
YOU
AGAINST HUNGER
WINTER APPEAL 2026
ACTION AGAINST HUNGER
This winter, will you support families in crisis?
When hunger, conflict and disaster strike, your kindness can be a lifeline.
Click here
Please donate today

Gaza

A lifeline for families facing hunger

For families in Gaza, accessing food, clean water and shelter remains a daily struggle.

Shaimaa faced severe hunger and malnutrition during pregnancy. Her daughter, Tia, was born dangerously underweight.

> **“There was no food, we only ate mallow (a leafy green similar to spinach) every single day.”**

Through Action Against Hunger, Shaimaa received nutrition support, while Tia received therapeutic food and gained weight.

> **“Thanks to the therapeutic food they provided, my daughter’s health improved significantly.”**

This is the difference your support can make.

We’ve worked in Gaza and the West Bank since 2002, launching an emergency response in October 2023. Since then, we've reached more than 1.4 million people in Gaza.

Our teams, most of whom are Palestinian, have worked tirelessly to:

- Provide food: Delivering meals and food parcels.
- Deliver clean water: Providing drinking water and hygiene supplies.
- Fight malnutrition: Providing screening and treatment.
- Support livelihoods: Helping farmers and small businesses.

Help us continue making a difference.

Your donation supports our lifesaving humanitarian work wherever the need is greatest.

Donate today and help change lives.

Donations are unrestricted and support our humanitarian work across the countries where we operate.



© Photo by Aya Matrabie / Fairpicture / DEC

Nedaa* (right) cares for her children and her husband, who has a chronic neurological condition. After their home was destroyed in the conflict, the family faced daily struggles to access food and water. They have since moved to another part of Gaza. As a member of the Disasters Emergency Committee (DEC), Action Against Hunger works alongside other charities to support families facing crises, like Nedaa’s.

Cover image: Nedaa*, 40, sits with her children (Left to Right) Amera* (12), Aseel* (2), Ahmed* (9) and Hamed* (7) beside the ruins of their home in Gaza, 28 July 2025

*Name changed to protect identity.

Sudan

A deepening crisis, a lifesaving response



© Photo by Mohamed Babiker for Action Against Hunger

Displaced by conflict in Kordofan, Sudan, Ragaa Ali holds her son, who has recovered from malnutrition and holds Plumpy’Nut, a therapeutic food. Ragaa fled the conflict in Kordofan, Sudan, with her children and now lives in a displacement camp.

In North Darfur, Sudan floods have destroyed around 1,350 shelters, displacing families again. Elsewhere, cholera and dengue fever, including in Blue Nile State, are placing pressure on fragile healthcare services.

Hunger is another threat. By the end of 2026, an estimated 825,000 children under five could suffer from severe acute malnutrition - a 7 per cent increase compared to 2025.

Behind these figures are mothers like Ragaa Ali. After fleeing violence in Kordofan, she now lives with her children in a tent near Kosti, in White Nile State.

Heartbreakingly, Ragaa’s four-year-old daughter died after suffering from a combination of malaria, an infection and malnutrition. Amid her grief, Ragaa has found comfort in her son’s recovery following malnutrition treatment.

> **“After he started treatment, he became stronger very quickly.”**

Across five states, Action Against Hunger teams provide:

- **Nutrition treatment**
- **Emergency assistance**
- **Healthcare**
- **Clean water**

In one programme, 953 children, pregnant and breastfeeding women were screened for malnutrition, with 179 receiving treatment.

No family should face hunger alone. Your support helps us reach vulnerable communities in Sudan and wherever the need is greatest.





© Photos by Patient Kabukulu for Action Against Hunger.

Head nurse Sister Charlotte Vive outside latrines built by Action Against Hunger at Notre Dame de la Charité Maternelle Health Centre, Democratic Republic of Congo, in June 2026.

Ebola in Congo

Racing to stop the spread

From Gaza's hunger crisis to the threat of Ebola in the Democratic Republic of Congo, your support helps our teams respond when lives are at risk.

When Ebola strikes, stopping its spread is critical. But fear of infection can keep families away from health centres, leaving vulnerable children without lifesaving care.

Sister Charlotte Vive, a senior nurse in Mongbwalu, recalls one frightening encounter:

"A mother arrived at our health centre showing all the symptoms of Ebola... She started crying and said:

> **"No, I don't like hospitals. People go there to die."**

We advised her: "No, as you've arrived in time, you'll recover."

Your support helps us break that cycle of fear and protect communities.

Our teams reached over 19,000 people with vital information on preventing Ebola, strengthened infection control in 13 health facilities and supplied clean water to four health centres.

We also supported screening and isolation systems in 11 facilities, helping health workers identify suspected cases early and refer patients safely - crucial steps in limiting transmission.

Alongside this work, 104 severely malnourished children received home-based monitoring, while 1,214 people benefited from mental health and psychosocial support.

Every precaution taken, every family informed and every suspected case identified can help prevent further infections.

With your support, we can continue protecting families from deadly diseases and responding to emergencies wherever we're needed most.

Donate today to help us continue vital work.

