

CONFIDE CARES

Feed My Starving Children



WHAT THEY DO

"Every year, millions of children die from preventable causes such as pneumonia, diarrhea, malaria and undernutrition. Hunger is still causing nearly half of deaths in children under 5 years old. From this data, we estimate at least 6,200 children die each day from causes related to undernutrition. This is heartbreaking. Feed My Starving Children (FMSC) believes hope starts with food. FMSC works with food distribution partners that stay with communities for the long haul, empowering them to move from relief to development. FMSC meals are developed by food science and nutrition professionals to supplement nutritional needs and reduce problems with malnutrition. Nutrition allows children to grow, thrive and develop to their full potential."

HOW WE CAN HELP

In 2023 alone, FMSC has been able to send food to 55 countries around the world. This is possible because of the volunteers who donate not only financially, but also their time. Volunteers help pack, sort, and label meals to be sent around the world. It's a great volunteer opportunity for everyone aged 5 and up. One of our Confide team members serves together with family and friends several times a year!

"Spending a few hours of our time together serving with family and friends is an experience like no other. Watching my kids help pack meals to be sent around the world to children just like them is so rewarding. Not only are we literally filling cups (and bowls) for those around the world, but it also 'fills my cup' to know that a few hours of our time can make a life or death impact on children who are suffering from starvation and malnutrition." - Holley



TO FIND A FOOD PACKING LOCATION
NEAR YOU, VISIT:
[HTTPS://WWW.FMSC.ORG/GET-
INVOLVED/VOLUNTEER](https://www.fmsc.org/get-involved/volunteer)

YOU MAY ALSO SHOP THE FEED MY
STARVING CHILDREN MARKETPLACE TO
SUPPORT ARTISANS FROM
AROUND THE WORLD BY VISITING:
[HTTPS://WWW.FMSCMARKETPLACE.ORG/](https://www.fmscmarketplace.org/)

