

FOOD4KIDS

At Muslim Hands we know that the long-term effects of hunger run deep and can cripple whole communities. Endemic malnutrition leads to poor health and increased school drop-out rates. This in turn leads to continued poverty and the vicious cycle continues from one generation to the next.

WE ARE CURRENTLY PROVIDING
OVER 11,000 MEALS A DAY

But there is much more to be done. With your generous support, we can reach even more children with the support they need to keep them strong and healthy through their daily lives.



THE IMPACT OF THE FUNDS YOU RAISE:

- £10** can keep a child healthy for 1 month.
- £120** can support a child's nutritional meals for 1 year.
- £300** can provide a whole classroom (30 children) with nutritious meals, vitamin supplements, health testing & treatments for 1 month.

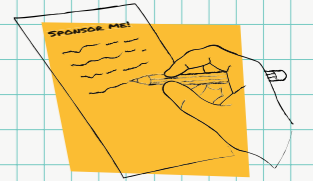


FUNDRAISING IDEAS



1. SET UP A JUSTGIVING PAGE

by visiting JustGiving.com and ask your friends and family to donate.



2. GET SPONSORED

Make the most of your fundraising pack and ask people to sponsor you using your sponsorship form.

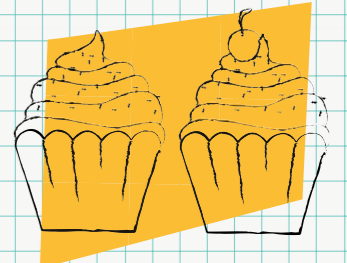
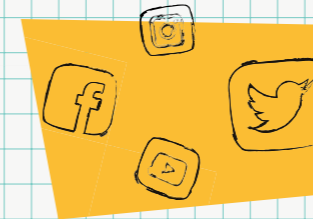
3. SKIP THE TREATS

Why not give up that daily cup of coffee or chocolate bar and give the proceeds to reach your target?



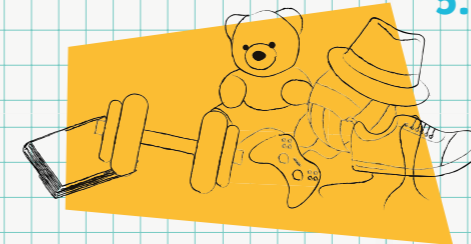
4. POST ON SOCIAL MEDIA

Utilise your social media platforms and keep your followers updated to keep those donations coming in!



5. SET UP A BAKE SALE

Tickle those taste buds and organise a cupcake sale at work.

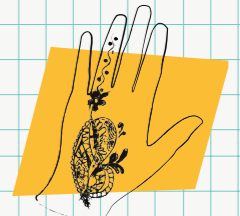


6. SELL YOUR UNWANTED CLUTTER

Sell any unwanted clothes or household items either at a car boot sale or online.

7. EMBRACE YOUR CREATIVITY

Get creative and use a skill in return for a fee - e.g.: mehndi, face painting, making cards, bunting etc.



8. BUCKETS

Why not bucket in your local supermarket or get council permission to go in your local streets and make sure the children's voices of Gaza are heard.



9. INVOLVE YOUR LOCAL MOSQUE

Ask your local Masjid if they can make a Jummah announcement for you.



10. RAISE MONEY AT HOME!

With the winter coming, why not organise a delicious warm meal at home and get your loved ones to sponsor you.

