



# PARTNER ORIENTATION PACKET

## Welcome!

Rise Against Hunger welcomes you as a new partner. We are privileged to work with your organization to help end world hunger. Our program implementation partners are the most important part of our program and we know that we cannot succeed unless you succeed. Rise Against Hunger's goal is to form true collaborative relationships where partners and recipients are comfortable providing input and feedback on our work.

In addition, Rise Against Hunger aims to use its meals and other assistance to leverage long-term development in impoverished communities. We believe that solving world hunger requires more than just feeding people – it involves helping to raise them out of poverty and giving them an opportunity for self-sufficiency. Your organization was selected as a partner because your mission closely aligns with that of Rise Against Hunger. In order for this to be a successful partnership, it is important that we work together to maximize the efficacy of our meals and the efficiency of your programs in order to make a bigger impact in your part of the world.

In this Partner Orientation Packet, you will find information on the meals, best practices and program guidelines.



*Rise Against Hunger volunteers packaging meals in Orlando, Florida USA*



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### Rise Against Hunger Meals

Rise Against Hunger and our team of hundreds of thousands of unpaid volunteers put a lot of love and care into every bag of meals we send overseas. From start to finish, these volunteers raise the funds necessary to pay for the ingredients and then they package the meals by hand. Rise Against Hunger meals are simple, but they are highly nutritious (see **Appendix A**). Our four ingredients have been carefully selected to provide the greatest nutritional value to a diverse population of people around the world. Below, we go through each ingredient and highlight our reasons for using them. The entire meal is fully dehydrated, meaning that all of the water content has been removed. This allows for our meals to have a shelf life of two years.

**Notice regarding allergies:** Albeit rare, you may come across beneficiaries who experience an allergic reaction to one or more ingredients in our meal product. In the United States, 8% of children have a food allergy. Because soybeans are a legume, people who are allergic to other legumes (such as peanuts or ground nuts) may or may not have a reaction to the soybeans. Approximately 1.5% of the United States is listed as allergic to legumes. Rice allergies are even rarer (less than 1%) in the United States but are much more prevalent in countries like Japan and China, where rice is a dietary staple.

If any of your beneficiaries experience the following, discontinue use of food and consult a physician: vomiting, stomach cramps, hives, shortness of breath, wheezing, repetitive cough, shock or circulatory collapse, tight throat/trouble swallowing, tongue swelling, weak pulse, pale skin, dizziness, anaphylaxis-- a potentially life-threatening reaction that can impair breathing and send the body into shock; reactions may simultaneously affect different parts of the body (for example, a stomach ache accompanied by a rash). Most food allergies occur within two hours of ingestion, but they often start within minutes. In very rare cases, reaction can be delayed for 4-6 hours or longer.

A common type of delayed food allergy reaction stems from food protein-induced enterocolitis syndrome (FPIES), a severe gastrointestinal reaction that generally occurs two to six hours after consuming milk, soy, certain grains and some other solid foods. It mostly occurs in young infants who are being exposed to these foods for the first time or who are being weaned. FPIES often involves repetitive vomiting and can lead to dehydration. In some instances, babies will develop bloody diarrhea. Because the symptoms resemble those of a viral illness or bacterial infection, diagnosis of FPIES may be delayed. FPIES is a medical emergency that should be treated with IV rehydration.

Your meals will arrive in a shipping container, in boxes loaded onto pallets (see **Appendix B**). These pallets are great for storing the meals, as they keep the boxes off of the ground (which is a storage



requirement), discouraging infestation. If you ever have any questions or problems with the meals, please contact the Global Impact Department – [aid@riseagainsthunger.org](mailto:aid@riseagainsthunger.org).

