



Soy / Micro-Businesses

Disaster Relief

Seeds & Beans

Food Trees

School Meals



AWFW.org
Plants4Hunger.org



- ▶ Table of Contents 1
- ▶ Welcome Letter 2
- ▶ About Global Grants 3
- ▶ Grant Winning Projects 4
- ▶ Plants-4-Hunger 5
 - ▶ Plant-Based School Meals 6
 - ▶ Food Trees for Climate & Hunger 7
 - ▶ Vegetable Seeds & Gardens 8
 - ▶ Soy Micro-businesses 9
 - ▶ Disaster Relief 10
- ▶ Why Support Us 11



Cover photo credit for AFWF grantee: Seed Programs International

Dear Friend,

Thank you for your interest in **A Well-Fed World** and for sharing our mission to nourish people while protecting animals, ecosystems, and the climate.

We are a hunger relief and animal protection organization chipping away at two of the world's most immense and unnecessary forms of suffering -- the suffering of people hungry from lack of food, and the suffering of animals used and abused for food.

Our approach is positive and practical. In addition to our advocacy and programs promoting the benefits of plant-based diet and agriculture for global food security and climate mitigation, we financially assist and partner with innovative, highly effective projects to strengthen:

- ▶ plant-based feeding and farming
- ▶ farmed animal care and rescue
- ▶ food and climate advocacy

We work on the ground with grassroots activists to produce immediate results for people and animals in need... and top-down with other social justice leaders to create long-lasting, structural change.

This booklet provides a glimpse at our work. I hope the unique and powerful results we achieve inspire you to stay connected by signing up for our monthly e-newsletter and/or donating at www.awfw.org.

For a kind and well-fed world,



Dawn Moncrief, *Founding Director*



dawn@awfw.org



The cornerstone of our activities is our **Global Grants** program.

We award hundreds of grants each year to support innovative and highly effective projects in dozens of countries.

We work in middle- and high-income sectors because they have relatively strong levels of purchasing and political power that can produce drastic, far-reaching results.

We work in low-income sectors because they are under-served and marginalized with relatively limited access to resources, so they can benefit greatly from direct assistance.

Specifically, we focus on low-income communities in the U.S. and internationally because:

- ▶ The suffering is widespread -- more people and animals need immediate help.
- ▶ There are fewer resources and the dollar is powerful -- we can assist more groups.
- ▶ Some habits and institutions are less entrenched -- our efforts make a bigger impact.



Listed are examples of our **Sustainable Keys Global Grants**.
 Visit us online for more details at: www.awfw.org/grants.

- Africa Network for Animal Welfare
- Better Health Better Life
- Bio-Justicia Mexico - CAMPDA
- Brighter Green: Food Policy/Equity
- Chilis on Wheels
- Coalition Healthy School Food
- Factory Farming Awareness Coalition
- FaunAcción - Mexico
- Fish Feel - Advocacy
- Food Empowerment Project
- Food for Life Global
- Free From Harm
- Grow Where You Are
- Help Animals India
- Hurricane Sandy Food Relief
- Institute for Humane Education
- Inst. Nutrition Education & Research
- International Fund for Africa
- Justice Without Boundaries - Mexico
- Karuna Society for Animals - India
- Lean and Green Kids - School Lunch
- Liberia Animal Welfare Society
- Libres al Fin! Sanctuary - Mexico
- MaituFoods
- Open the Cages Alliance
- Our Hen House
- Peace Advocacy Network
- PEP Foods Collective
- Plenty International
- Poplar Spring Animal Sanctuary
- Sadhana Food Forests - Kenya
- Seed Programs International
- Sistah Vegan Project
- Tanzania Animal Welfare Society
- The Cow Sanctuary
- Toronto Pig Save
- Triangle Chance for All
- Vegan Organic Network
- Vegan SoulFest
- Vegan Youth Society - Ghana
- Youth for Environmental Sanity

country list

- Amsterdam
- Argentina
- Australia
- Belize
- Benin
- Brazil
- Cambodia
- Cameroon
- Canada
- China
- Colombia
- Czech Republic
- DR Congo
- Ecuador
- Egypt
- El Salvador
- England
- Ethiopia
- France
- Germany
- Ghana
- Guatemala
- Haiti
- India
- Ireland
- Israel
- Jamaica
- Kenya
- Laos
- Liberia
- Luxembourg
- Macedonia
- Malawi
- Mexico
- Nepal
- Netherlands
- New Zealand
- Nigeria
- Norway
- Pakistan
- Paraguay
- Peru
- Philippines
- Serbia
- Sierra Leone
- Slovenia
- South Africa
- Spain
- Swaziland
- Switzerland
- Tanzania
- Togo
- Uganda
- Venezuela
- Vietnam



