

# RUN AGAINST HUNGER

**INFO PACK**



## **CONTENTS**

**PAGE 1 – ABOUT ACTION AGAINST HUNGER**

**PAGE 2 – WHERE WE WORK**

**PAGE 3 – ABOUT RUN AGAINST HUNGER**

**PAGE 4 – HOW TO PLAN YOUR RUN AGAINST HUNGER**

**PAGE 5 – ACHIEVEMENTS SO FAR**



# ABOUT US



Action Against Hunger is an international humanitarian organisation that fights against the causes and effects of hunger. We save the lives of malnourished children. We guarantee access to safe water, food, education and basic health care. We do everything we can to free children, women and men from the threat of hunger.

## INFORMATION



**28M**  
PEOPLE



**55**  
COUNTRIES



**46**  
EMERGENCIES

IN 2022, THROUGH 856 PROJECTS, THE ACTION AGAINST HUNGER INTERNATIONAL NETWORK HELPED 28 MILLION PEOPLE IN 51 COUNTRIES WORLDWIDE, 3.5 MILLION MORE THAN IN 2016



**15.6 MILLION PEOPLE HELPED WITH NUTRITION AND HEALTH**



**6.8 MILLION PEOPLE REACHED WITH WATER, SANITATION AND HYGIENCE**

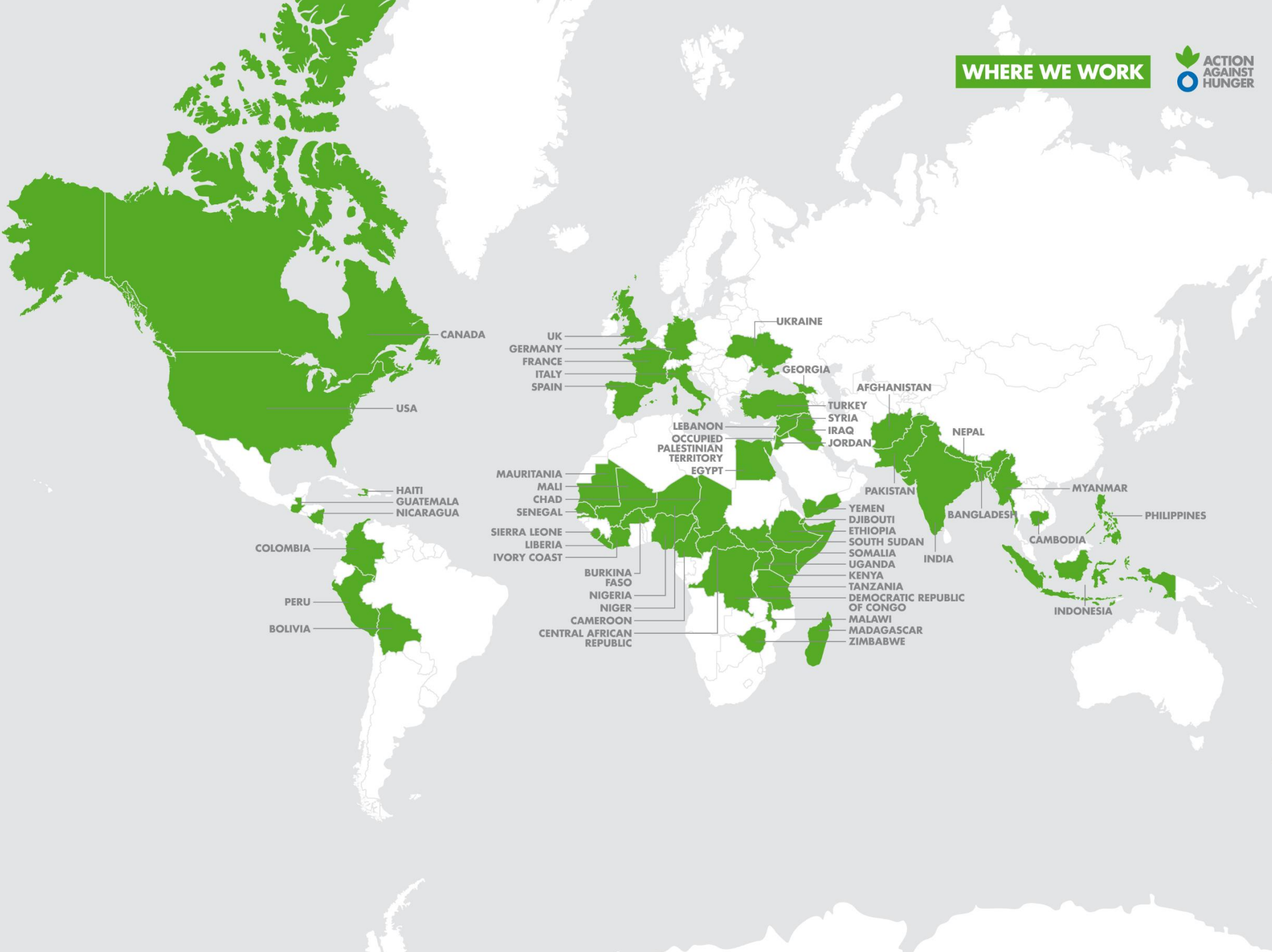


**4.4 MILLION PEOPLE SUPPORTED WITH FOOD SECURITY AND LIVELIHOODS**



**968 THOUSAND PEOPLE HELPED WITH MENTAL HEALTH AND CARE PRACTICES**

# WHERE WE WORK



## WHAT IS THE RUN AGAINST HUNGER?

The Run Against Hunger is an international project combining education, exercise and fundraising aimed at schools and colleges around the world. Schools from France, Spain, Germany, Italy, Peru, Columbia and the UK took part last year and we hope to see this continue to grow!

