



The UN Sustainable Development Goals & Embrace Relief's Role

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THE UN SUSTAINABLE DEVELOPMENT GOALS & EMBRACE RELIEF'S ROLE



In 2015, the United Nations adopted the 2030 Agenda for Sustainable Development, a blueprint for a peaceful and prosperous world. The core of this agenda are the 17 Sustainable Development Goals (SDGs), urgent calls for action built on more than three decades of worldwide cooperation.

The SDGs call for a united global effort to develop programs and policies that reduce – and eventually eliminate – poverty, suffering and inequality. 2023 marks the midway point of the Agenda for Sustainable Development, and while the world has made progress on many of the SDGs, much work still remains to achieve the kind of lasting impact that will allow humanity to thrive.

Embrace Relief's eight humanitarian programs have been designed to support the realization of the SDGs. Our research-based, sustainable solutions are meant to provide immediate and lasting improvements in situations of humanitarian emergency, achieving a higher quality of life for individuals and communities enduring chronic hardships.

SUSTAINABLE DEVELOPMENT GOALS



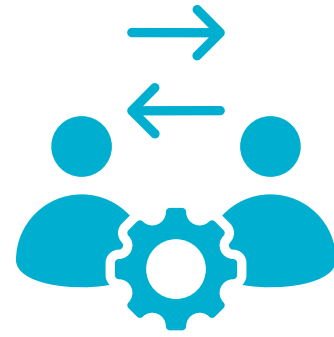
Each Embrace Relief program addresses at least one SDG, either directly or indirectly. Programs that directly address individual SDGs include:



At the same time, several programs are designed in such a way that they promote multiple SDGs. For example, Embrace Relief's Clean Water program involves the building of water wells, which provide communities with clean water for drinking and sanitation (SDG #6); significantly reduce the spread of waterborne disease (#3), and increase the food supply through improved agricultural production (#2). Because of overlaps like these, Embrace Relief's programs help drive progress towards a majority of the 2030 Agenda.

From education programs to hunger relief efforts, every initiative implemented by Embrace Relief is conducive to the foremost objectives of the Agenda for Sustainable Development, eradicating extreme poverty, decreasing human suffering, and ultimately, advancing humanity's capacity to thrive in an increasingly interdependent world. As such, this report examines the ways in which Embrace Relief contributes to the realization of the United Nations' Sustainable Development Goals.

OUR APPROACH TO SUSTAINABLE DEVELOPMENT



Embrace Relief is a 501(c)(3) nonprofit international humanitarian aid and development organization headquartered in New Jersey, USA. Established in 2008 by a founding team with extensive experience working in humanitarian contexts, we seek to leave a lasting impact on individuals and communities served.

With a commitment to helping the most vulnerable people and communities in the world, we have developed a distinct approach, creating impactful initiatives that annually provide hundreds of thousands of people in 50+ countries with basic needs in the short- and long-term.

Embrace Relief's eight programs include **Disaster Relief, Hunger Relief, Clean Water, Women's Empowerment, Refugee Relief, Health, Education, and Children.** As a research-based organization, our approach incorporates direct engagement with community members and local partner organizations in the countries where we work. We aim to deliver long-term solutions that encourage economic and social development under the framework of the UN Sustainable Development Goals.



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A case study for this approach can be found in the water well Embrace Relief built in the rural village of Djaarine, Chad. The well site was chosen after researching communities most in need of infrastructure improvements. The well's immediate impact was to end water scarcity in the village, which provided a stable supply of water for drinking, bathing, sanitation, cooking, and farming. From there, this well began to create a ripple effect of development. The villagers of Djaarine quickly began to grow crops in greater quantities and varieties, which ensured that the community had ample food to eat, as well as excess food to sell at local markets. A flourishing economy soon developed. Conjointly, the village's population grew, both because of the stimulated economy, as well as because of a healthier population no longer at risk from the waterborne diseases that are prevalent in water-scarce areas of Africa. To cap off this incredible story, the people of Djaarine were eventually able to fund the construction of another water well, something that would have been unthinkable just a few short years prior.

Each of Embrace Relief's programs and initiatives are designed to provide immediate benefits while also creating the space for our beneficiaries to develop into locally-led, prosperous, and sustainable communities. Every success story like that of Djaarine is one important step towards the realization of the Sustainable Development Goals. Our approach, therefore, is to strategically identify communities where our programs can be most beneficial, and to implement our programs, beginning a cycle of development whose positive effects will ideally ripple for years to come.





