



Vitafood Meals for the Hungry

— Guatemala —



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



Executive Summary

Description

This project will send nutrient-rich Vitafood meals to feed hungry schoolchildren, the sick and other vulnerable Guatemalans through a local Catholic ministry partner called Friends for Health and Life. Vitafood is scientifically formulated with the optimal balance of vitamins, minerals, protein, fiber, fat and carbohydrates to meet the needs of malnourished children. The meals will be distributed among 285 health clinics, 340 municipalities and multiple Catholic dioceses, including the Archdiocese of Santiago de Guatemala.

Purpose

In living out Christ's call to serve the vulnerable, we seek to fight hunger, rehabilitate the malnourished, and reduce stunting and loss of life.

Location

Guatemala, the most populous country in Central America.

Cost

Our goal is to send about 2,721,600 meals to Guatemala at a cost of \$200,000. Every dollar contributed will help provide a poor family with 14 meals!

Highlights

NEED

- More than one in five Guatemalans live in extreme poverty.
- With one of the highest malnutrition rates in the world, nearly half of all Guatemalan children under age 5 are chronically malnourished.
- Out of every 1,000 births, 23.3 children die before their first birthday — as compared with 5.8 in the U.S.
Source: CIA World Factbook

IMPACT

- By sending millions of Vitafood meals, you will help prevent stunting and other hunger-related conditions among children.
- These meals will support schools, feeding centers, hospitals and other programs reaching the country's most vulnerable, while strengthening the faith witness of the Church in Guatemala.





Guatemala's Silent Killer



The devastating consequences of Guatemalan poverty are rarely covered in the news.

Occasionally, the world learns of some act of crime or violence — a symptom of the desperation in Guatemala — but we seldom hear about the silent killer that has tragically impacted countless families. While malnutrition claims lives on a horrific scale, it doesn't attract much attention from the world at large, even though most of its victims are babies and young children.

Malnutrition and its terrible impact are particularly troubling in Guatemala's remote rural regions. There, where families live too far from hospitals or clinics capable of helping, a serious lack of resources and inadequate food production create the perfect conditions for malnutrition to thrive. Poor mothers are forced to choose which of their children to feed on a given day, and they watch in despair as their sons and daughters weaken, grow gaunt and lose the will to live. In these areas, wasting and stunting are common physical problems that can manifest from malnutrition, and the harm they do to a child's body is lasting. Feeling powerless to stop this decline, many poor mothers succumb to despair, knowing they will never be able to provide relief for their suffering little ones without help.

Even in urban areas, parents struggle to feed their children. The slums and dusty outskirts of Guatemala City are filled with the tears of the hungry, who grow up caught in a stranglehold of gangs, violence, corruption and economic devastation. They see no way out.

The struggle to find adequate food was only exacerbated by the COVID-19 pandemic, which cut families off from jobs and resources as

Guatemala underwent one of the strictest lockdowns in the world. When a family is barely making ends meet, any new stressor — whether a virus, a hurricane or personal tragedy — quickly becomes catastrophic.

Thankfully, these children and families need not face this struggle alone! In partnership with Cross Catholic Outreach, you can help address their needs as brothers and sisters in Christ. Join us in saving lives and changing tragic stories into miraculous testimonies of hope!



Satisfy Their Hunger!

Friends for Health and Life is asking for help to protect Guatemalan children and families from the harmful effects of chronic malnutrition — *and we should all want to support their plans to respond.*

A large donation of nutrient-rich Vitafood has been made available to us, but we need your support to move those meals into the hands of the children and families who need them most. Your generous gift will help cover the cost to rush the meals to Guatemala and give families relief from their hunger pangs.

Show Christ's love to a hungry child by sending the nutritious meals his or her growing body so desperately needs!



Our Mission

We mobilize the global Catholic Church to transform the poor and their communities materially and spiritually for the glory of Jesus Christ.

Good Stewardship

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. These detailed accountability measures have earned us ongoing accreditation by the following organizations:



The Chronicle of Philanthropy
The nonprofit world's No. 1 news source

Our Promise to You!

Donations from this campaign will be used to cover any expenditures for this project incurred through June 30, 2023, 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.

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