❖ **The Vitamin Sachet**

❖ Our vitamin sachet contains important vitamins and minerals that have been specifically designed for undernourished children. It is essential that all the vitamin sachets are used in order for the beneficiaries to receive all the nutritional benefits. It is also important that the vitamins are added at the end of the cooking process, to prevent some of the vitamin content from cooking out during preparation. Below are a few of the vitamins included in the sachet and their benefits:

- **Calcium** – Calcium contributes to healthy, strong bones and also for muscle function.
- **Folic Acid** – If women of childbearing age take folic acid every day before and during early pregnancy, it may help reduce their baby’s risk for birth defects of the brain and spine called neural tube defects (NTDs).
- **Iodine** - Iodine deficiency often leads to developmental delays and other health problems. According to the World Health Organization, in 2007, nearly 2 billion individuals had insufficient iodine intake, a third being of school age. Iodine deficiency is the single greatest preventable cause of mental retardation.
- **Iron** – This metal helps our red blood cells transport oxygen to all parts of the body.
- **Magnesium** – Magnesium helps your muscles to work smoothly and assists your body to absorb other essential vitamins and minerals.
- **Potassium** – Potassium plays a role in keeping your body well-hydrated and promotes good blood pressure.
- **Vitamin A** - Vitamin A deficiency is estimated to affect approximately one third of children under the age of five around the world. It is estimated to claim the lives of 670,000 children under five annually. Approximately 250,000–500,000 children in developing countries suffer from blindness each year due to vitamin A deficiency. (WHO.org)
- **Vitamin B<sub>12</sub>** – Vitamin B<sub>12</sub> is important in the conversion of food to be burned as energy.
- **Vitamin C** – Vitamin C protects your body from illnesses while bolstering the immune system.



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- **Vitamin D** – Vitamin D is important for strong bones. A diet deficient in vitamin D causes softening of the bones in children.

### ❖ Long Grain White Rice

- ❖ Long grain white rice or polished rice is a grain that is a staple food used all over the world. Rise Against Hunger chose white rice over brown rice because it cooks faster and has a longer shelf life.

### ❖ Dehydrated Vegetable Blend

- ❖ Rise Against Hunger adds a dehydrated vegetable blend (carrots, tomatoes, peppers, cabbage, onions and more) to the meals to improve to the nutritional value and to enhance the overall taste of the meal.

### ❖ Dehydrated Soy Protein

- ❖ Rise Against Hunger meals include textured, dehydrated soy (the light brown pieces in the meal bag) to provide protein, which is critical for proper development and nutrition. Soy is used in Rise Against Hunger meals because it is widely available, has high protein content and can be obtained inexpensively. Since soy is vegetarian and does not contain animal products, it also allows for Rise Against Hunger to use a universal meal that every culture can consume.
- ❖ The soybean is a legume that contains no cholesterol and is low in saturated fat. According to National Center for Biotechnology Information, soybeans are the only vegetable food that contains all eight essential amino acids. Soybeans are also a good source of fiber, iron, calcium, zinc, and B vitamins.
- ❖ Soy protein comes in a dehydrated form that can be stored for long periods of time. Many other varieties of protein spoil very quickly so they are not the best option for distribution.

Rise Against Hunger meals are designed to be flavored with additional ingredients and spices according to the recipients' tastes. We encourage you to add seasoning and make it your own if you have the means to do so.

### **Guidelines & Recommendations for Rise Against Hunger Partners**



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### 1. Maintaining Control & Accountability

- a. Establish a “partnership agreement” with other organizations to whom you will distribute meals. This agreement will communicate to your partners your expectations of them and the services you will provide to them. The agreement should include standards regarding record keeping and reporting, how meals are to be used, storage, maintaining control, preparation information and training materials. Please provide a sample of your partnership agreement to Rise Against Hunger. *Rise Against Hunger can provide an example if you do not already have a partnership agreement.*
- b. Keep a written record of all meal inventory.
- c. In order to best control meal usage, do not allow recipient organizations to share with additional organizations. Have all recipient organizations report to you directly, when possible.
- d. Rise Against Hunger prefers that the majority of meals be distributed through programs that cook the food on-site rather than sending meals to a recipient’s home. When meals are provided to beneficiaries as take-home rations, it is more difficult to ensure they are not sold or used improperly. In addition, on-site cooking ensures the meals are prepared in the proper way to obtain the full nutritional value. Distributing uncooked meals is not prohibited, but if you do so, additional provisions should be put in place to avoid misuse of meals. Potential provisions include:
  - i. Ensure beneficiaries have cooking supplies:  
If meals are distributed for cooking at home, some families may choose to sell the meals if they do not have sufficient cooking supplies including fuel, which can be expensive.
  - ii. Distribute small amounts of meals at regular intervals, as this will reduce the potential for meals being sold.
  - iii. Monitor local marketplaces to prevent sale.