SDG 1

End poverty in all its forms everywhere



SDG 2

End hunger, achieve food security and improved nutrition and promote sustainable agriculture

General Information

- As of 2020, approximately 1 in 10 people globally **suffer from undernourishment**.
- In developing countries, up to one-third of children will **experience stunted growth** from poverty-induced malnutrition.
- An estimated 670 million people experience poverty worldwide, meaning they **live off of \$2.15 per person per day or less**.
- The United Nations (UN) needs an average of \$267 billion yearly **to end poverty by 2030**.
- **Poor nutrition is linked with nearly half of all deaths** (3.1 million, or 45%) among children under age 5 each year.

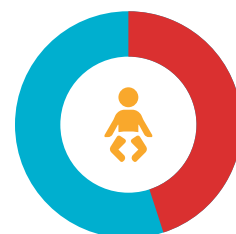


**\$2.15 PER PERSON
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**\$267 BILLION YEARLY TO
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**45% of children
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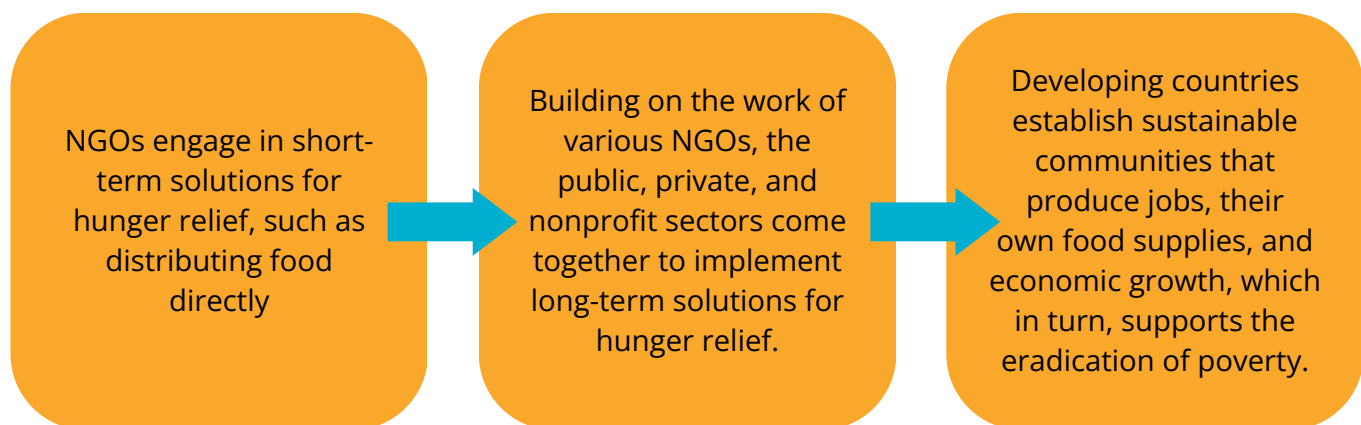


Poverty and hunger are complex, interconnected issues. Malnutrition is responsible for shorter life spans, stunted growth, and chronic health conditions, all of which contribute to diminished lifetime wage-earnings and poverty. Poverty-induced hunger causes political instability, which can create a new cycle of poverty. Other interrelated causes of hunger include climate change, increasing food prices, manmade and natural disasters, population growth, and the disappearance of resources to grow crops and raise livestock.

The Global Response



Food scarcity dictates prices on the international market. According to the law of supply and demand, shortages and surpluses cause price increases and decreases, respectively. Price changes can be impacted by climate change, a lack of agricultural resources, and conflict or political instability. The private, public, and nonprofit sectors use short-term and long-term solutions to solve food scarcity-related problems.



This chart portrays the progression of solutions to world hunger. It highlights the necessity of NGOs providing short-term hunger relief, which allows the nonprofit, public and private sectors to work with developing countries to create sustainable programs that will alleviate poverty and hunger.

Short-term solutions are crucial interventions that meet immediate needs through the provision of food, money, government assistance, and foreign aid. These solutions provide the space for the international community to combat the long-term causes of poverty and hunger. Embrace Relief promotes the creation of sustainable communities in impoverished areas by providing short-term hunger relief and enabling increased food production and economic development through each of our programs.

Coherence between SDGs 1 & 2

In a world where humans are able to produce far more food than is needed to support the population, ending poverty (SDG #1) is a direct path towards ending hunger (#2).

The 2030 Agenda identifies several indicators of progress towards SDGs #1 and #2, including the eradication of extreme poverty, or people living on less than \$1.25 per person per day (Indicator 1.1); the installation of universal social protection systems providing a minimum standard of living (Indicator 1.4); and ensuring equal access and equal rights to economic resources and services (Indicator 1.5).



