Fight Hunger with Vitafood

Help Satisfy the Physical and Spiritual Hunger of the Poorest of the Poor

— Worldwide —

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.”

John 6:35
We are a Catholic ministry that mobilizes the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ.

Rather than create new institutions to distribute aid, we support existing ministries and churches already serving the poor. In addition to being the most cost-effective way of helping the poor, empowering these ministries allows us to support the Church’s spiritual mission and its important position of leadership in poor communities.

We consider every gift we receive as a precious resource from God. We direct every donation to its intended project, provide honest and accurate reports to our donors, and keep overhead costs to an industry low. We handle funds with utmost integrity and hold our ministry partners in the field to the same high standards by asking them to document costs and the impact of their outreach.

We invite you to join with us as we seek to transform the lives of the poor materially and spiritually — ways that please the Father and glorify him in Heaven and on earth.
Fight Hunger with Vitafood | Project 9021

Project Synopsis

Description
You can help fight hunger by partnering with Cross Catholic Outreach to ship containers of nutrient-rich Vitafood to developing countries so local Catholic ministries can feed and share the love of Christ with malnourished children and families.

Purpose
To fight physical hunger in the neediest communities in the world; and satisfy the spiritual hunger of needy families through the transforming message of the Gospel.

Location
Sierra Leone, Grenada, Honduras, Peru, Trinidad, Haiti, Guatemala, Nicaragua, El Salvador, the Dominican Republic and other developing countries.

Cost
$15,000 will ship a container with 272,160 total meals of Vitafood to Catholic ministries serving the poorest of the poor in developing countries.

Highlights
• Cross Catholic Outreach has been given a generous donation of Vitafood from a well-respected international aid organization.
• Vitafood, a fortified rice product loaded with vitamins and minerals, is specifically designed to reverse the effects of malnutrition in children and meet the daily nutritional needs of adults.
• The meals are sealed in airtight packets to maximize shelf-life and fit as many as possible in a shipping container.
• The Vitafood you ship will be cost-effectively distributed to priests, nuns and lay missionaries running Catholic schools, orphanages, hospitals and medical facilities.
• The meals will directly impact impoverished children and adults while opening doors for the further evangelization of the Catholic Church and its values.
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The Need:
Empty Stomachs, Hungry Hearts

Ask Father Domingo Legua what the poor in the Dominican Republic need most, and he answers immediately.

“The most critical need is food,” said the Spanish priest. “A child suffering from malnutrition is not able to learn and keep up with school work.”

Sadly, this is the case for many impoverished families around the globe. It’s estimated that 795 million of the world’s population are malnourished, and 3.1 million children die annually from malnutrition or hunger-related causes.

When hungry children attend school, their aching bellies hinder their ability to focus in class and retain important information.

To fight this debilitating battle against extreme hunger, Fr. Legua and his team at Fundacion Ciento Por Uno make it a priority to provide healthy meals to needy children and families across the Archdiocese of Santa Domingo. Their outreaches range from feeding programs at schools to nutrition for malnourished patients at hospitals, and each meets a vital need among those struggling to survive.

To empower these important programs, Cross Catholic Outreach ships Vitafood, a fortified rice product, to Catholic-based ministries like Fr. Legua’s in the Dominican Republic and to other developing countries across the globe. Thanks to this support, faithful servants of the Lord — priests, nuns and Catholic lay missionaries — are able to reach out to poor families with life-saving meals. They also see their programs as an effective form of Catholic evangelization.

“It’s Jesus’ example that motivates me to love the others. And I do it without expecting a reward, with love and honesty,” said Fr. Legua.

Millions of people in our world are hungry. Some are so malnourished that they are at risk of long-term mental and physical damage. What they long for is something we can provide — food and the Bread of Life offered through Jesus Christ. Join Cross Catholic Outreach and help Fr. Legua and other Catholic ministries fill empty stomachs and bless hurting hearts!

Our Hungry World

- An estimated 795 million people are hungry or malnourished in the world today. That’s one in nine people!
- A majority of malnourished people live in the world’s developing countries.
- Forty-five percent of deaths in children under the age of five are caused by a hunger-related illness.
- For children who attend primary school, 66 million go to school hungry each day.
Ministry Description:
Nourishment for the Body and Soul

*But he answered, “It is written, ‘One does not live by bread alone, but by every word that comes from the mouth of God.’” — Matthew 4:4*

Fr. Legua and other Catholic leaders depend on donated food to efficiently fight hunger in the communities they serve, and these outreaches are also a tangible way to show God’s love to the poor. For some, it may even represent a first encounter with the transforming message of the Gospel!