Venezuela Earthquakes

A cup of coffee that saved her life

From disease outbreaks to devastating earthquakes, emergencies can turn lives upside down in seconds.

For Yajaira, 64, a simple cup of coffee saved her life. But it couldn't save everything she loved.

On 24 June 2026, two powerful earthquakes struck Venezuela, leaving thousands dead and families facing unimaginable loss.

Yajaira was making coffee for a neighbour when the ground began shaking. She watched helplessly as entire buildings collapsed, including the one that her granddaughter was in.

> **"I saw the buildings as they came crashing down on top of where I believe my granddaughter was trapped."**

After two desperate days of searching, her granddaughter was still missing and sadly has not been found.

> **"I've lost her, she was everything."**

With her home destroyed, Yajaira now lives in a temporary shelter with her family and two dogs. Yajaira told us her story during the joint appeal by the Disasters Emergency Committee (DEC), of which Action Against Hunger is a member.

Within 48 hours, our teams were responding, reaching over 12,000 people with clean water, healthcare, hygiene supplies and nutrition support.

Your support can be a lifeline for families facing devastating emergencies.

Yajaira, 64, with her dog Tiburcio at a temporary shelter in La Guaira, Venezuela, in June 2026 after the earthquakes displaced her family.



© Photo by Alex Bartsch/Arete/DEC.

Colombia

Reaching families cut off by disaster

From Venezuela to neighbouring Colombia, earthquakes have left families facing devastating losses. But even when roads disappear and communities become isolated, your compassion can reach those in need.

On 10 August 2026, a powerful 7.4-magnitude earthquake struck Colombia's Chocó region, destroying homes, triggering landslides and cutting communities off from essential services.

More than 466,000 people were affected, with families left wondering where they would sleep, find food or access safe drinking water.

Your support is already making a difference.

At the time of writing, Action Against Hunger has reached 29,210 people with lifesaving assistance.

Thanks to your generosity, we've provided 5,419 food packages, emergency shelter and hygiene supplies, alongside 751 cash transfers, helping families meet their most urgent needs.

When damaged water systems left communities without safe drinking water, our teams and partners installed two water treatment facilities, delivering 351,800 litres of clean water to over 7,000 people.

But reaching everyone remains a challenge.

"Our main challenge now is reaching the rural communities that remain isolated," explains Mario Dager, an Action Against Hunger humanitarian worker in Colombia.

The earthquake may have lasted seconds, but rebuilding lives will take much longer. Families still need support to repair homes, restore livelihoods and regain stability.

Your continued generosity can help us reach more families and stand alongside communities long after the headlines fade.

Thank you for showing that compassion knows no borders.



Action Against Hunger, in partnership with the Veolia Foundation, undertakes chlorination and water-quality testing.

Photo by Action Against Hunger

© Photo by Action Against Hunger

Nepal floods

When the water recedes, the struggle remains

From Colombia's shattered communities to Nepal's flood-ravaged villages, disasters leave scars long after the news moves on.

Homes swept away. Farmland destroyed. Families left with nothing.

On 26 August 2026, devastating flash floods triggered by a glacial lake outburst tore through Nepal's Rasuwa, Nuwakot, Dhading and Chitwan districts, destroying everything in their wake.

Up to 50,000 people were affected. Roads and bridges collapsed, cutting off communities and leaving families without homes, crops, livestock or vital food supplies.

For many, disaster struck during harvest season. With livelihoods washed away and clean water scarce, the threat of hunger and disease remains.

For Action Against Hunger, this crisis hits close to home. Since Nepal's 2015 earthquake, our teams have built lasting relationships with communities in Rasuwa, many of whom are now facing devastating loss once again.



Ojaswi Acharya, Action Against Hunger's Country Director in Nepal, oversees a needs assessment in Rasuwa and Nuwakot districts, September 2026.



A little girl, her sibling and grandmother live in a small village Brajam, Rasuwa where Action Against Hunger provides Water, Sanitation and Hygiene services.

© Photo by Tom Gustin for Action Against Hunger

Working alongside local partners, we aim to reach 14,800 people with emergency food, safe water, shelter, healthcare, nutrition and psychological support.

The floodwaters may have receded, but rebuilding lives will take far longer.

For families who have lost almost everything, every meal, every drop of clean water and every helping hand brings comfort and a chance to rebuild their lives.

With your support, we can continue standing alongside families when they need us most.

Click here

Please donate today

HOW TO GET INVOLVED

1.

Join the fight against hunger – one month at a time!

Hunger is a daily struggle for millions, but together, we can make a change. By signing up as a monthly donor, you can provide life-saving support to children and families. Sign up today and make a difference!

www.actionagainsthunger.org.uk/monthly

2.

Plan for the future - make a lasting impact!

A lifetime can be built around sharing; food, stories, laughter, love. And even after a lifetime together, the sharing doesn't have to stop. Watch our legacy video today:

www.actionagainsthunger.org.uk/legacy

3.

Tell us what you think!

We want to make this magazine even better, and your feedback makes all the difference! Scan the QR code to share your thoughts - it's quick, easy, and helps us create content you love. Thanks for being part of the journey!

www.actionagainsthunger.org.uk/feedback

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