How NGOs Can Accelerate The Realization of SDG 2



How Embrace Relief Contributes to the Realization of SDGs 1 & 2



Embrace Relief's primary contribution to SDGs 1 and 2 is feeding hungry people through various methods including food drives, food donations, food distributions, and soup kitchens. By supporting hundreds of thousands of people each year, we contribute towards SDG #2 and provide the space for global cooperation in the fight to end poverty.

- From 2013 to mid-2023, Embrace Relief's **Hunger Relief** initiative has provided food packages and hot meals to more than **5.5 million people** in more than 50 countries on six continents.

- A small sample of our **Hunger Relief** initiative programs:



- Weekly bread distribution in war-torn Yemen



- Annual meat distributions in impoverished areas of African countries such as Tanzania, Mali, Kenya and Uganda;



- Mobile Farmers' Market van that operates in various communities near our New Jersey office, providing hundreds of families with food packages and household supplies.

- Other Embrace Relief programs that contribute to hunger relief include:

- **Clean Water:** Embrace Relief water wells promote increased food security for more than 800 communities in sub-Saharan Africa.
- **Disaster Relief:** Providing emergency food aid to victims of natural disasters – such as the 2023 Turkey/Syria earthquake, the 2022 Pakistan floods, or the COVID-19 pandemic – is a core part of Embrace Relief's mission.
- **Refugee Relief:** Embrace Relief provides food and housing to vulnerable refugees
- **Children:** Embrace Relief funding provides all food supplies for children at orphanages in Tanzania, Kenya, Republic of Congo, Indonesia and Haiti.



SDG 3

Ensure healthy lives and promote well-being for all at all ages



SDG 6

Ensure availability and sustainable management of water and sanitation for all

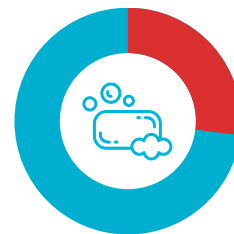
General Information

- Approximately 2 billion people lack access to clean drinking water, **including more than 400 million in sub-Saharan Africa.**
- In developing countries, only **27% of people can wash their hands with clean water and soap.**
- **Waterborne diseases kill more than 3.4 million people each year**, with many more suffering from chronic pain as a result.
- **Cataracts are responsible for 21 million cases of blindness**, more than half of the world's total blind population.
- **Cataract surgeries have a 99 percent success rate**, but in the African country of Mali, **less than 10 percent** of the population has access to basic healthcare services.

2 billion lack access to clean water



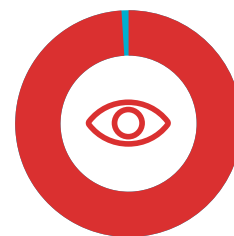
27% can wash their hands with clean water/soap



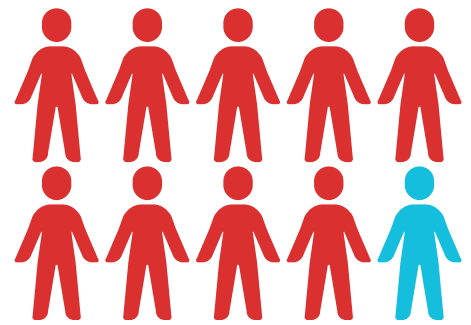
More than half of the world's total blind population = cataracts



cataract surgeries have a 99% success rate



Clean water and good health are inextricably linked. In rural areas that lack access to an improved water source, people drink water that is not protected from contamination by human, animal and industrial waste. They lack the sanitation services that are proven to limit the spread of diseases. And with the nearest water sources located miles from their communities, the burden of fetching water each day falls on women and girls, resulting in significant gender inequities.



9 out of 10

Malians are unable to receive basic healthcare

At the same time, poverty also creates significant obstacles for the health of a population. In the African country of Mali, which regularly ranks among the poorest and least-developed countries in the world, there is only one doctor for every 10,000 people. Nine out of every 10 Malians are unable to receive basic healthcare. More than 2 million people in the country – including a high proportion of children – have lost their vision because of cataracts, but few are able to afford the simple surgery that can restore sight. Cataracts can additionally have negative social effects, especially on children, and can also limit options for adults to pursue professional careers.

The Global Response



The public, private, and nonprofit sectors deal with water scarcity and public health in different ways. On the nonprofit side, NGOs can reduce water scarcity by building water wells and sanitation facilities in areas of need. They can also address gaps in public health by providing healthcare and medicine directly to people living in poverty. These solutions must then be managed at the local, regional, and national levels to ensure their sustainability.

NGOs engage in on-the-ground solutions to provide basic immediate needs in the form of water wells and cataract surgeries.

Building on this work, the nonprofit, public and private sectors coordinate to implement longer-term solutions, including Water Resources Management and more robust public health infrastructure.

