

Kids Against Hunger®

# HOW CAN I HELP THE PEOPLE IN HAITI?

YOU CAN HELP LOCALLY, HERE IN ST. CHARLES.

WE NEED YOUR TIME, YOUR DONATIONS, OR BOTH

Hope Lutheran Church proudly sponsors a Kids Against Hunger packaging group.

All food packaged is sent directly to Haiti.  
Please help us help them.

- Volunteer your time to help package.
- 100% of your donations purchases the ingredients and pays for shipping.

We will package as frequently as we can afford to. Each meal costs approximately 23 cents, which includes shipping.

**NEWSFLASH:** The next KAH packaging event is Saturday, January 30 from 9am-3pm. We need volunteers. For more information, call the church office at (636) 946-8922.

**What is Kids Against Hunger?** KAH is a national organization with a formula for making healthy, pre-packaged meals. These meals can be sent to areas in the country or the world where food is scarce. Each package is a complete meal and is made by boiling in water for 20 minutes.



Each bag contains

- ◆ rice, a food staple around the world
- ◆ protein, a key component missing in many areas
  - ◆ dried veggies
- ◆ 21 essential vitamins and minerals
  - ◆ Chicken flavoring

We package these meals right here at Hope. It's so simple!! We make an assembly line, adding one scoop each of rice, soy, veggies, and the flavoring powder. The bag is then weighed and sealed, making a shelf-stable, easy to prepare, and nutritious meal that feeds 6 people.

**Where does it go?** Each packaging site decides on a destination. Our church has a mission to support Haiti. Haiti is among the poorest countries in the world and food is scarce. All of our packages are included in a shipping container bound for Haiti, which gets shipped 2-3 times per year. The food is distributed through the House of Hope orphanage in Port-au-Prince.



Since our program began in 2008, we have packaged over 10,000 bags! That's more than 60,000 meals!

### \*\*\* UPDATE ON HAITI:

On Tuesday, January 12, a 7.0 magnitude earthquake hit Haiti, about 2 miles from the House of Hope orphanage. The girls are okay, although the facility sustained some damage and the town around it is in ruins. Our food is now needed even more desperately. On Wednesday, Jan. 20, the youth groups had a packaging event and we are planning another packaging on Saturday, Jan. 30. Due to current shipping issues, our food temporarily will be routed through the US military to the Haitian Coast Guard Station.



### How can I help?

1. **VOLUNTEER!** We always need people to help in packaging food. Each packaging event is a 6 hours session, split into three 2 hour shifts. We can accommodate between 15 and 30 volunteers per shift, and we package until we run out of food. We have packaging parties every 2 months. For information on the next packaging, call the church office at (636) 946-8922.

**Who can help? Anyone!** We welcome all volunteers, ages 5-95. We have sitting jobs, standing jobs, and heavy lifting jobs.

We have had several scout groups and youth groups package for service projects.

For more information, contact the church office at (636) 946-8922.

2. **Make a donation.** We buy the rice locally and the rest of the food and packaging comes directly from the Kids Against Hunger offices. We have all of the equipment already, so 100% of your donation is used to buy ingredients for packaging. For information, click [HERE](#).



We are a packaging center for Kids Against Hunger International.  
For more details about the program, see <http://www.kidsagainsthunger.org/>



*Jesus took the five loaves and two fish, looked up toward heaven, and blessed them. Then, breaking the loaves into pieces, he kept giving the bread to the disciples so they could distribute it to the people. He also divided the fish for everyone to share. They all ate as much as they wanted, and afterward, the disciples picked up twelve baskets of leftover bread and fish. A total of 5,000 men and their families were fed from those loaves!*

■ *Mark 6:41-44 NLT*

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