



PROJECT REPORT:

ESSENTIAL SUPPORT FOR FAMILIES IN NEED

1. INTRODUCTION

The **Essential Support for Families in Need** project was implemented in Lebanon to respond to the growing food and basic-needs challenges faced by vulnerable households. During the implementation period, many families continued to experience serious economic pressure caused by unstable income, inflation, unemployment and the increasing cost of essential goods.

Through the project, vulnerable families received essential food supplies that helped them meet their immediate nutritional needs and reduce pressure on their limited household resources. The assistance was particularly important for families with children, widows, older persons, and households with no stable source of income.

The project contributed in improving beneficiaries' access to basic food items, supporting more regular meals, and reducing the risk of harmful coping mechanisms such as skipping meals, reducing food portions, or purchasing food on credit. It also helped families maintain their dignity and provided them with a degree of stability during a period of continued economic hardship.

The intervention contributed to **SDG 1 – No Poverty, SDG 2 – Zero Hunger, SDG 3 – Good Health and Well-Being, and SDG 10 – Reduced Inequalities.**

2. BENEFICIARIES AND PROJECT COMPONENTS

The project supported vulnerable families in Lebanon experiencing poverty, unemployment, illness, or the loss of a household income provider. Priority was given to households with children, widows, older people, and families without a reliable source of income.



The project consisted of two main components:

(1)



- Distribution of essential food supplies to help families maintain regular and adequate meals.

(2)



- Financial assistance to help households cover urgent needs such as rent, utilities, medication, transportation, and other basic expenses.

Beneficiaries were selected according to their level of vulnerability and identified needs. Assistance was delivered in a manner that respected their privacy, dignity, and individual circumstances.

3. SUCCESS STORIES

- A. Hassan – Vulnerable Family** | Hassan lives with his wife and children and has been unable to secure regular employment. The family was struggling to purchase food while also covering rent and other essential household expenses. Through the project, Hassan's family received food and financial assistance that helped them meet their immediate needs.
- B. Mariam – Widow and Mother** | Mariam is a widow responsible for supporting her children without a stable source of income. She faced difficulties covering food, household expenses, and her children's basic needs. This support gave Mariam stability and allowed her to care for her children with dignity.
- C. Rawad – Older Person** | Abou Ali is an older man living with limited income and ongoing health needs. Rising food and medical costs made it difficult for him to afford both medication and daily necessities. The project provided him with food and financial support, helping him purchase essential items and manage some of his health-related expenses.

Beneficiary names have been changed to protect their privacy.



4. IMPACT

The project contributed to improving household food security by ensuring that vulnerable families had access to essential food supplies.

This support eased pressure on limited household resources, helped beneficiaries maintain more consistent meals, and reduced reliance on harmful coping strategies.

Overall, the intervention provided timely relief while promoting dignity, stability, and resilience among participating families.