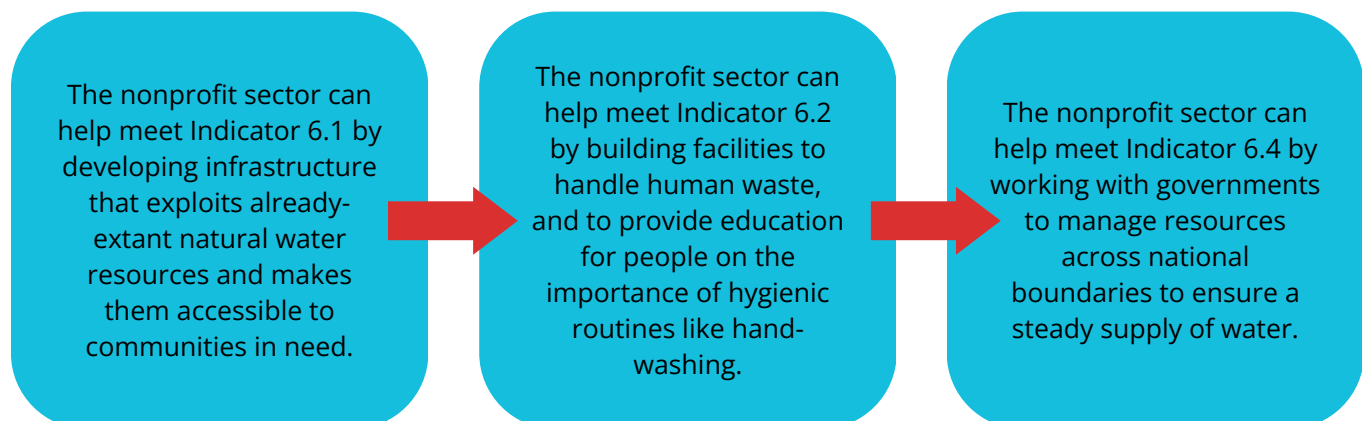
Developing countries utilize their water resources sustainably, build a strong economy that raises incomes for all, and enables people to seek medical treatment that improves their quality of life

This chart portrays the progression of solutions to the clean water, sanitation, and health crises. It highlights the necessity of NGOs providing immediate solutions and assisting the public and private sectors in building long-term capacity, with an end goal of a healthy, prosperous, and sustainable future.

Coherence between SDGs 3 & 6

A healthy population is a prosperous population, and in this way, clean water and health are two prongs of the same goal. When children grow up without suffering from waterborne diseases or cataracts, they are more likely to complete an education and to advance in society. When a community receives an accessible source of clean drinking water, their economic and agricultural productivity skyrockets. When a person has their sight restored by a cataract surgery, they have a renewed purpose and can return to being a contributor in society.

The 2030 Agenda identifies several indicators of progress towards SDG #6, including the provision of accessible clean water to all (Indicator 6.1), the implementation of sanitation and hygiene systems to promote good health (Indicator 6.2), and increased water-use efficiency and management to ensure long-term sustainability (Indicator 6.4).



How NGOs Can Accelerate The Realization of SDG 3

Nonprofits can help meet Indicator 3.2 (ending preventable deaths under the age of 5) by building water wells that eradicate the waterborne diseases that are among the leading causes of death for children.

Nonprofits can help meet Indicator 3.8 (universal health coverage) by providing basic health services and surgeries to people living in poverty or in rural areas of developing countries.

Nonprofits can help meet Indicator 3.C (training and retaining health workforce in developing countries) by providing opportunities for development and experience to doctors, nurses, and surgeons in developing countries.

How Embrace Relief Contributes to the Realization of SDGs 3 & 6



Two of Embrace Relief's programs directly address these programs. Our **Clean Water** program directly addresses SDG 6 (Clean Water), while also playing an enormous role in improving the public health of the communities receiving clean water. Our standalone **Health** program, meanwhile, provides cataract surgeries and other medical care to people who can't afford it (SDG 3). Both of these programs have made a continuous and ongoing impact on the beneficiaries, creating healthier, safer, more prosperous, and more productive communities.

- Since 2013, our **Clean Water** programs have built or reconstructed more than 850 water wells in the African countries of Chad, Cameroon, Nigeria, Tanzania, and Kenya.

- This represents more than **850,000 people** who are now regularly drinking water from an Embrace Relief well.



- About three-fourths of Embrace Relief's wells are new constructions serving villages that previously had never had an accessible source of clean water.



- The remainder are water wells that had been broken or abandoned until they were rebuilt by Embrace Relief under our **Fountains of Hope** project.



