Samuel, a native of Haiti, works closely with me. We partner with the Haitian American Caucus that provides for children and people in the surrounding area. Samuel, the director of the school we provide for, had received 123,000 meals from KAH Southeast MO for the children this last fall. This food was a breath of life for an area that is struggling its way out of poverty and into sustainability. After the hurricane, they shared this life saving food with those in need through the connection of the Haitian American Caucus in Les Cayes. Thank you KAH for saving the day, and providing smiles for the people of Haiti!
As a father, my heart exploded with pain when I heard the plight of an aid worker named Dianne who was advocating on behalf of 18-month-old boy named Ricardo.

Ricardo was born in a small village near Chichicastenango, Guatemala (AKA Chichi) with total gluten intolerance and several dairy issues. In America, this would not be a problem. We have ample diet choices to help build strong healthy children. Whether you’re gluten free, paleo, sugar-free, or anything else in between, you can cater to those specific dietary needs handily. In the remote areas of Guatemala, Ricardo’s family was not so blessed.

Ricardo was admitted to the NICU at 8 months old and weighed about 7 pounds (the average boy in the USA weighs 20 pounds at his age). He was finally released after 19 months at the hospital. Although he was alive, the family faced a new dilemma: where could they possibly get the food that his little body could digest? Enter an unlikely hero, Dianne.

Dianne trained as a nurse and eventually started offering nutritional help in her retirement years. She and Ricardo bonded through his struggle for survival. Dianne knew that without the proper nutritional food the next few months would be dire for him.

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Armed with nothing but the Internet and a passion to save this bundle of hope, Dianne found Kids Against Hunger and reached out to us. To offer some perspective, I receive hundreds of request a year for aid. People all over the world seek out Kids Against Hunger to help them feed their children. These requests all come with heartbreaking stories of how desperate their need is and I follow up with each one, taking the time to find out their true intentions and needs. Many are just looking for monies but some are genuinely looking for food. This one case caught my attention because Dianne was not just looking for food, she needed a specific type of food to help this young warrior fight to stay alive. She wanted to know if our food was gluten free. She explained it was not a request based on a trend she heard on the Internet. Rather, without gluten free food Ricardo, who she was advocating for, would die. I told her that our food was in fact gluten free and through a church connection with Kids Against Hunger we had missionaries heading Ricardo’s way in a couple of weeks.

Several emails and phone calls later we secured a generous shipment of gluten free, HIGHLY nutritious Kids Against Hunger food for Ricardo. His future has miraculously turned from dark and doubtful to joyous and promising. But Ricardo is not alone in his plight. Millions more face unique challenges like him and it takes many more Dianne’s to create the necessary connections. Please continue to help us feed those starving and in need of highly nutritious food!
In 1999, my husband Tom and I created Send Hope, a non-profit organization, to help children in eastern Honduras. The indigenous Miskito Indians in La Moskitia are cut off from the western part of Honduras because no roads have been built through the rain forest that runs north and south through the department of Gracias a Dios.

In 2005 we opened the House of Hope to help partially disabled children get an education after they had received the medical treatment they needed. We had been providing formula for malnourished babies and began looking for ways to provide adequate nourishment to other family members who were also malnourished. An all-too-frequent scenario in this impoverished region is a mother with 11 children with none of the fathers being physically or financially responsible for the welfare of their children. One mother brought in twins and one of them died. She had been coming to get the formula for the babies, but she was diluting it and giving some to all of the children.

In 2008, the President of the Allen Kiwanis Club attended the International Conference in Denver, Colorado. She visited the Kids Against Hunger booth and brought home the information to see if it would be something we could use in Honduras. After looking over the information and researching Kids Against Hunger, I realized it was exactly what I had been looking for to feed malnourished children in Honduras.

The Allen Kiwanis Club became a satellite, and our first packaging event took place in January 2009. The first year we packaged 147,866 meals. We have been able to expand from 2 to 12 lines and purchase a trailer to transport the ingredients and supplies to sponsor sites for the events. At the end of 2016 we have packaged a total of 3,284,139 meals.

Send Hope sends three or four containers to Honduras each year. We expanded our storage facility and began sending 800 to 1,200 boxes of Kids Against Hunger meals in each container. We provide Kids Against Hunger food to the 35 children who live at the House of Hope, the 132 children in grades one through six at the School of Hope, 325 students in grades seven through tenth at a private Christian school in Puerto Lempira, over 400 children in the Malnourished Feeding Program, 100 children in a local feeding program, and to other villages outside of the main town of Puerto Lempira. We also send meals to several programs on the Texas border to distribute in Mexico.

It is easy to see the benefit of sending Kids Against Hunger meals to the children in Honduras. I also like the benefit to those of all ages who take part in packaging the meals. Everyone enjoys being able to help others. Kids Against Hunger is one activity that can be done by the very young and the very old.

We all want to feel like we are contributing and making a difference. Parents like working with their children to teach them about helping others. Senior citizens love being included in the activity.

I love watching the happy faces and hearing the event described as “so much fun” and “when can we do this again?” Our goal is to continue to increase the number of meals we package to one million a year or more. In 2017 we will also begin packaging the new domestic Latin Rice to distribute to our local food pantries.
A letter from a young donor:

Thank you for accepting my donation I’ve worked all year for it (because I don’t have a job I’m a kid). Please use it to make the children happy and bring them hope. I am inspired by your noble deeds. Keep doing what you’re doing!

Sincerely,
- A humble donor.

P.S. My son cuts our grass and we pay him a small amount for that. He decided to save this money and the money he got for Xmas to give it away to a Charity. He picked you because he read your great work and he wants to help.

Keep up your great work!
- A humbled Mom