### 2. Maximizing the Impact of the Meals

- a. In order to end world hunger, Rise Against Hunger directs its meals toward programs that provide educational and development opportunities to the communities that receive them. Our goal is for the meals to be a catalyst for long-term, sustainable change. To reach this goal, we prefer that the majority of the meals are used in the following program types:
  - i. School feeding programs
  - ii. Child and youth development
  - iii. Medical



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- iv. Maternal/child health
- v. Vocational training
- vi. Orphanages
- b. Rise Against Hunger seeks to limit the amount of meals used in programs that do not promote long-term development. Each year, Rise Against Hunger allows up to 20% of total meals to be used in crisis situations and outside of development programs. We encourage our partners to maintain similar distribution targets.
- c. The greatest impact is seen when the same beneficiaries receive meals on a regular basis. An exception is short term feeding related to a crisis or natural disaster.
- d. Programs are most effective when the beneficiaries and the local community have input into the design of the program and responsibilities in carrying it out. Ways to involve community members include using volunteers who can help prepare food, maintain records, oversee distribution, suggest ways to distribute food, and bring dishes, fuel or additional food to contribute to the program.
- e. We recommend considering how your programs can become self-sustaining so that one day your organization will not require imported food. Rise Against Hunger is happy to assist you in that process.
- f. Rise Against Hunger meals are designed to meet the nutritional needs of undernourished, school-aged children but are also suitable for other age groups.

### 3. Storage

- a. Storage facilities should remain locked for security.
- b. Boxes should be stored off of the ground to limit pest infestation.
- c. The cooler the storage facility, the better. Lower temperatures can prevent some insect infestation.
- d. Always use the oldest boxes of meals first to help avoid infestations. Also, periodically rotate and inspect the meal inventory.  
Our partners have found that meals left in-country for more than 12-15 months are more likely to experience infestation.
- e. Storage facility should always be kept clean to prevent insect infestation. Sweep up any spilled food ingredients immediately.
- f. Food should not be stored next to toxic or combustible substances such as gas or cleaning materials.

### 4. Preparation

- a. To maximize the nutritional impact, it is recommended to cook the meals according to the directions on the bags and boxes (see Appendix A).





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- b. It is important that the vitamin packet is removed before cooking and added after cooking has finished to retain the maximum amount of vitamins.
- c. **Make sure that the vitamins are thoroughly mixed with the food to be distributed evenly across the food and some children do not receive more than others.**
- d. Be sure to consider the total intake of the child vitamins, including other vitamins and other food sources, to ensure that the child gets the right amount of vitamins.
- e. **It is especially important that all of the vitamin packets are used.**
- f. Consider the cultural norms of the beneficiaries. They may not be used to eating soy, for instance, and need additional information on its health benefits and/or ideas on how to prepare it in a way suitable to their taste. Rise Against Hunger can provide recipe ideas if needed.
- g. We recommend adding local fruits/vegetables, spices, meats and/or oil when available to increase the nutritional impact and flavor of the meals.
- h. **Please refer to the last page of this packet for printable cooking instructions (available in English, French, and Spanish).** Please distribute this page at all facilities that will prepare meals and, when possible, laminate and post it in the kitchen for cooks' reference.