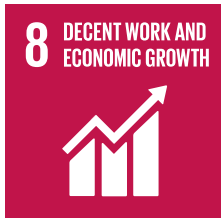
- Embrace Relief also supports projects to build bathroom facilities in these countries, and is providing educational material on proper sanitation and hygiene.

- Embrace Relief's **Health** program is centered on, though not exclusive to, the country of Mali, where we have provided more than 36,000 cataract surgeries, and over 500,000 preventative health screenings.
 - Embrace Relief supports **three free medical clinics** located in the capital city of Bamako.
 - Additionally, we operate **mobile medical vans** and a **mobile medical truck** that can travel up to nine hours outside Bamako, reaching rural areas which otherwise have no access to healthcare.
 - These clinics and mobile medical units are **staffed by volunteer doctors** who also use their time to train local people to become doctors.



SDG 4

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all



SDG 8

Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all

General Information

- Global participation in early childhood and primary education was 70% in 2016, with wide variation by region: **just 41% of children in sub-Saharan Africa were in school**, and **only 52% of children in Western Asia**.
- An estimated **263 million youths between the ages of 6-17 were not enrolled in school in 2018**, a figure that has remained flat for several years.
- A 2015 UN study found that more than **100 million young people (age 15-24) worldwide were illiterate**.
- A 2012 UNICEF study estimated that universal basic literacy and numeracy skills for young people in low-income countries could lift 171 million people out of poverty, resulting in a **12% cut in global poverty**.
- Over **192 million** people are unemployed all over the world.
- U.S. high school **dropouts are more than twice as likely to live in poverty** than U.S. college graduates.

70% - global participation in early childhood and primary education



263 million youths (6-17yrs.) not enrolled in school in 2018



100 million young people (15-24yrs.) worldwide were illiterate.



192 million people are unemployed all over the world



2x more likely to live in poverty = dropouts

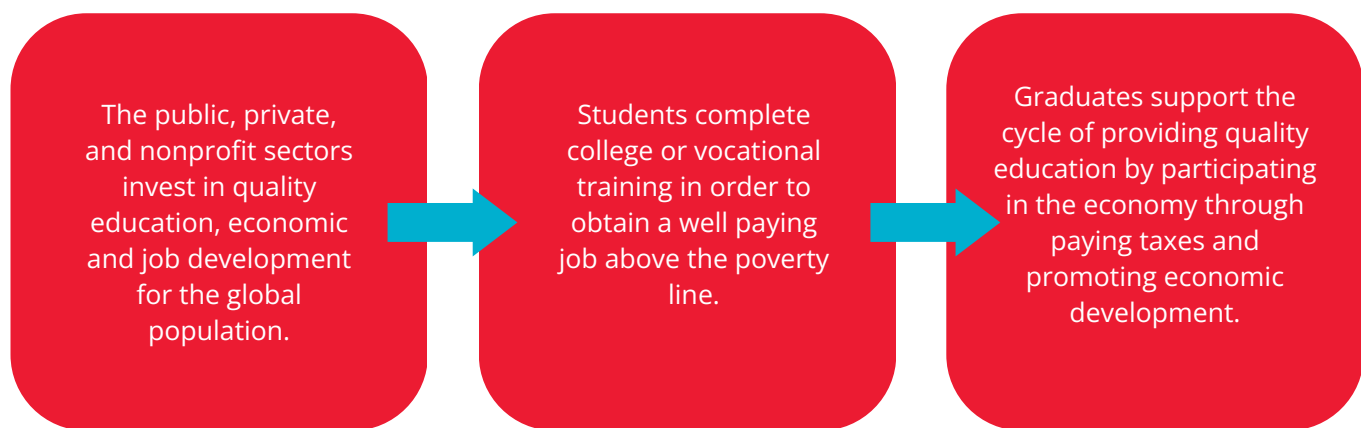
Quality education is the key to succeeding in today's world. Yet, obtaining a quality education can be extremely difficult, especially for low income students. Insufficient school budgets, a lack of accessibility and the high cost of education prevents many low income students from accessing quality education. The inability to access and afford quality education prevents students from individually mastering skills and encourages them to drop out of school.

Moreover, it can be difficult for low income individuals and impoverished areas to access and afford the same resources as affluent areas, such as attending quality schools and obtaining school supplies. As a result, the private, public, and nonprofit sectors work to provide educational resources to low income individuals and impoverished communities.

The Global Response



A lack of educational resources in impoverished areas can lead to education deficits. The private, public, and nonprofit sectors can invest in education systems to promote the development of a well-educated population.



