**Fight World Hunger**

**Filling Plates and Hearts in Jesus’ Name**

Hunger is on the rise in many nations around the world, and this crisis has become a major focus of the Church and compassionate Catholics committed to serving the poor in Jesus’ name.

Global hardships have created a “perfect storm” of challenges, making it extremely difficult for poor families in developing countries to secure their “daily bread.” In fact, the United Nations estimates that up to 820 million people do not have enough to eat. The factors contributing to this tragic rise of hunger include:

- **Weather Extremes:** Natural disasters often do more than create immediate damage. They destroy infrastructure, displace families and threaten future crop yields. For instance, Haiti’s 2021 earthquake devastated roads, processing facilities and irrigation systems, damaging agriculture and isolating families from markets.

- **COVID-19:** Hunger soared in 2020 due to the coronavirus pandemic. Many people lost jobs; global supply chains were interrupted; and strict lockdowns prevented families from traveling beyond their small communities to find work or food. Many of the world’s most vulnerable people are still reeling from the crippling impact of COVID-19.

- **Conflict:** Tragically, countries such as Ukraine are experiencing hunger due to manmade conflict. This kind of turmoil devastates economies, severs supply chains, halts productivity and drives up food prices.

The situation is dire — but Christ and his Church can still be a source of great hope. By empowering Catholic outreaches feeding the hungry, your generosity will reach vulnerable children, expectant mothers, the elderly and entire families with hearty meals and the Good News of God’s love.

**Please stand with us to lift the burden of hunger!**

A little girl in La Paz Centro, Nicaragua, waits to receive a meal at a feeding center for vulnerable children.

Scan this code with your phone’s camera to learn more.
Join Cross Catholic Outreach in Fighting World Hunger!

When you donate to relieve world hunger through Cross Catholic Outreach, you help provide the following:

1. **Vital feeding programs.** Financial support is critical because it allows our in-country ministry partners to purchase nutritious ingredients and facilitate their lifesaving food relief missions, either by hosting beneficiaries on-site or by delivering meals door-to-door.

2. **Protein-rich meal packs.** Vitafood is the generic name for all of Cross Catholic Outreach’s specially formulated meal packs, which are designed to meet the needs of the malnourished. Each meal pack contains a rice, potato or lentil base; a protein (usually soy or beans); and key vitamins and minerals.

Last year, Cross Catholic Outreach fueled feeding programs in 18 countries, and we were able to ship 20.5 million Vitafood meals — all thanks to friends like you. Working together as the hands and feet of Christ, we are confident that we can bless even more lives with nutritious food this year.

A boy’s height is measured and recorded in Guatemala’s Diocese of Suchitepéquez-Retalhuleu. Malnourishment stunts growth and cognitive development, but nutritious meals can set children on a healthier path.

Visit us online to learn more about Vitafood and how your gift helps it get to those in need. You’ll also meet some of the people blessed by donations like yours!

Learn About Our Food Packing Events!

Food packing events offer one more meaningful way for U.S. youth and adults to fight world hunger with Cross Catholic Outreach. Scan the code and learn how you can join the movement to assemble thousands of protein-rich meal packs that will feed hungry families in need.
The World Food Programme and the Food and Agriculture Organization of the United Nations recently released a joint report on 20 “hunger hotspots” around the world — nations where the hunger crisis is likely to deteriorate even further. Haiti was ninth on that list, with nearly half its people expected to experience food insecurity this year.

In times like these, it is especially important for us to have reliable partners like the Haitian Resource Development Foundation (HRDF). For years, HRDF has sought to empower Haiti’s people by improving their access to essential resources such as health care, disaster relief items, education, economic opportunities and — of course — food. In the wake of the deadly 2021 earthquake, for example, HRDF helped us distribute Vitafood, medical supplies and rain tarps to survivors in desperate need.

Still, much remains to be done. Consecutive years of below-average rainfall have hurt Haiti’s crops, and the ongoing economic crisis there has caused soaring inflation. Recurrent natural disasters, including hurricanes and earthquakes, further exacerbate an already dire situation. In the months ahead, Cross Catholic Outreach hopes to work with HRDF to provide families with protein-rich Vitafood meals. We will also collaborate with Haiti-based partners to fund feeding programs and train families in proven farming techniques to increase crop yields.

These efforts will provide an effective one-two punch, meeting both immediate needs and supporting long-term sustainability. Your help will make this important mission of mercy possible by fueling hardworking outreaches like HRDF and by delivering critical food relief to Haiti and other nations embroiled in the battle against hunger.
Give Generously

Please give to nourish the hungry today. Your support will help provide food for:

- Emergency nutrition programs.
- Catholic school lunches.
- Orphan and elderly feeding programs.
- Meals for hospital patients.
- Monthly food distributions for families.
- Humanitarian aid during natural disasters.

As Proverbs 22:9 tells us, “Those who are generous are blessed for they share their bread with the poor.” May the Lord bless you abundantly as you share your resources and extend a helping hand to suffering families around the world!

Fill plates and hearts in Jesus’ name!

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.

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.

Scan to give online.

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