

# What Makes Up a **Rise Against Hunger** Meal Package?

## DEHYDRATED VEGETABLE MIX

Cabbage, carrots, celery, red onion and bell peppers

## WHITE RICE

Fortified with vitamins, provides essential carbohydrates

## SOY FLOUR

Rich source of protein



**“THE HEART OF THE MEAL”**

## MICRONUTRIENT PACKET

INCLUDES 19 OF THE TOTAL 23 ESSENTIAL VITAMINS AND MINERALS

This special formula bolsters the immune system, allowing people to fight off infections and can help reverse symptoms of acute malnutrition in a few weeks.

## After they are assembled...



Meals are sealed in air-tight packages so they can be transported all over the globe without fear of contamination or infestation.

Meals are packaged in quantities that can **feed 6**.

**DID YOU KNOW?** Nearly **795 million** people in the world suffer from chronic undernourishment. This micronutrient deficiency is also known as **“hidden hunger.”**