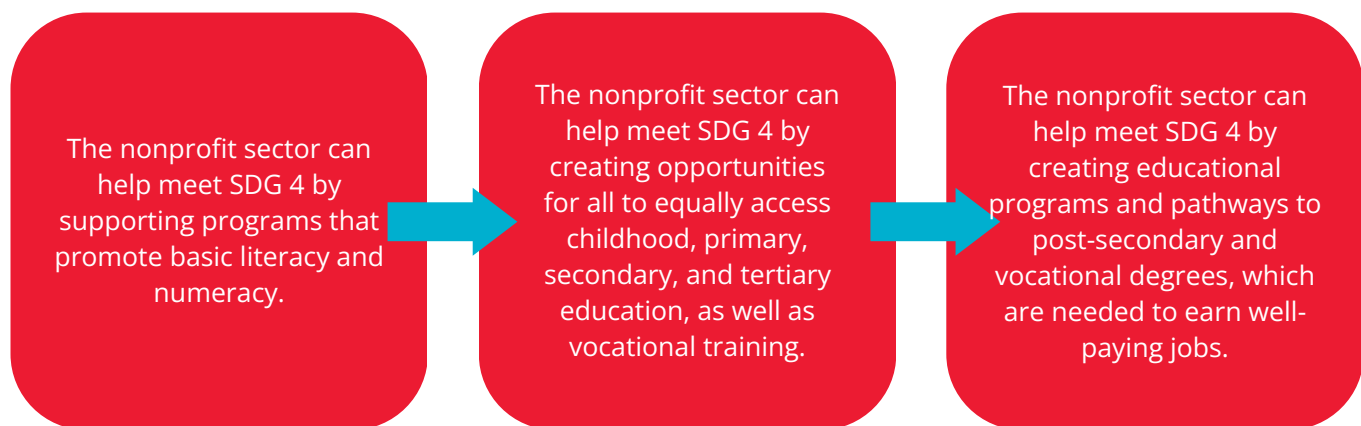
This chart portrays the progression of how the public, private, and nonprofit sectors invest in quality education.

Quality educational resources are more accessible to people living in affluent areas. In order to promote an equitable society, the public, private, and nonprofit sectors can create quality educational programs. Examples of educational programs include dropout prevention programs, dual enrollment programs, and afterschool programs.

The public, private, and nonprofit sectors can produce economic and community development by creating affordable quality education. Quality education can be made more accessible for all by increasing the funding for educational resources and school budgets. This will allow students to continue their education through completing college

Coherence between SDGs 4 & 8

SDGs 4 and 8 aspire to create job development through universal quality education. SDG 4 aims to provide students and teachers with the resources needed to create and maintain quality educational systems. SDG 8 aims to encourage investment in developing countries' economies, which will be supplemented by increased levels of education. Encouraging economic and educational growth can lead to increased GDP and higher standards of living.

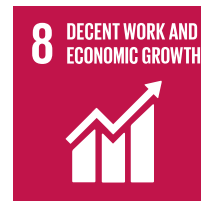


How NGOs Can Accelerate The Realization of SDG 8



This chart highlights potential to promote the expansion of quality education and economic development initiatives.

How Embrace Relief Contributes to the Realization of SDGs 4 & 8



Embrace Relief has several programs whose effects include providing educational support, satisfying SDG 4 (Education) and providing the platform to pursue a steady, dignified career as outlined in SDG 8 (Decent Work For All). Our **Education** program in particular directly supports these goals by promoting literacy and making education affordable for vulnerable students.

- Embrace Relief's **Education** program includes a variety of smaller campaigns spread across the world, all with the goal of promoting educational success leading into positive career development.
 - Embrace Relief and the FBI Newark Academy Alumni Association donate books and school supplies to thousands of students in New Jersey each year.
 - We created the GradPlus program, which provides opportunities for students at 16 high schools in New Jersey to pursue vocational training.
 - Our ACT-US program provided technology and digital literacy instruction for more than 7,000 students in Tanzania and Uganda.
 - Our First Bricks program has provided free education to more than 7,000 refugee children since 2019, offering more than 350 online courses covering every field of study.
- Our Women's Empowerment program also helps support SDG 8 by funding scholarships for adult professional women who are seeking advanced education.
 - Our "R.I.S.E." program provides 24 Tanzanian women with a two-year scholarship enabling them to earn advanced degrees in educational administration, putting them on track to become leaders in the Tanzanian school system.



