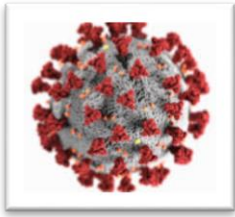


# COVID-19 FOOD RELIEF - REPORT



## The Why

Wow, what a crazy year so far! The Covid-19 pandemic and subsequent full lockdown came into effect here in Nepal in Mid-March, it was very clear, very quickly that Nepal was going to be plunged into a whole lot of hurt.

## The Who



Normally, the vast majority of Nepal's population work for daily wages and literally live day to day, struggling to eke out a meagre existence...it's a hard life, and that's at the best of times. Without work, families had no means to support themselves to buy food. Very quickly starvation, desperation and hopelessness set in and was felt by many. We immediately set to work checking in on our families, those we deal with regularly as part of our sponsorship program to see how they were going and offer assistance. The most important and pressing requirement needing to be addressed, was of course food.

## The What and When

In the first week of April we sent out our first hampers. It was our decision and desire to put together hampers that were generous, nutritious and would deliver real relief that would last the average family up to a month. We budgeted our hampers to a cost of \$45 each. Through frugal shopping we could often get this down to \$40. The cost of the products varied from week to week depending on availability and where we could source them from. All hampers were home delivered by a van and driver at no additional cost.

After helping our own sponsor families we expanded our reach and impact into other communities, drawing on local volunteers to search and investigate families in desperate need of immediate assistance. Every hamper sent out was preceded by a home visit by a volunteer and a phone call by us to establish the legitimacy of the immediate need.

In mid-June we started to wind down our relief efforts when lockdown restrictions eased and daily wage workers were allowed to return to work...14weeks after the lockdown started.



## The How



We posted a food relief appeal on social media and shared the work we were doing as we were doing it. Our amazingly generous supporters, followers, friends, and friends of friends were very quick to respond and jump on board, enabled us to continue producing and delivering hampers where they were needed most. It is very important to us that we draw our donors in to a personal understanding of just how much of an impact they have made by sharing privately, pictures, stories and the conditions of those families they have personally helped.

## The Facts and Figures

**270  
Hampers  
Delivered**

**\$11,984  
Donated**

**1400  
Family  
members  
fed for a  
month**

6,800 kg of rice  
500+ Kg of flour  
140+ Kg of dahl and beans  
1000+ kg fresh vegetables  
30 kg tea  
270 litres Oil  
135 kg salt  
270kg of beaten rice  
270 bulk packs of biscuits  
50+ kg soya bean chunks

Note: no administration fees or transfer fees were taken from donated food relief money. 100% went to food hampers.