United Nations agencies including the Food and Agriculture Organization, the United Nations Environment Program, the Intergovernmental Panel on Climate Change, and the World Food Program have recommended a shift toward more plant-based diets as “key to saving pristine ecosystems... restoring biodiversity, boosting carbon sequestration and lowering the risk of future pandemics.”

Plant-based foods feed far more people using far fewer resources (land, water, and energy). 80% of all agricultural land is used for livestock production, making it the number one driver of deforestation and biodiversity loss globally. One gram of protein from beef or lamb requires nearly 100 times more land than a gram of protein from peas or tofu.

Currently less than half the world’s cereal grains are consumed by humans. 41% is fed to livestock, who convert only a fraction of these calories into calories humans can eat. For every 100 calories of grain fed to a cow, only 2 calories of beef or 24 calories of dairy are produced. The United Nations estimates that the calories lost by feeding cereals to animals instead of humans could theoretically feed an extra 3.5 billion people.

Our **Plants-4-Hunger** program provides 100% plant-based food relief to communities experiencing food insecurity around the globe. Working through local partners in each of the regions we serve, Plants-4-Hunger supports school meals for children in need; food tree and food forest plantings; community vegetable gardens and seed sharing; soy microbusinesses to empower women; and disaster relief food aid to communities experiencing hunger as a result of war, pandemics, and weather catastrophes.



Photo: International Fund for Africa

Plant-Based School Meals

Through local partners, A Well-Fed World sponsors plant-based school lunches for children in need in Ethiopia and Nepal. For some children, these lunches are their only full meal of the day, providing crucial nutrition and sustenance.

Our partners **International Fund for Africa's** School Nutrition Program operates in five primary schools in Addis Ababa, providing basic health services and plant-based meals to low-income children. The program also builds on-site bakeries and vegetable and mushroom gardens, empowering schools to produce their own food and to sell surplus, generating income and long-term sustainability.



Photo: GMIN

Through our partners **Grassroot Movement in Nepal (GMIN)**, we support the provision of nourishing meals to vulnerable children in three remote mountain schools in the village of Dang. Lentils, rice and vegetables for the meals are purchased from local farmers. Through our

partners **Magic Marble Foundation**, we also sponsor a plant-based meal assistance program at Jayal Kumari Primary School in Lalitpur, Nepal, which serves 462 free meals to students every week. A co-benefit of these lunch programs has been increased attendance in schools, with more children attending regularly when their families know a meal will be served.



Photo: Magic Marble Foundation



Photo: The Fruit Tree Planting Foundation

Food Trees for Climate & Hunger

With climate scientists calling for large-scale tree planting to mitigate global warming and a shift to more plant-based diets to reduce greenhouse gas emissions and deforestation, while environmentalists urge the need to protect ecosystems as more and more species disappear due to human activities— food-tree planting initiatives emerge as a triple-win.

Our dedicated Food Tree Fund currently supports food tree and food forest planting projects in Peru, Brazil, and Kenya. Through our partners **The Fruit Tree Planting Foundation**, we support ongoing reforestation with native food trees in regions of the Amazon rainforest that have been hard hit by deforestation. Thousands of food trees have been distributed to schools and villages, improving food security and nutrition, restoring precious rainforest, and generating income for recipients.

We also support school food forest projects in more than 35 schools across Kenya through the **Green Generation Initiative**. Committed to empowering an environmentally conscious generation of youth, GGI implements nature-based solutions to the climate crisis while simultaneously addressing food insecurity.

Food trees uniquely address the triple crises of global hunger, climate change, and biodiversity loss by providing food and income, carbon sequestration, and wildlife habitat.



Photo: Seed Programs International

Vegetable Seeds & Gardens

An estimated two billion people worldwide suffer from micronutrient deficiency, now recognized as a form of hidden hunger. Vegetables are the major source of most micronutrients, and home and community gardens can significantly increase consumption of fresh vegetables, improving dietary diversity and nutrient intake.