SDG 5

Achieve gender equality and empower all women and girls



SDG 10

Reduce inequality within and among countries

General Information

- **More than half** of all countries **lack laws that prohibit discrimination against women.**
- **Women account for only 39 percent of the world's employment population**, and hold just 28 percent of managerial positions.
- Globally, **women spend 2.5 times as many hours on domestic work and care work as men.**
- **Only 13 percent of women own their own land to grow food, crops, and raise livestock.**



Women account for **39%** of the world's employment population



2.5x times as many hours



13% of women own their own land to grow food

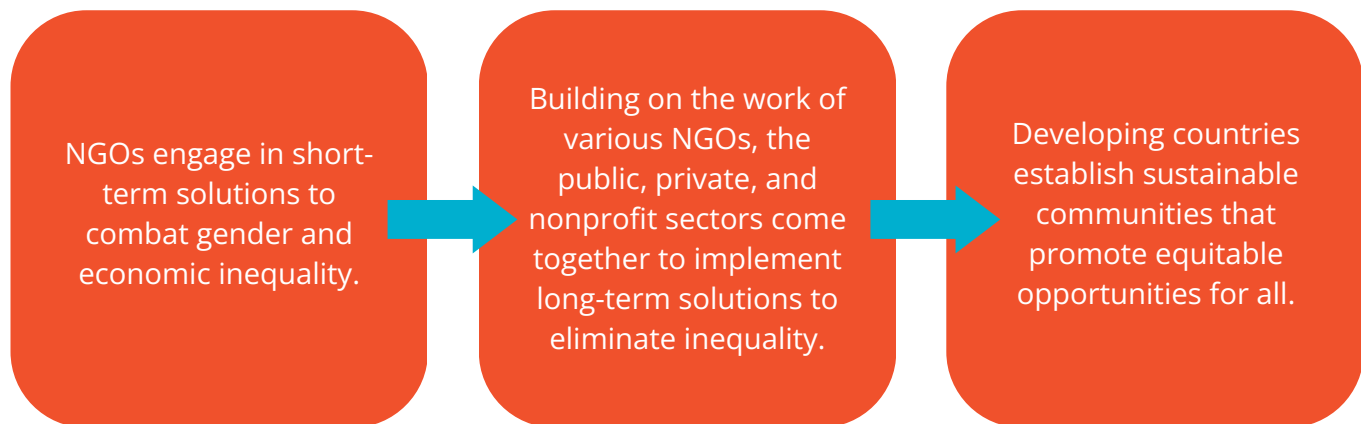


Globally, women are stereotyped as the caregiver of the family and the person responsible for the household chores. In developing countries, women walk long distances each day to access clean water at a water well, while also raising their children and act as the main caretaker of the household. Developing countries often ban women from accessing reproductive care as well as limiting their political and economic involvement due to social stigmas. Consequently, women in developing countries often cannot work nor hold independent financial assets. Women in developing countries are at a disadvantage. Without control over their own healthcare and because of the inability to easily access water wells to practice WASH initiatives, many women struggle to prevent or treat health conditions. This leaves women dependent on men for providing healthcare services and other basic necessities, including financial assets.

The Global Response



The majority of the world's population suffering from poverty, malnutrition, and are lacking water, healthcare, and education are women.



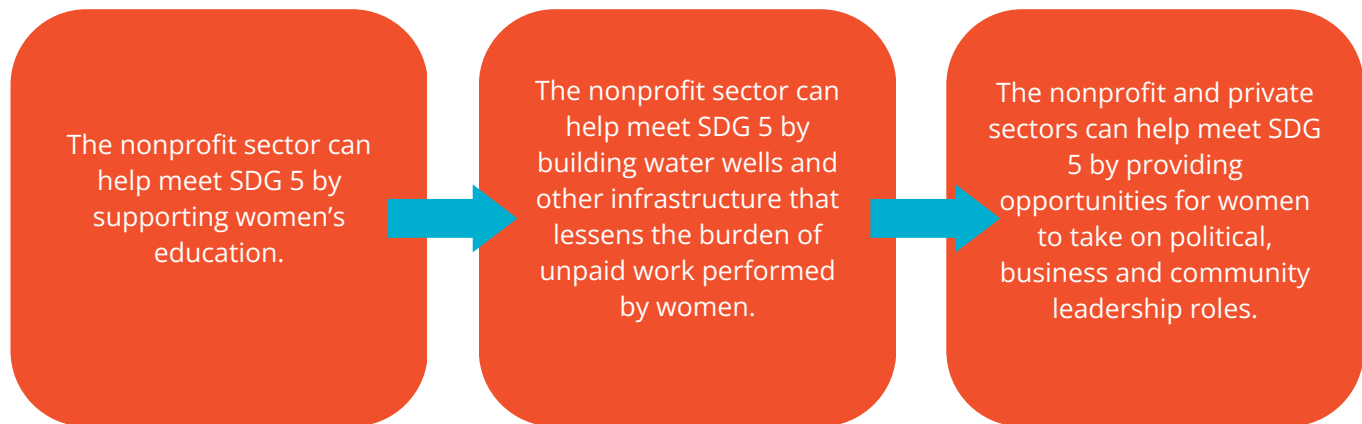
This chart portrays the progression of how NGOs establish the foundations for the public, private, and nonprofit sectors

Changing the material situation and promoting women's equality is a long-term project that will require coordination at all levels. At the NGO level, this involves the creation of programs that promote women's education, assist women into leadership roles in various corners of society, encourage women's health and reproductive rights, and remove obstacles to women's self-fulfillment.

