

A CLOSER LOOK AT FOOD SUPPORT

Food. Dignity. Community.

Food packages and meals for people and communities facing food insecurity.



The Zwab team and community members gather with food packages.

Food support begins with people.

When food is hard to access, practical help matters. Zwab brings food assistance to vulnerable families, children, orphanages and communities facing food insecurity.



Team and community members during a food-package handover.

ESSENTIAL SUPPORT FOR EVERYDAY NEED

A household food package puts staple ingredients into people's hands. A shared meal offers food directly to those who need it. Your contribution through Zwab can help make both possible: food for a family to prepare at home, or a meal for children and community members to share.

"REACHING OUT" IN PRACTICE

The photographs in these pages show the people behind this support: a team arranging food, filling packages and handing them over. Join that work through Zwab and help turn the wish to support a community into food people can use.

Familiar foods. Practical support.

Food packages bring staple items together for households to prepare and share at home.



Staple foods arranged before packing.



Essential items prepared as a food package.

EXAMPLES OF FOOD SUPPORT

● Potatoes

● Spaghetti

● Beans

● Rice

● Flour

● Cooking oil

A CONTRIBUTION TOWARDS EVERYDAY ESSENTIALS

These foods are examples of Zwab's food support, not a fixed list for every package. Your donation can help provide essential food items for people facing food insecurity.

From preparation to handover.

These photographs show food items being prepared, packages assembled and community members receiving support.



Team members hold food supplies before packing.



Food items are arranged for packing.



Team members sort food items into packages.



Prepared food packages, ready for handover.



The Zwab team gathers with food-aid supplies.



A food package is handed to a community member.

Three kinds of food support. One clear purpose.

A package for home, a meal shared together, or food for children in an orphanage: your support can help meet everyday needs in different ways.

01

Household packages

Help put staple food items in the hands of vulnerable families and individuals to prepare at home.

02

Shared meals

Help provide meals prepared and served directly to vulnerable children and communities.

03

Orphanage food

Help provide food assistance or prepared meals for children living in orphanages.

Give towards food people can use.

These forms of support share a purpose: making food available to people facing food insecurity. A donation through Zwab can support essential ingredients, prepared meals and the work of getting food into people's hands.

BE PART OF REACHING OUT

**Support a household package, a shared meal or food for an orphanage.
Contact Zwab to contribute.**

People prepare. People receive.

Food aid takes hands working together. Here, Zwab's team sorts food into packages and shares a parcel with a community member.



Team members fill a food package together.



A food package is handed to a community member.

PREPARATION AND HANDOVER, SEEN UP CLOSE

The work is visible in the details: food items brought together, bags filled by team members, and packages placed into people's hands. These photographs offer a close view of Zwab's food-aid work and the teamwork behind it.

HELP MAKE THE NEXT PACKAGE POSSIBLE

Your contribution can support food items and the practical work of preparing and handing over aid. Donate through Zwab to be part of reaching out.

Your support can help Zwab reach further.

Give funds, contribute food or offer your time. Each is a practical way to join Zwab's food-aid work.

01

Donate through Zwab

Help provide food packages and meals. Call Zwab to make your contribution.

02

Contribute food items

Coordinate your food donation with Zwab so it fits the food support being prepared.

03

Help with packing or delivery

Offer your time or practical support for packing and handing over food aid with the team.



A food package is handed over.



A community member holds a food parcel.

Call Zwab. Make your contribution.

Choose the way you can help, and connect with the team using the contacts on the next page.



A PRACTICAL INVITATION

Give food. Share care. Reach out.

Donate through Zwab to support household food packages, shared meals or food assistance for an orphanage. Call the team to contribute.

CALL ZWAB TO CONTRIBUTE

0790 809 872

0749 000 464

Follow Zwab

Instagram @ZWABCHARITY

ZWAB CHARITY ORGANIZATION

P.O. Box 900183, Kampala, Uganda

Your support can help put food into people's hands.