



***“Restoring Communities, Building a Future”***

**'Fasting to Feed' Campaign**  
(May 17<sup>th</sup>, 2018 - June 14<sup>th</sup>, 2018)

As the holy month of Ramadan is the month of making extra sacrifices and prayers to seek forgiveness and nearness to their creator.

By fasting for over 16 hours a day in this month, all Muslims in the United States get a small taste of "hunger" thus giving many a realization of the pain endured by millions of starving fellow human beings.

In our country almost 50 million fellow Americans do not know if they will be able to have a meal in the evening. For many school age children, the only guaranteed meal is the one that they get at school during the week.

We urge every fellow American who receives this message to donate your lunch money while you fast, to feed a hungry stomach. People from other faiths can try to experience a fast or skip a meal and donate that small amount to feed children, mothers, elders who are suffering because of hunger.

This campaign will not only support Humanity First USA's 12 food pantries across USA but will also support many of our partner food banks and pantries in several cities.

**You can donate online here**

<https://fundraise.humanityfirst.org/campaign/fasting-to-feed/c132309>

**Or please mail your checks to:**

Humanity First, USA  
300 E. Lombard St., Suite 840  
Baltimore, MD 21202

**Feed a child for a day! -> \$3**

**With a \$3 donation, you can help feed one child in school for one day**

**Feed a child for a week! -> \$15**

**With a \$15 donation, you can help feed one child in school for one week**

**Feed a family for a day! -> \$25**

**With a \$25 donation, you can help provide meals for an American family of 4 for one day**

**Feed a family for a week! -> \$175**

**With a \$175 donation, you can help provide meals for an American family of 4 for one week**

Munum Naeem,

Executive Director

Humanity First USA