

# Samaritan's Fellowship Foundation Pakistan

Empowerment Beyond Aid

## PROJECT BRIEF & INDICATIVE BUDGET

# Your £1 Food Can Turn an Empty Plate into a Meal

## One-Pound Food Support

| FUNDING GOAL | DELIVERY CAPACITY    | PROJECT PERIOD | INITIAL FOCUS                             |
|--------------|----------------------|----------------|-------------------------------------------|
| US\$25,000   | Up to 200 meals/day* | 12 months      | Lahore, Kasur, Faisalabad & Nankana Sahib |

## THE NEED

In many low-income communities, children and struggling families face nights with little or no food. A mother may skip her own meal so her child can eat, while a daily-wage worker may return home with no earnings and nothing to cook. Hunger is not an abstract problem for these families - it is an empty plate, an aching stomach, and a restless night. Imagine the struggle of little children, their empty stomachs. They need help.

**“Your £1 can help put food on an empty plate today. Your continued support can help a family reach the day when they no longer need us to fill it.”**

*\* Daily output depends on available funding, local prices, verified need, and safe operating capacity.*

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## How the Project Works

The project will begin by providing freshly prepared, filling meals to people facing immediate hunger. Meals will be prepared locally, packed in clean food boxes, accompanied by a small bottle of clean drinking water, and delivered through SFFP volunteers. Donations will support the direct cost of food, cooking, hygienic packaging, water, and essential delivery logistics. Volunteer delivery time will be contributed in-kind.

|                    |                                                                                                                                                                   |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1. IDENTIFY</b> | Field teams and community contacts identify children, elderly people, women-headed households, daily-wage families and others facing immediate food insecurity.   |
| <b>2. PREPARE</b>  | Simple, filling meals are cooked locally using bulk purchasing where practical. Meals are packed in clean, hygienic boxes with drinking water.                    |
| <b>3. DELIVER</b>  | SFFP volunteers deliver meals to verified beneficiaries. Volunteer time is not charged to the project; only essential delivery costs are budgeted.                |
| <b>4. CONNECT</b>  | Families facing repeated hunger may be referred to SFFP livelihood pathways for skills training and small-business support so they can work toward self-reliance. |

## Immediate relief, then a route out of repeated hunger

A meal can end hunger for one night; a livelihood can change what happens next. This project provides immediate food relief while helping SFFP identify families trapped in repeated hunger. Where appropriate, adults may be connected to skills training and small-business support. Through related SFFP livelihood projects, a family can begin a small income-generating activity with support from as little as US\$200, depending on the business type and verified plan.

## Who will benefit

- Children in households experiencing acute food insecurity
- Women-headed households and mothers skipping meals for their children
- Elderly people with weak or unreliable family support
- Daily-wage households facing days with no earnings
- Families facing repeated hunger who may need a longer-term livelihood pathway

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## Indicative Budget & Accountability

The US\$25,000 goal is designed to fund meal preparation and delivery while keeping the model simple and transparent. The figures below are planning estimates and may be rebalanced within the approved project purpose as food prices, packaging costs, and local operating conditions change.

| Budget Line                                   | Amount          | Share       | Purpose                                                              |
|-----------------------------------------------|-----------------|-------------|----------------------------------------------------------------------|
| Food ingredients & meal preparation           | \$16,500        | 66%         | Core meal ingredients, cooking and preparation                       |
| Hygienic food boxes & basic serving items     | \$3,000         | 12%         | Clean packaging for safe distribution                                |
| Small bottles of clean drinking water         | \$2,000         | 8%          | Water supplied with meal distributions                               |
| Essential transport & delivery logistics      | \$2,000         | 8%          | Fuel/local transport; volunteer time remains in-kind                 |
| Monitoring, records & operational contingency | \$1,500         | 6%          | Distribution records, receipts, basic monitoring and price variation |
| <b>TOTAL PROJECT GOAL</b>                     | <b>\$25,000</b> | <b>100%</b> | <i>Indicative project budget</i>                                     |

## Indicative reach

Based on the current planning assumption of roughly US\$1.40-\$1.45 in total project cost per meal package, the funding goal could support approximately 17,000-17,500 meal packages over the project cycle. Actual reach will vary with food prices, exchange rates, menu choice, packaging, local transport, and the number of active distribution days.

## Accountability

- Meal and distribution counts recorded for each activity
- Receipts and expenditure records maintained for project costs
- Beneficiary verification and basic distribution records
- Photographs and field updates collected where appropriate, with dignity and consent
- Project reports shared through GlobalGiving in line with reporting requirements

**Campaign note:** “£1” is a simple donor-facing campaign message. It represents a contribution toward a meal rather than a fixed guaranteed unit price. Actual costs vary by market conditions and location.

### Related livelihood pathway:

<https://sffp.org.pk/startfish> | <https://www.globalgiving.org/projects/help-a-family-start-a-small-business>

**One meal for today. A pathway to self-reliance for tomorrow.**