### 5. Training

- a. Everyone who receives uncooked meals should be trained on the use and preparation of the meals. Training may be provided to facility cooks and/or individuals depending upon how meals are distributed. Important training points include:
  - i. Explain the importance of the vitamin packet. Many beneficiaries think it only holds spices, but it contains the most important nutrients in the meals.
  - ii. Follow the preparation tips in section 4 above, particularly:
- b. The vitamin packet should be stirred into the meals at the end of the cooking time to ensure nutrients are not cooked away.
- c. Do not wash the rice. It will remove some of the nutritional value of the meals.
  - i. The soy is an important part of the meal as it provides protein which is vital to preventing and treating malnutrition.
  - ii. Follow the storage and control tips as listed in sections 1 and 3 above.
  - iii. When introducing the meals for the first time, share with the beneficiaries where the meals come from: they are hand-made by volunteers in the USA who give their time and money to provide food for those in need. If you have internet access, a Rise Against Hunger packaging video can be shown (see <http://www.youtube.com/watch?v=6syt-Jhp8ow>). We can also provide photos of meal packaging, if desired. Just ask Rise Against Hunger staff.



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### 6. Communication

Timely communication is vitally important to Rise Against Hunger. We want to foster communication in all possible ways.

- a. Regularly communicate with Rise Against Hunger. Rise Against Hunger requests that partner organizations respond to emails/phone calls within 5 days.
- b. Don't be afraid to ask questions or offer suggestions for improvement. We always want to improve what we do.
- c. Maintain regular communication with any sub-partners to whom your organization distributes meals. Ensure that you understand their goals and perspective.
- d. Connect on-the-ground employees to Rise Against Hunger staff when possible. This will ease communication channels.
- e. Partner visits: In order for Rise Against Hunger to better understand your work, we try to visit all of our partner's programs and collect data to help us improve what we do. Feel free to visit our office in Raleigh, NC, at any time. We would love to meet you in person and show you our meal packaging program in action.

### 7. Other Items

- a. Sale of meals: **Sale of Rise Against Hunger meals or other assistance to any group or person is NOT permitted.** Rise Against Hunger donates meals and other assistance to partner organizations without cost and expects that they will be donated to or used by the final beneficiaries without a fee. Please contact us if you have any questions.

- b. Faith Component: Rise Against Hunger adheres to the following policy regarding our work with faith-based organizations:

*Rise Against Hunger is first and foremost dedicated to creating a world without hunger. We believe that this imperative is in keeping with the faith traditions of the great faiths of the world, and Rise Against Hunger actively seeks to engage people of all faiths in our mission to end world hunger in our lifetime.*

*Rise Against Hunger does not evangelize or seek to promote any particular faith or religion and adheres to guiding principles that are consistent with the Code of Conduct for Humanitarian Agencies, which include: humanitarian imperative comes first; assistance is given regardless of the race, creed or nationality of the recipients and without adverse distinction of any kind; and assistance will not be used to further a particular political or religious standpoint.*

*Rise Against Hunger may provide meals and other assistance to faith-based organizations that have evangelical purposes. Our agreement with these organizations,*





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*however, is that meals will not be used subversively, coercively, or to promote any religious or political objectives.*

- i. With this policy in mind, it is important to Rise Against Hunger that our meals and other assistance are distributed without discrimination. In addition, **it is NOT acceptable that beneficiaries be required to make a profession of faith or declare support for any political party in exchange for meals.** Partner organizations found to be using assistance to further their own political or religious objectives will be removed as a partner of Rise Against Hunger.
- c. Meal boxes and bags can be repurposed and reused: Examples of ways partners have reused meal bags and boxes include:
  - i. Boxes can serve as temporary walls or room dividers
  - ii. Bags can be used to serve food if no bowls or plates are available
  - iii. Boxes can be used to store additional items or even arranged into a makeshift bookcase
  - iv. Bags can be used by beneficiaries to:
    1. Store school supplies
    2. Plant seedlings
    3. Carry water
    4. Store food at home