Vitafood is an extremely flexible resource. It comes in several different varieties and can be prepared with additional spices or ingredients to suit local tastes. No matter how it is prepared, its nutritional value remains the same, providing the optimal balance of vitamins, minerals, protein, fiber, fat and carbohydrates that a child’s hungry body needs.

The Vitafood formula is suitable for more than severely malnourished children too. Its ingredients are just as important to the health and physical well-being of children and adults who are no longer in immediate danger of starvation.

As children and families are provided with this gift to meet their practical needs, most are blessed in other ways too. Just as hunger can break one’s spirit, a return to good health often gives children and parents hope and a greater sense of well-being. Bridges are built, and many become open to the Church’s preaching of the Gospel.

“When Jesus says ‘do this in my name’ he is not only referring to the Mass and the Holy Eucharist. It’s about going beyond the Mass and Communion,” Fr. Legua said. “When we go to Mass and celebrate the Eucharist, we celebrate that Jesus gave himself as food for our souls. So the same thing that Jesus did for me and those who believe in Jesus, this is what we need to do for others in his name.”

Through the generous donation of Vitafood that Cross Catholic Outreach has received, we are provided with a wonderful opportunity to exercise the love, compassion and generosity Fr. Legua describes. We have a life-changing chance to supply the world’s hungry children and families with 12 million meals!

Please — help us cover the cost of shipping these meals to Fr. Legua and other dedicated priests and nuns working hard to serve those in great need. In doing so, you can meet the urgent needs of the poor, share Christ’s love and rekindle lost hope. Will you help us make the most of this opportunity to bless hungry bodies and souls?
Vitafood: A Cost-Effective Way to Minister to the Poor

Shipping donated Vitafood is an extremely cost-effective way to help the poor. The large shipping containers of prepackaged meals Cross Catholic Outreach obtains are donated by a faith-based international aid organization, and have an approximate value of $63,472. Since a container holds 272,160 meals and typically costs just $15,000 to ship the food to the final destination, donating toward shipping Vitafood gives donors tremendous “bang for their buck!”

The chart below shows the amazing impact you can have on world’s poorest families through the outreach ministries of the Catholic Church.

**Possible Financial Impact**

<table>
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<tr>
<th>Container(s)</th>
<th>Average Expense to Ship</th>
<th>Average Value of Food Shipped</th>
<th>Meals Provided to the Hungry</th>
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<tr>
<td>1</td>
<td>$15,000</td>
<td>$63,472</td>
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<td>20</td>
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<td>$1,389,440</td>
<td>5,443,200</td>
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</tbody>
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**How Do the Meals Get into the Hands of People Who Need Them?**

Vitafood is packed into 40-foot containers, placed on a cargo ship and sent to international ports. Once the shipment arrives at its destination, our staff relies on a global network of trusted partners to get these products into the hands of priests, nuns, Catholic schools and orphanages who pass them on to needy families in impoverished communities.

Vitafood is packed with enough vitamins and nutrients to reverse the effects of childhood malnutrition.

Shipping donated Vitafood gives a tremendous “bang for your buck!”
You Can Help Save Lives!

“What is my hope? That children of the Dominican Republic don’t experience hunger,” Fr. Legua said. “My hope is that as sons and daughters of God we experience dignity.”

This special campaign by Cross Catholic Outreach will ship containers of nutrient-rich Vitafood to malnourished and starving children in the world’s poorest communities. The containers are packed and ready to be shipped to our ministry partners — we only need only support to complete this life-changing work.

Please help us make Fr. Legua’s dream a reality! Seize this opportunity to be God’s instrument of mercy to save children from malnutrition. In contributing, your gift will also further the work of priests, nuns and Catholic lay missionaries who are carrying out Pope Francis’ exhortation to be a “Church for the poor.”

Please help Cross Catholic Outreach provide much-needed Vitafood to Catholic ministry partners working on behalf of the poor around the globe! Give today and you will be an answer to prayer for hungry families!

Those who are generous are blessed, for they share their bread with the poor.

Proverbs 22:9

Our Promise to You!

Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2020, the close of our ministry’s fiscal year. In the event that more funds are raised than needed to fully fund the project, the excess funds, if any, will be used to meet the most urgent needs of the ministry.