



**40,000 Children Die of  
Starvation Every Day.**

**Join in the Fight**  
**With Us!**

Grace Lutheran has teamed up with FFCC and Kids Against Hunger to provide nutritious food to impoverished children in Tanzania, Africa, Haiti, and other countries. One third of all meals assembled are distributed throughout San Diego, with two thirds of the meals shipped to Tanzania, Africa and beyond. Each food packet contains 6 servings and each bag is prepared in 20 minutes by adding it to boiling water. Each packet contains 21 essential vitamins and minerals, 6 dehydrated vegetables and chicken flavoring. This protein (52% soy) & nutrient rich formula reverses the starvation process.

**Next Packaging Event:**

Join us on Sunday, November 28 from 10:00am to 3:00pm. Location to be announced. You must register in advance. Go to the following website: [www.ffccsd.org](http://www.ffccsd.org) click on volunteer to let us know you're interested.

All Volunteers can help by bringing donated school supplies for kids in need here in our community and Tanzania to the packaging event!



Community Partners: Dream Dinners in Poway, Grace Lutheran Church and Schools- Join the Team!

For More Info Contact Phil Harris at 12463 Rancho Bernardo Rd PMB 158, San Diego Ca 92128, 858-204-9643, E-mail-philffcc@san.rr.com, Web Site-www.ffccsd.org FFCC is a Non Profit 501(c)3 Organization. All donations are tax deductible.



Food Packaging Event  
Over 2 Million meals shipped to date!  
*Need To Know Information*

Thank you for your willingness to help us assemble food packages for families in need in S.D., along with providing much needed food for families and children in Tanzania, Africa, Haiti and other countries. One-third of all meals assembled are distributed throughout San Diego, 2/3 of the meals are packaged and shipped to Tanzania, Africa and beyond.

The event, sponsored by Grace Lutheran Church and the Escondido community, in cooperation with Friends and Family Community Connection (FFCC), will be held on Sunday, November 28<sup>th</sup>, from 10:00am to 3:00pm. The location will be announced. The assembly and packaging will be done outside in a parking lot. This event is for the entire family but children must be accompanied by an adult. It is also critical that you sign-up in advance.

The bulk food items of rice, soy, 21 different vitamins, and dehydrated vegetables are purchased through donations from our community.

**Our ability to purchase these bulk food items is directly related to your help in donating and helping us raise funds to continue this much-needed effort. So please help us by donating \$20.00 or more and 1 hour of time. This will allow us to feed a child in Tanzania for 5 months.**

**It costs \$12,500 for 50,000 meals at \$.25 cents per meal.**

Please help us get the word out! All donations are tax deductible. At the event, we will have a container at the registration table for you to place your donations. You can make your check payable to FFCC and write 'Hunger' in the memo section.

**Your responsibility prior to the event:**

- You can sign up for as many 1 hr. time slots that are available through our online registration website, [www.ivolunteeronline.com/ffcc](http://www.ivolunteeronline.com/ffcc) .
- Each member of your party must register for their own time slot, unless he/she is a small child (less than 6 years old) who must work alongside you.
- Put on lots of sunscreen and bring water bottles/lunch/snacks, as you desire.
- Bring a snack to share with the other volunteers.

In the event of rain, I will send out an e-mail the day before, canceling the event. If you do not receive an e-mail, the event is on!!! Thank you for partnering with us!!!!