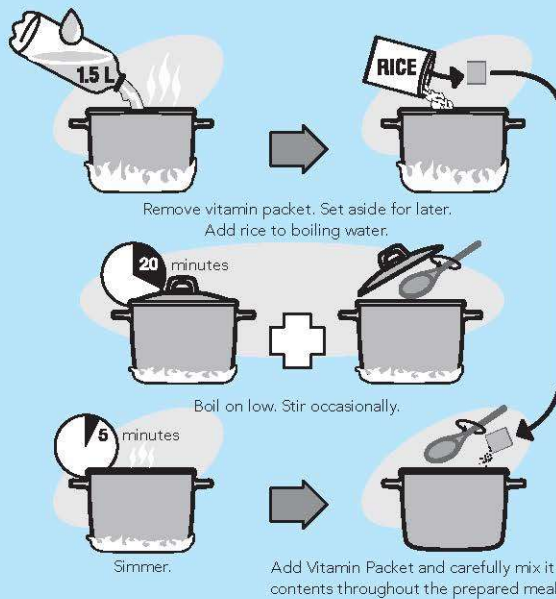


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APPENDIX A

Rise Against Hunger Meal Bag and Nutritional Information

**DIRECTIONS:** Remove vitamin packet (micronutrient sachet) from bag and set aside. Add rice blend to 1.5 liters of boiling water. Simmer for 20-25 minutes or until rice is tender. Add or remove water as needed. Stir in contents of vitamin packet to cooked rice blend. To enhance flavor and calories, add oil or any of your favorite seasonings. Serve.



**INGREDIENTS:** Rice (Long Grain Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Soy Flour, Dried Vegetables (Carrot, Onion, Tomato, Celery, Field Run Bell Pepper, Cabbage), Micronutrient Blend, (Vitamins and Minerals).

**VITAMINS AND MINERALS:** Tricalcium Phosphate, Magnesium Carbonate, Ferrous Fumarate, Ascorbic Acid, Maltodextrin, Zinc Sulfate, Vitamin E Acetate, Niacinamide, Vitamin A Acetate, Calcium D-Pantothenate, Ergocalciferol, Thiamine Mononitrate, Riboflavin, Pyridoxine HCl, Folic Acid, Potassium Iodide, Sodium Selenite, Cyanocobalamin.

Contains: Soy

**Nutrition Facts**

Serving Size: 1/2 cup dry/1 cup cooked (64g) Servings Per Bag: 6

Amount Per Serving	
Calories 250	Calories from Fat 10
% Daily Values*	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 62mg	3%
<b>Potassium</b> 900mg	26%
<b>Total Carbohydrate</b> 52g	17%
Dietary Fiber 6g	24%
Sugars 9g	
<b>Protein</b> 14g	28%
Vitamin A 50% • Vitamin B <sub>2</sub> 50%	
Vitamin C 140% • Niacin 50%	
Vitamin E 50% • Vitamin B <sub>6</sub> 60%	
Vitamin B <sub>1</sub> 70% • Calcium 40%	
Iron 100% • Phosphorus 40%	
Iodine 100% • Magnesium 40%	
Zinc 50% • Selenium 100%	
Vitamin D 100% • Vitamin B <sub>12</sub> 20%	
Pantothenic Acid • 40%	
Folic Acid (Folate) • 100%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:  
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



Micronutrient (vitamin) sachets are sponsored by Kraft Heinz Company Foundation.