Pupils, aged 3 to 18, attend discussions to raise awareness about the hunger problem and Action Against Hunger's lifesaving work. They then act as ambassadors for the charity as they spread the word when looking for sponsors who promise them an amount of money for every lap they cover on the day of the run.

The school organises the run on a date of their choosing. Pupils take part in the run with their class and do their best to complete as many laps as they can in a given time.



**SPAIN**



**FRANCE**



**UK**

## WHAT SUPPORT IS PROVIDED?

All the schools participating in the Run Against Hunger have access to the materials needed to organise the event as well as support and advice from the Action Against Hunger team along the way. Available materials include:

### WELCOME KIT

Including poster to publicise the run, a copy of Action Against Hunger's most recent newsletter and this Coordinator Guide to provide background information.

### RAISING AWARENESS KIT

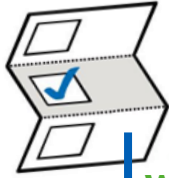
Including video, world maps and pupil 'passport' booklets with more information about the cause and the campaign with a link to an online donation site.

### RACE KIT

Everything you'll need on the day is available to download here. All resources are available via our Run Against Hunger digital resources page. You can always get in touch with our team if you have any further questions or requests.

### THANK YOU KIT

After you've sent in your fundraising to Action Against Hunger you'll receive a thank you presentation, certificate, letter and a copy of our most recent newsletter so pupils can see the difference their fundraising is making.



## HOW TO PLAN YOUR RUN AGAINST HUNGER

A handy check-list for you to tick off as you plan your Run Against Hunger.

### 1. SAVE THE DATE, SPREAD THE WORD

- Decide how many classes will be taking part in your Run Against Hunger – whether it's the whole school or a few year groups, all fundraising makes a real difference.
- Pick a date for your Raising Awareness session and your run. **TOP TIP** - leave at least 2 weeks between the two so there's enough time to ask for sponsors before race day!
- Let Action Against Hunger staff know the dates you have decided.
- Decide the distance/time you would like children to run using Action Against Hunger's guide.
- Pick a location for your run – if there isn't enough room at your school why not ask local leisure centres, football pitches or parks if they can accommodate you?
- Set up your or JustGiving or SuperKind fundraising page and share the details.

Just Giving - you set up the fundraising page.

Superkind – you set up an event on Superkind, and your pupils set up their own fundraising pages.

- Spread the word, using the posters and letters to parents provided by Action Against Hunger.

### 2. THE RAISING AWARENESS SESSION

- Decide whether you want to carry out the session as an assembly or in smaller groups and book a room to fit.
- Contact Action Against Hunger to receive a copy of the video.
- Make sure the room you have booked has facilities to play a video.
- Make sure that you have copies of the Pupil 'Passport' booklet to give out to pupils following the session.
- Encourage pupils to reach out to friends and families to donate via the JustGiving or Superkind fundraising page.



### 3. THE RUN

- Create a timetable for the day.

- Decide roles for the day – from warm-up leader to stop-watch manager- make sure you've got enough people on board and **ask for parent volunteers if needed.**

- Print out direction arrows, Start and Finish signs and ask Action Against Hunger if you would like to borrow a banner for the day. **TOP TIP** – why not make it a real event by using a sound system for entertainment?

- Make sure there is water available during and after the run.

- Ensure that pupils/ staff count the number of laps they complete in the set time.



### 4. AFTER THE RUN

- A member of Action Against Hunger staff will be in contact to see how the day went.
- Await your Thank You materials in the post and celebrate your fantastic achievement with all of the pupils, parents and staff involved!

**FUNDS RAISED  
THROUGH RUN AGAINST  
HUNGER SO FAR HAVE  
HELPED US TO REACH  
COMMUNITIES BY...**



### **WATER, SANITATION AND HYGIENE**

- Building and repairing wells
- Kits for filtering water
- Building toilets
- Raising awareness and training in hygiene
- Distributing hygiene kits



### **FOOD SECURITY AND LIVELIHOODS**

- Diversifying sources of income for the most vulnerable families
- Promoting alternative livelihoods, other than subsistence farming (Ecotourism)



### **NUTRITION**

- Promoting and supporting breastfeeding
- Supporting local healthcare systems in detecting new cases of malnutrition
- Strengthening Nutritional Recovery Centres
- Training healthcare professionals



### **DISASTER RISK REDUCTION**

- Strengthening the resilience of the most vulnerable populations
- Strengthening early warning systems
- Adaptations to climate change
- Emergency drills

## WHAT NEXT?

To sign-up to take part or to find out more, get in touch with team.

**E-MAIL:** [publicfundraising@actionagainsthunger.org.uk](mailto:publicfundraising@actionagainsthunger.org.uk)

**PHONE:** 0208 853 7562

**WEBSITE:** [www.actionagainsthunger.org.uk](http://www.actionagainsthunger.org.uk)

**FACEBOOK:** [www.facebook.com/ActionAgainstHungerUK](http://www.facebook.com/ActionAgainstHungerUK)

**TWITTER:** @AAH\_UK

**POST:** Action Against Hunger UK, 6 Mitre Passage - London, SE10 0ER.



**THANK YOU  
FOR YOUR SUPPORT!**