



**ACTION  
AGAINST  
HUNGER**



**MY RUN  
AGAINST  
HUNGER**

**PASSPORT**



Name:

Class:

School:



# RUN AGAINST HUNGER

Around the world today, one in nine people go to bed hungry. 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.

## 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 so you can tell your family and friends.

## AFTER THE RUN

- ✓ Let your sponsors know the details of your school's online donation page where they can pay in funds directly to Action Against Hunger.
- ✓ If you have cheques please bring them into school.

## TAKING PART VIRTUALLY?

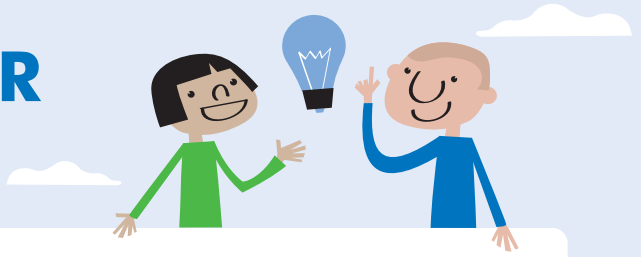
Pick a challenge you can complete in the comfort of your own home, set your target and spread the word to ask for sponsorship from your friends and families!

## STUCK FOR IDEAS?

Why not try jumping jacks, balancing on one foot or even laps around your garden or bedroom if safe!



# 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 C O U S I N I D M



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

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

# WHERE WE WORK

WE WORK IN 51 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. We eat mushrooms at least twice a week, and 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 be inactive, 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.”*

# SPOTLIGHT ON DRC

## FACT FILE: ACTION AGAINST HUNGER IN DRC

Number of staff:

**472**

Operating since:

**1997**

People helped in 2019:

**1,263,514**

Action Against Hunger bases:

- 1 Kinshasa
- 2 Kasai
- 3 Kasai Central
- 4 North Kivu
- 5 South Kivu
- 6 Tshopo
- 7 Kwango
- 8 Kwilu
- 9 Haut-Lomami



For more than 20 years, the Democratic Republic of Congo (DRC) has suffered from conflict, disease and displacement. Because of this, more than 4 million children there are sick from lack of food.

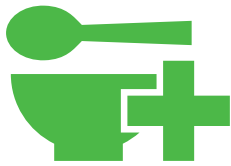
DRC is one of the biggest countries in Africa and it is rich in natural resources, like gold and diamonds, but its people are some of the poorest. There are often conflicts between groups. Families have to escape the fighting and move to new villages or 'host communities'.

Many families in DRC grow their own food so, when they have to leave their home, they lose their access to nutritious food as well. This means that their children can easily become very hungry. When children become really sick from lack of food, we say that they are suffering from malnutrition.

Sometimes, these families live in schools which means local children can't go to school there anymore. Families often live close together which means disease can spread quickly. Because of competition over space, water and food, sometimes host communities do not want the families there.

Action Against Hunger is working with these communities to provide access to clean water and stop disease. We treat malnutrition in their children and provide emergency food supplies to the community. We set up support groups and train government health care workers, so eventually, we don't need to be there anymore.

# IN 2022 ACTION AGAINST HUNGER SUPPORTED 28 MILLION PEOPLE IN 51 COUNTRIES AROUND THE WORLD.



## WE REACHED 15.6 MILLION PEOPLE THROUGH OUR NUTRITION PROGRAMMES.

This involved our teams finding and treating children suffering from hunger using tools like Plumpy'nut, a special paste made from peanuts, nutrients and vitamins.



## 6.8 MILLION PEOPLE WERE SUPPORTED 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.



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

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



## 968,528 PEOPLE BENEFITED FROM MENTAL HEALTH AND CARE PROGRAMMES,

so they 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 pay for 2 doses of therapeutic milk used to urgently treat children and babies with life threatening hunger.



**£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.



**£117** 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)



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