Through our partners **Seed Programs International (SPI)**, we help provide vegetable seed and growing expertise to food insecure communities around the world, with programs supporting food gardens in schools, orphanages, hospitals, refugee camps, and Native American reservations. With SPI, we run the **Planetary Pulse Project**, which distributes free or low cost legume seeds (pulses) to farmers and growers in need. Pulses (beans, peas and lentils) are one of the most sustainable, nutritious and inexpensive sources of protein available.

In the U.S., our farming partners **Grow Where You Are** empower people in underserved urban neighborhoods to improve their nutrition and food security by planting backyard and community food gardens. They partner with churches and the city to install organic micro-farms on unused land, provide low-cost produce to school lunch programs, and run a summer camp to teach plant-based farming skills to young people.

Experts say pulses are the best food to effectively address the double crises of climate change and global food insecurity, with campaigns to double global bean consumption over the next five years.



Photo: Malnutrition Matters

Soy Micro-businesses

The soy microbusiness model has helped lift many women and their families out of poverty while improving nutrition and food security in their communities. Through our partners, A Well-Fed World supports multiple soy-based micro-enterprises for women.



Photo: Malnutrition Matters

Working in Africa, the Americas, and Asia, our partners **Malnutrition Matters** economically empower women and youth through provision of technology to support sustainable, small-scale production of affordable, nutrient-dense

food to communities with high rates of malnutrition and poverty. Their Soy Kits help women and women's cooperatives build a platform to generate sustained income by providing equipment to process soybeans into soymilk, as well as value-added products such as tofu, yogurt, spreads, puddings, and okara meal for breads.

In Guatemala, we also support our partners **Plenty International's** Soy Nutrition Program, which distributes soymilk and soyfoods to more than 300 children and families who live in and around the Guatemala City Landfill. They also provide equipment and technical support to Mayan women's cooperatives to improve their sales of low cost, nutritious non-GMO soy products.



Photo: Plenty International



Photo: Food Not Bombs

Disaster Relief

Our **Disaster Relief Fund** provides emergency grants to mission-aligned individuals and organizations distributing plant-based food to people in need during public health crises, conflict, weather catastrophes and other disasters. Ongoing efforts include our **Ukraine Relief Fund**, which has supported six groups providing food aid to wartime citizens in Ukraine and refugees who have fled to Poland. We also assisted in the purchase of a vehicle for a group of Ukrainian volunteers distributing hundreds of free meals daily.



Photo: Food Not Bombs

During the Covid-19 pandemic, our Relief Fund supported plant-based food pantries, meals for individuals and families experiencing financial distress, and food aid to quarantined seniors, people experiencing houselessness, and other at-risk populations.

Globally, we have supported emergency plant-based food relief in the aftermath of numerous devastating hurricanes, earthquakes, wildfires, and floods. We funded free meals in Liberia during the Ebola epidemic, as well as the distribution of 10,000 packets of vegetable seeds for home gardens in communities that were most isolated by the disease.



Photo: Food Not Bombs

▶ You want to triple your impact!

Plant-based food and farming projects feed more people while protecting animals and nature, and mitigating climate change.

▶ You want a simple and reliable process.

We support a wide variety of groups, many of which are international and/or don't have tax-exempt status. Donate through us and you get one easy tax return letter and a hassle-free way to support incredible work in other countries.

▶ You want to empower communities.

Most of the work we support is already in progress, or is planned and just needs seed funding to jumpstart it. We don't reinvent the wheel or impose our methods. We respect that local people are the experts in their communities and know how to best use their resources.

▶ You want to support projects that *really* need funds.

We specialize in finding groups and individuals doing highly effective and innovative work, but who don't have much access to funding. With smaller projects, especially in low-income countries, your donation makes a larger, more significant impact and can take them to the next level.

▶ You want an organization you can trust.

We go above and beyond basic financial reporting to receive a full, third-party audit every year. We meet the strict standards of the Combined Federal Campaign and our combined overhead and fundraising is less than 5%.



How beautiful is a world
that is healthy, well-fed, and kind...
all at the same time.



Thank You

www.awfw.org

care@awfw.org