



HOT MEALS
GAZA EMERGENCY
2024

RAMADAN 2024

FEED THE FASTING
IMPACT & ACHIEVEMENTS

Making the most of your Mercy



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INTRODUCTION

As another year passes, we thank Allah The Most Merciful for the chance to seek His blessings in the holy month of Ramadan. May we be granted the blessings of many more Ramadans inshallah.

Thank you for your compassion, generosity and steadfastness this Ramadan. The past months have brought incredible hardship to

so many, especially to the ummah enduring violence, displacement, and oppression in Palestine and Sudan. This past Ramadan, more than ever, your compassion was urgently needed, and your steadfastness, advocacy and support continues to be of utmost importance.

With your generous support, alhamdulillah, Human Appeal reached over **982,349** people

during Ramadan and Eid al-Fitr. Thank you for helping us to support the most vulnerable during the Holy Month.

Explore our report to find out how your donations in Ramadan made a difference around the world.



RAMADAN 2024 IN NUMBERS

This Ramadan we worked across **16** countries, providing nutritious food parcels, hot iftar meals, and Eid gifts. We also fulfilled your Zakat al-Fitr, Fidyah, and Kaffarah, helping our supporters to meet religious obligations while helping the vulnerable in the ummah to eat well during Ramadan and Eid.

Here's how your charity in Ramadan helped to feed the fasting:

982,349 people supported in total through our Feed the Fasting campaign.

16 countries worked in globally: Afghanistan, Bangladesh, Iraq, Lebanon, Malawi, Morocco, Nigeria, Pakistan, Palestine, Senegal, Somalia, Sudan, Syria, Turkey, Yemen, and the UK.



26,521 family food parcels delivered, helping **184,089** people



592,602 hot meals delivered



268 food vouchers distributed



142,551 people supported through Zakat al-Fitr



7,277 people received Eid gifts

FEED THE FASTING

Our generous supporters joined our TV live appeals and fundraising events across the UK, they saw our adverts, automated their giving, and went above and beyond to help us to feed fasting people across **16** countries.

Here's how your donations helped the most vulnerable to eat well in Ramadan 2024.





This Ramadan, you supported 7,650 people.

Years of conflict have uprooted millions of Iraqi people, eroded social cohesion, disrupted access to basic services, destroyed livelihoods and led to increased protection risks. Children have been disproportionately affected, with Iraq's orphans accounting for **5%** of the global number of orphans. Also at high risk are refugees, with Iraqi Kurdistan home to **260,000** refugees seeking protection from the conflict in Syria.

This Ramadan, you helped us to care for orphans and their families, giving them a

secure source of nutritious food. Working in Erbil, we provided **164** families with nourishing food parcels containing 22 kilograms including oil, tomato paste, broad beans, dry milk, macaroni, molasses, rice, flour, sugar, tea, salt, lentils, date, bulgur, beans, lettuce, milk, and oats.

In Dohuk, we provided **6,746** Syrian refugees with hot iftar meals of rice, soup, grilled chicken or meat, yoghurt, vegetables, bread, sweets, and water.

HOW YOU HELPED IN IRAQ:



7,650
people helped



164
food parcels
for **904** people



22.5kg
food parcel



6,746
hot meals





This Ramadan, you supported 30,918 people.

In Lebanon, food prices have soared since the Beirut explosion, pushing families into extreme poverty, unable to afford staple foods. This Ramadan, we worked in Beqaa, Saida, Arsal, Akkar, and Beirut to provide hot iftar meals and nutritious food parcels to widows, orphans, and families struggling to make a living. We also held Eid parties with decorations,

meals, games, Eid gifts, and religious competitions to help struggling families to join in the Eid celebrations.

Each food parcel contained between 29 and 45 kilograms of rice, sugar, lentils, vermicelli, chickpeas, salt, bulgur, oil, spaghetti, beans, flour, and halva.



HOW YOU HELPED IN LEBANON:





This Ramadan, you supported 25,135 people.

In Morocco, communities are struggling to recover from last October's devastating earthquake and a dry winter, which decimated agriculture and drove up the cost of food. Working across Morocco, but with a focus on earthquake-hit regions, we helped vulnerable families to eat well during Ramadan through nutritious food parcels, hot iftar meals, Eid gifts, and Zakat al-Fitr distributions.

Ouazzane, Mirleft, Tangier, Laarache, Chefchaouen, Chichaoua, and Ksar el Kbir.

Each food parcel in Morocco contained 32 kilograms of flour, sugar, oil, tea, coffee, tomato paste, vermicelli, rice, lentils, chickpeas, cheese, dates, milk, and honey. Our hot iftars consisted of soup, eggs, tagine or meat sandwich, dates, cheese, sweets, juice, water, breads, and milk.

Your charity this Ramadan supported families in Tangier, Alhaouz, Azrou,



HOW YOU HELPED IN MOROCCO:



25,135
people helped



1,083
food parcels for
5,415 people



32kg
food parcels



4,400
hot meals



14,630
people supported
through Zakat al-Fitr



690
Eid gifts



This Ramadan, you supported 3,618 people.