A society where only half of the population contributes to the agricultural, industrial, financial, technological or administrative sectors is a society that is falling far short of reaching its potential. Empowered women are more economically productive and thus more economically secure, which in turn leads to more stable and successful families. This cycle promotes economic growth and development, raising standards of living, and creating a more prosperous world.

Coherence between SDGs 5 & 10

SDGs 5 and 10 aspire to achieve gender, social, financial, and educational equality. SDG 5 advocates for women to be granted equal access to political, financial, and social opportunities. SDG 10 seeks to ensure that inequality is eliminated for all people.



How NGOs Can Accelerate The Realization of SDG 10

NGOs can help promote SDG Indicator 10.2 (Empower the social, economic and political inclusion of all) by providing women with opportunities to learn and lead.

NGOs can help promote Indicator 10.3 (Ensure equal opportunity) by advocating for the civil rights of women, including the elimination of discriminatory laws, policies and practices.

The nonprofit sector can help meet Indicator 10.B by investing in women's programs in developing countries, which can act as a catalyst for national economic growth.

How Embrace Relief Contributes to the Realization of SDGs 5 & 10



Embrace Relief's Women's Empowerment program supports SDG 5 (Gender Equality) through programs designed to give women the opportunities to become leaders and business owners. Reducing women's inequality also supports SDG 10 (Reduce Inequality).

- Our flagship women's empowerment program is our R.I.S.E. (Reach. Inspire. Support. Educate.) program.
 - It began in 2021, when Embrace Relief provided scholarships to 24 female teachers in Tanzania, who sought advanced education and degrees in educational administration.
 - These degrees will enable them to become leaders in the Tanzanian school system with a great degree of input into the national curriculum.
 - Our first class of teachers graduated in Spring 2023, with more women to follow.
- Embrace Relief also supports women seeking to open small businesses in Africa. In Kenya, we are providing sewing machines to female graduates at a tailoring training course, boosting their ability to start a successful clothing small business.

Many of Embrace Relief's other programs also help to support SDGs 5 and 10 by addressing the effects of inequality while also promoting economic development and education. These include:

- **Clean Water:** Our water wells reduce women's inequality by reducing the burden of women and girls in fetching water each day. These wells also stimulate local economies by expanding the quantity and variety of crops that can be grown in rural Africa, opening up new markets that can reduce overall inequality.
- **Education:** Education drives economic development. Globally, each year of additional schooling correlates with a 9% increase in hourly earnings. Embrace Relief's programs help students continue their education and seek vocational training to guide them into professional careers.
- **Refugee Relief:** Inequality and poverty deeply affect people who have fled their homes to another country. By providing rent assistance, food, language translators, pro-bono legal services, and educational support, Embrace Relief gives refugees the stability to assimilate into their new country, find stable housing and income, and ultimately reduce inequality.

Looking Forward

Together, Embrace Relief's eight programs combine to provide material aid to hundreds of thousands of people each year, contributing to the full realization of the United Nations Sustainable Development goals by 2030. Embrace Relief remains committed to expanding on these programs in the years to come, and will continue to work within the framework of sustainable development laid down by the United Nations.

Our hunger relief campaigns grow year by year, reaching more people in more countries compared to prior years. In 2023, our International Hunger Relief campaigns – which comprise only part of our Hunger Relief program – provided food to 15 percent more people than we did in 2022. Over the past decade, Embrace Relief has expanded the number of countries where it builds water wells. Originally only in Chad, Cameroon and Nigeria, we have added locations in Kenya and Tanzania. Soon, we will pass the milestone number of 1,000 wells, which will mark more than 1 million people newly provided with fresh water resources. Our education and women's empowerment programs will continue to generate more successful, educated adults who are primed to become leaders in their field. Our Refugee Relief, Disaster Relief, and Raise the Children programs provide crucial support for people in need, helping them overcome economic inequality.

By aligning domestic and international initiatives with the UN Sustainable Development Goals, Embrace Relief is committed to creating a lasting impact in the lives of individuals locally and globally.





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