



A typical ration:
450g of cereal, 50g pulses, 50g oil, 5g iodized salt



Photos (except rations): Frank Spangler

A Simple Meal for East Africa

Date:

Time:

Our goal:

To raise awareness about the pressing needs in eastern Africa, and to support those caught in the drought and famine.

More information, including recipes, prayers, and ideas at www.foodgrainsbank.ca

Over 12 million people in east Africa are suffering due to drought and lack of food. Canadian Foodgrains Bank has committed \$8.5 million to provide food for over 250,000 people. More help is needed; your participation in a ration meal can make a difference—come together to pray for those in need and make a donation to provide assistance.