In Nigeria, half of the entire population lives below the poverty line, despite it being the wealthiest African nation. Skyrocketing food prices have pushed more families into poverty, and made it even harder for the most vulnerable families to access the most nutritious foods.

During Ramadan, you helped **3,618** people to eat well with a secure way to break their fasts. Each 20 kilogram food parcel contained 8.5 kilograms of rice, 4 kilograms of beans, 7 kilograms of cassava, as well as condiments to help families to season and cook their food.

HOW YOU HELPED IN NIGERIA:



3,618
people helped



633
food parcels



20kg
food parcels





This Ramadan, you supported 92,335 people.

More than **38%** of Pakistan's workforce is employed in farming, leaving them vulnerable to weather extremes such as drought and severe flooding, and unable to buy food when crops fail and market prices rise. In some areas, families are forced to spend **90** percent of what little income they have on food, leaving them unable to cover their other basic needs.

This Ramadan, you supported families that are on low incomes, or that contain widows and orphans in Bagh, Mansehra, Rawalpindi, Bhimber, Lahore, Faisalabad,

Battagram, and Islamabad. Your charity in Pakistan provided hot iftar meals, nutritious food parcels, as well as Eid gifts for children and families. We also provided your Fidyah and Kaffarah donations in Pakistan, as well as distributing your Zakat al-Fitr to families in Pakistan.

Each 47 kilogram family food pack we distributed contained flour, rice, sugar, oil, tea, chickpeas, beans, and chickpea flour. Each hot meal we provided contained chicken biriyani or a curry, fruit, and a drink.



HOW YOU HELPED IN PAKISTAN:



92,335
people helped



1,716
food parcels for 11,147 people



47kg
food parcels



7,402
hot meals



1,138
people supported through Zakat al-Fitr



66,000
people supported through Fidyah and Kaffarah



This Ramadan, you supported 709,034 people.

Palestinians in Gaza are facing extreme oppression, violence, and hunger. Families in the West Bank too are experiencing ongoing targeting, violence, and dispossession.

For Palestinians, it was the most violent and oppressive Ramadan in memory, in which families struggled for food, places to pray, medicine and safety.

In Gaza, in addition to our ongoing relief efforts – which provide medicine, daily clinics, and clean water – we also provided a total of **543,266** hot meals, and **12,747**

food parcels. We provided Eid gifts to **5,000** children and Eid food parcels via your Zakat al-Fitr donations to **78,414** people. We also established a tented mosque during Eid, giving people a sheltered place to congregate and pray.

In the West Bank, your charity provided hot meals of rice or potato as well as chicken, soup, fruits, dates and water to worshipers at Al Aqsa Mosque, as well as food parcels weighing 38 kilograms to people living in refugee camps in Tulkarem.



HOW YOU HELPED IN PALESTINE:



709,034
people helped



13,259
food parcels for
79,554 people



546,066
hot meals



78,414
people supported
through Zakat al-Fitr



5,000
people received
Eid gifts



This Ramadan, you supported 6,570 people.

70% of food is imported in Senegal, and, since the war in Ukraine, families that already struggled to survive have been hit by massive price hikes making staple foods unaffordable. Half of all people live below the poverty line, making it difficult to find iftar each day.

This Ramadan, you supported families that are on low incomes, or that contain widows

and orphans, and people with disabilities in Dakar, Thies, Diorbel, and Sedhiou. Your charity in Senegal provided nutritious food parcels during Ramadan. Each parcel contained 41 kilograms of rice, flour, sugar, oil, and milk powder. We also delivered your Zakat al-Fitr with 25 kilograms of rice to **658** families in Senegal.



HOW YOU HELPED IN SENEGAL:



6,570
people helped



437
food parcels for
2,622 people



41kg
food parcels



3,948
people supported
through Zakat al-Fitr



This Ramadan, you supported 14,268 people.

Years of brutal conflict, extreme weather – such as prolonged drought and flooding – and limited livelihood opportunities has resulted in **8 million** Somalis needing humanitarian assistance. Almost **3 million** people have been forced to flee their homes.

This Ramadan, your charity provided nutritious food parcels to displaced families

and orphans in the Kahda district of Mogadishu. Each food parcel contained 66 kilograms of rice, flour, dates, oil, and sugar – enough to provide a family-of-seven with iftar and suhoor for the whole month. We also distributed your Zakat al-Fitr to families in Daynile and Kahda.



HOW YOU HELPED IN SOMALIA:



14,268
people helped



393
food parcels for
29,150 people



66kg
food parcels



11,353
people supported
through Zakat al-Fitr



This Ramadan, you supported 3,132 people.

After a year of brutal conflict, a staggering **18 million** Sudanese people are facing acute hunger, and the UN has reported that people are dying from starvation. Your charity this Ramadan provided food to families facing extreme hunger, including displaced families, the host community, and people with disabilities.

Your donations provided 30 kilograms of flour, dates, oil, and lentils to families in Ad-Damzine and the Blue Nile State.



HOW YOU HELPED IN SUDAN:



3,132
people helped



610
food parcels
distributed



30kg
food parcels



This Ramadan, you supported 36,932 people.