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Place Label Here

NOT FOR SALE



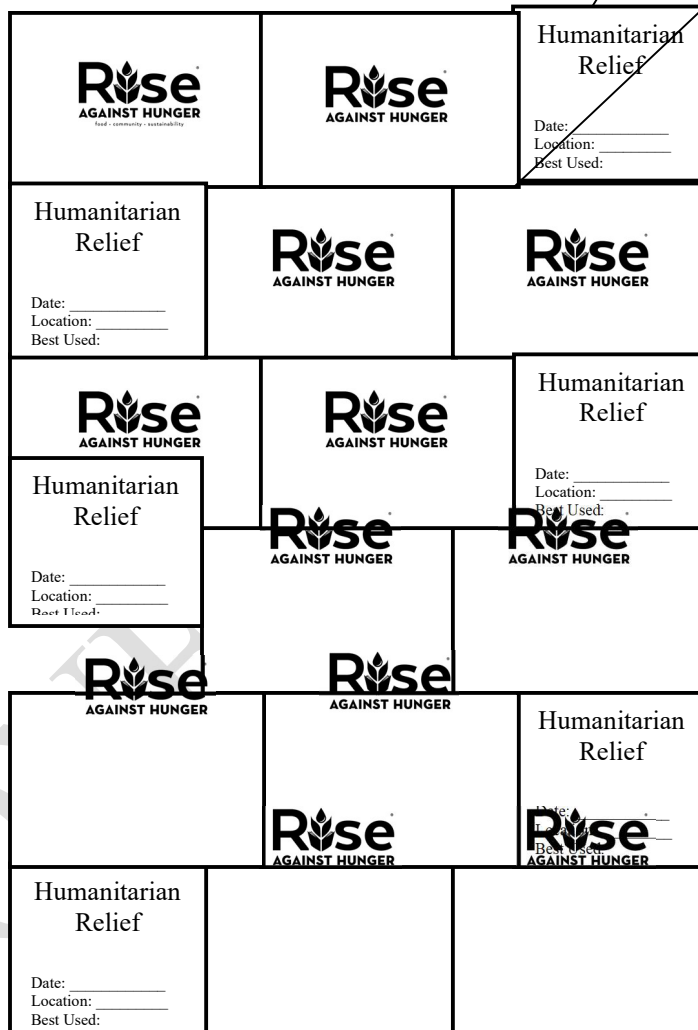
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## APPENDIX B

### Humanitarian Relief

Date: \_\_\_\_\_  
Location: \_\_\_\_\_  
Best Used: \_\_\_\_\_

This is how the pallets will arrive in a container



Pay close attention to the *Best Used Date* and *Location*. The *Best Used Date* is the expiration date. Keep in mind that this is in American formatting (month/day/year).

The *Location* is where in the United States the meals were packaged. If there is ever an issue with meals (infestation, opened bags, etc.) refer to this location in your report to Rise Against Hunger.

Your meals will arrive on pallets as seen here. We suggest you reuse the pallets to store the meals at your facility. The pallets have been heat treated to prevent infestation.

# MEAL PREPARATION



1

## ADD WATER. BOIL.

BRING APPROXIMATELY 1.5 LITERS OF WATER TO A BOIL.

Although 1.5 liters is recommended, many groups add more or less water, depending on desired consistency.



2

## REMOVE VITAMINS. ADD RICE.

REMOVE THE SMALL BAG OF VITAMINS AND SET IT ASIDE.  
ADD RICE TO BOILING WATER.

You will put vitamins in at the very end, so no vitamin content is lost.

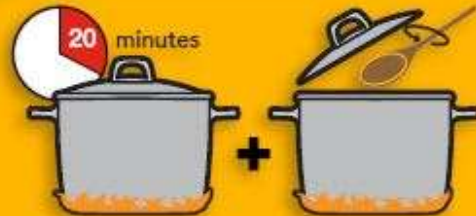


3

## COOK 20 MIN + STIR.

RECOMMENDED COOKING TIME IS 20 MINUTES.  
STIR OCCASIONALLY.

Cooking time varies depending on quantity of meals and desired consistency. Keep stirring to a minimum to allow for the rice to cook.



4

## REMOVE LID. SIMMER 5 MIN.

REMOVE THE LID AND LET THE MEAL SIMMER FOR 5 MINUTES.



5

## ADD VITAMIN PACKET.

POUR IN THE VITAMIN PACKET THAT WAS SET ASIDE AND STIR INTO THE MEAL. USE ONE (1) VITAMIN PACKET FOR EVERY ONE (1) MEAL BAG COOKED.

Add oil, additional spices, vegetables and/or meats to the meal to enhance the flavor and nutritional content.

