



# MY RUN AGAINST HUNGER

## PASSPORT



Name:

Class:

School:



# RUN AGAINST HUNGER

Around the world today 690 million people go to bed hungry every night. By joining the Run Against Hunger, you and your school are helping to create a world free from hunger!

Here's what you have to do:

## BEFORE THE RUN

- ✓ Ask your family, neighbours and friends if they will sponsor you for each lap you complete on the day of the run.
- ✓ Ask each person to fill in their details and sponsorship amount on your sponsorship form.

## ON THE DAY OF THE RUN

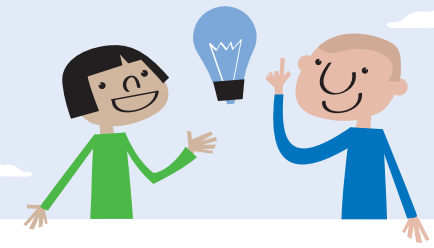
- ✓ Do your best and run as many laps as you can at your own pace. This isn't a race – you're all winners for taking part!
- ✓ Count how many laps you run and write this on our sponsorship form after the run.

## AFTER THE RUN

- ✓ Using your sponsorship form, work out the total gift each sponsor will have to give you.
- ✓ Go back to your sponsors, with your sponsorship form, to collect the donations or let them know the details of your school's online donation page where they can pay in funds directly to Action Against Hunger.
- ✓ Bring your sponsorship form and any cheques or cash back to your teacher as soon as you can so you can add to your school's fundraising total.



# SEARCH FOR SPONSORS



S P U O R G H T I A F G F P R F  
B A S E R M R Q F W Y A E S E A  
Q R V E O E Q K F O T O B S H M  
K U O T F J H V N H D U M N T I  
A O H T Y A C T E E L H C U O L  
G E D T H P C R A C M O J F M Y  
R Q Q X L E F Q S F U H K R D E  
V V W G P R R T H N D R L R N L  
Y V B V I N R A V W V N G Z A C  
Z Y S E T O K P L I N S A F R N  
X G N N P J X E Q P G K K R G U  
J D U S N E I G H B O U R S G A  
S A R E T S I S X S D X E N D V  
Y V K L U K W Z R N N E Z I D M

Can you find the following words in our search for sponsors word search?

Aunt	Father	Neighbours
Brother	Friends	Sister
Cafés	Grandfather	Sports Clubs
Faith Groups	Grandmother	Uncle
Family	Mother	



# WHERE WE WORK

WE WORK IN 46 COUNTRIES  
AROUND THE WORLD



## LUCY, UGANDA

*"My life suddenly improved. With what I earned from my first harvest, I built a decent hut for my mother. Then, I built a new house for my children and me. We are healthier, I can buy other foods to help improve our livelihoods."*



## BISHARO, SOMALIA

*"After my family started using the latrine and well, there was less illness – especially among the children. Now I don't have to spend most of my income on healthcare."*



## BHUMIKA, INDIA

*"Before Bhumika would hardly move, but now she is more cheerful and playful. Her milk and food intake has increased. Her weight has improved, and nutrition is much better now."*



## ROSHIDA, BANGLADESH

*"We have a second chance. If we hadn't found kindness and help at the camp, I don't think we would have survived. The children are better physically now thanks to the meals we are given by Action Against Hunger."*

# SOUTH SUDAN



Life in South Sudan is tough. Nearly four million people have been displaced due to conflict, and half the population faces food shortages.

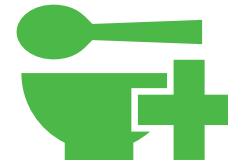
In July 2011, South Sudan achieved independence from the Republic of Sudan to become the world's newest country. It has vast oil reserves, and makes up one of the richest agricultural areas in Africa despite struggling with war and extreme poverty for more than two decades.

Although the world celebrated its independence with great hope, South Sudan remains underdeveloped. It has very little infrastructure for education, health systems, safe water, functioning markets, or paved roads. About 80 percent of the population live in rural areas and many rely on livestock and subsistence farming to survive.

Rising temperatures and extreme weather are having a huge impact in South Sudan. Last year, more than one million people were trapped or forced to leave their homes as they faced some of the worst flooding in sixty years. Now, the country faces a serious hunger crisis.

Action Against Hunger is supporting communities in South Sudan who rely on farming and those whose livelihoods are at risk from climate change. With over one million children fighting the most deadly form of hunger, we're in some of the hardest to reach places treating malnutrition and providing vital access to safe water and sanitation.

## IN 2019, ACTION AGAINST HUNGER HELPED OVER 17 MILLION PEOPLE IN 46 COUNTRIES AROUND THE WORLD.



### 8.4 MILLION PEOPLE WERE HELPED WITH NUTRITION AND HEALTH.

This involved our teams finding and treating children fighting hunger with ready-to-use therapeutic food, a special paste made from peanuts, nutrients and vitamins.



### 5.6 MILLION PEOPLE WERE REACHED WITH CLEAN, SAFE WATER FOR DRINKING, WASHING AND COOKING.

Action Against Hunger did this by providing wells, latrines, pumps, water tanks and chlorine tablets for communities.



### 2.4 MILLION PEOPLE WERE SUPPORTED WITH TOOLS, SEEDS, TRAINING AND LOANS.

This allowed people to grow their own healthy, nutritious food, or find jobs that meant they had enough money to afford to buy their food instead.



### 416,086 PEOPLE WERE HELPED WITH MENTAL HEALTH AND CARE PROGRAMMES.

Communities could talk to professionals about how they have been affected by difficult situations like war and natural disasters and feel able to cope.

# HOW YOUR DONATIONS MAKE A DIFFERENCE



**£1** could provide a day's worth of lifesaving therapeutic food for a malnourished child.



**£25** could provide an emergency kitchen kit for a family of five people, including pots, pans, bowls and cutlery.



**£42** could provide the therapeutic food needed to save the life of a child suffering from the most serious form of hunger.



**£110** could fund chlorine tablets to provide safe drinking water for 833 people for 40 days.



Find out more: [www.actionagainsthunger.org.uk](http://www.actionagainsthunger.org.uk)



**ACTION  
AGAINST  
HUNGER**



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**FUNDRAISING  
REGULATOR**

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