In Syria, you supported displaced families in Idlib, who have not only endured years of conflict, but also the recent earthquakes which pushed them to the brink. With soaring food prices and more than **12 million** people who don't have reliable access to food, your efforts in the camps ensured provision of nutritious family-sized food parcels lasting a month, hot meals, and Zakat al-Fitr charity.

Working in camps for displaced people in Idlib, your charity provided **1,945** nutritious

food parcels to provide **10,120** people with enough food for the entire month. Each 36.5 kilogram parcel contained beans, rice, sugar, canned food and dates.

You also provided **4,760** hot meals containing chicken, rice and yoghurt. Your Zakat al-Fitr charity supported **7,469** people, and your Fidya and Kaffarah donations provided **14,583** hot meals to Syrians.



HOW YOU HELPED IN SYRIA:



36,932
people helped



1,945
food parcels for
10,120 people



36.5kg
food parcels



7,469
people supported
through Zakat al-Fitr



14,583
people supported
through Fidya
and Kaffarah



This Ramadan, you supported 49,469 people.

In Yemen, years of crisis and conflict have pushed families to the brink. Two in every three Yemenis need humanitarian help and severe malnutrition among children is at the highest level ever recorded, and almost half of all displaced families don't have enough food.

This Ramadan, you helped to support displaced people and people with disabilities in Sana'a and Taiz. Your charity provided nutritious food parcels weighing 87 kilograms to **3,027** families, as well

as hot meals to **12,981** people. Each food parcel contained flour, rice, sugar, beans, oil, dates, salt, milk, tea, and sauces, and each hot meal contained rice, vegetables, roast chicken, salad, bread, and fruit.

We also distributed your Zakat al-Fitr donations in Yemen, supporting people with cancer, kidney failure, dual disabilities, and blood disorders.

HOW YOU HELPED IN YEMEN:



49,469
people helped



3,027
food parcels for
21,188 people



87kg
food parcels



12,981
hot meals



15,300
people supported
through Zakat al-Fitr





This Ramadan, you supported 250 people.

Over **14 million** people in the UK are living in poverty including around **4.5 million** children. **42%** more people are using food banks compared to last year, as families continue to struggle with rising food prices, stagnant wages, and the lingering effects of the pandemic. Rising inflation and the increasing cost of essentials such as housing, utilities, and food have put huge strain on low-income households, pushing many to the brink of food insecurity.

With your help this Ramadan, **25** volunteers packed **250** food parcels over the course

of two days. Working with five charities that support homeless people, refugees, survivors of domestic violence and families struggling with hunger, we distributed these food parcels across Manchester, Birmingham, London, and Luton.

Each food parcel could last a person 2 to 3 weeks, or support a small family for a week, and contained beans, soup, tuna, biscuits, salt, chickpeas, lentils, longlife milk, tinned tomatoes, dates, rice and pasta.



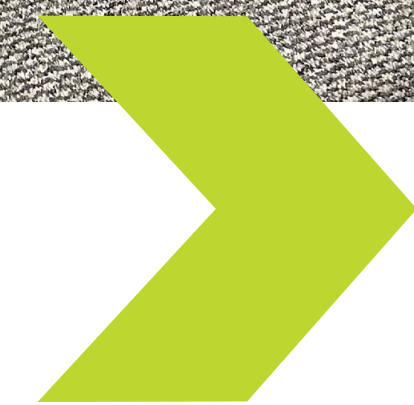
HOW YOU HELPED IN THE UK:



250
food parcels



5
charity partnerships



SMALL BUT MIGHTY PROJECTS IN RAMADAN 2024



1,148

people helped in Hatay, Turkey through hot meals and food vouchers, with a focus on earthquake survivors and orphans.

240

people supported through Zakat al-Fitr in Malawi.

1,000

Rohingya refugees in Bangladesh received food parcels

650

people in Perwan, Afghanistan supported with food parcels.



“I was overwhelmed with gratitude when we received the food pack, it was a blessing that came just in time. I will pray for those who helped us in our difficult time...”

THE DIFFERENCE A FOOD PARCEL MAKES

A tragic accident left 38-year old Nazma a widow with four children to care for. She works as a maid, earning around £17 per month and depends on relatives to survive.

During Ramadan, Human Appeal provided Nazma with a nutritious food parcel to last the entire month, providing suhoor and iftar for the whole family. The contents would have cost Nazma three months of wages to afford.

“The accident that took my husband left us devastated, but I had to gather the strength to care for my children,” Nazma said.

She is determined to ensure her children receive an education, seeing it as a pathway to a better future. “I want my children to have a better life than mine and I know they need education for that.”





THANK YOU

Thank you for entrusting your Ramadan charity to Human Appeal. You helped us to provide food and Eid gifts to **982,349** people. May Allah reward your charity and may He enable us to continue supporting vulnerable people in Ramadan and throughout the year.



Human Appeal
Pennine House
Carrs Road
Cheadle
Cheshire
SK8 2BL

humanappeal.org.uk
customercare@humanappeal.org.uk
T: +44 (0) 161 225 0225

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