

# Project Overview: Nourish Struggling Lebanese Families

**Campaign Goal:** \$100,000

**Objective:** To combat food insecurity in Lebanon by providing essential food assistance, nutrition education, and support for sustainable food practices to vulnerable communities.

**Target Beneficiaries:** Low-income families, including single-parent households and internally displaced individuals, who are struggling to access adequate food.

## Project Description

Lebanon is facing a dire food crisis, exacerbated by economic challenges and conflict. Our project aims to alleviate this urgent situation by delivering essential food resources and education to those most affected. We will ensure that families receive nutritious food while empowering them with knowledge to maintain their well-being.

## Key Activities

1. **Food Distribution:**
  - Distribute food packages to families in need, focusing on staple foods, fruits, and vegetables.
2. **Nutritional Workshops:**
  - Conduct educational sessions on healthy eating, meal planning, and nutrition.
3. **Community Gardening Initiatives:**
  - Support local gardening projects to promote sustainable food sources and self-sufficiency.
4. **Emergency Response:**
  - Address urgent food needs during crises, ensuring families have access to essential resources.

## Budget Overview

Category	Estimated Cost
Food Distribution	\$50,000
Nutritional Workshops	\$15,000
Community Gardening Initiatives	\$15,000
Emergency Response	\$10,000
Administrative Costs	\$10,000
<b>Total</b>	<b>\$100,000</b>

### **Expected Outcomes**

- **Immediate Relief:** Provide food assistance to at least 5,000 individuals within the first year.
- **Improved Nutrition:** Increase awareness of healthy eating among 1,000 community members through workshops.
- **Sustainable Practices:** Establish 10 community gardens, enhancing food security and self-reliance.

### **Conclusion**

Your support is crucial to making the “Fighting Food Insecurity in Lebanon” project a reality. By contributing to this campaign, you are helping to provide vital food assistance and education to those in need, fostering a healthier and more resilient community.