



EMBRACE RELIEF

*"Embrace The World"*

2022

# EMBRACE RELIEF'S

## APPROACH TO HUNGER RELIEF AND ITS EFFICACY



# I. Summary

**With hunger on the rise throughout the world over the past decade, it is increasingly more important for organizations to deliver real, tangible support to people and communities who are food-insecure.**

The world hunger crisis – caused by large structural issues including poverty and inequality, supply chain issues and other complications of the COVID-19 pandemic, climate change, and conflict – can only be permanently solved by large-scale, long-term, society-wide measures that address root causes. But that leaves significant space for nonprofit organizations like Embrace Relief to provide short-term support for people who are hungry at present.

**Embrace Relief's approach to hunger relief is thus focused on providing food assistance:**

- Directly to beneficiaries
- Through door-to-door delivery of food packages
- Organized distribution events
- The serving of hot meals at community centers

Operating in more than a dozen countries at any given time, this is achieved through a time-tested “triangle approach,” in which Embrace Relief is the connecting thread between our base of donors, local public- and private-sector partner organizations, and networks of volunteers.

As a result of this approach, Embrace Relief has served more than:

**1.1  
million**



in

**50  
countries**



since 2013, with considerable room to expand operations further.

## II. An introduction to Embrace Relief

The Embrace Relief Foundation is a registered 501(c)(3) nonprofit humanitarian aid organization headquartered in Fairfield, New Jersey, which focuses on a variety of different programs designed to reduce suffering and promote human development around the world.

These programs have been developed in harmony with the United Nations' Sustainable Development Goals (SDGs), which provide a framework for "shared peace and prosperity for people and the planet."



Since 2013, Embrace Relief has operated programs in more than 40 countries, centered on eight different humanitarian causes that address the majority of SDGs: hunger relief, clean water, women's empowerment, health and wellness, relief for children, disaster relief, education support, and refugee relief.



# III. The world hunger crisis and sustainable development



SDG 2: End hunger, achieve food security and improved nutrition and promote sustainable agriculture

Ending hunger is perhaps the most pressing of all 17 Sustainable Development Goals. Humans cannot live without a steady supply of food, and we cannot thrive if we are undernourished or malnourished. But though the world produces more than enough food for all to maintain a healthy diet, food insecurity remains rampant around the world.

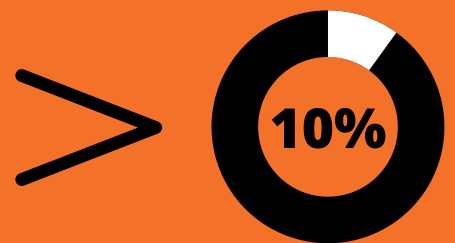
According to the UN World Food Programme, as many as 828 million people were undernourished in 2021 – just barely less than 10 percent of the world’s population. Undernourishment is defined by the UN’s Food and Agricultural Organization (FAO) as occurring when a person is unable to acquire an amount of food equal to the daily dietary energy requirements over the period of one year.



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# CHRONIC UNDERNOURISHMENT

For adults, chronic undernourishment can cause severely negative physical and mental effects, including:

- Muscle loss
- Extreme fatigue
- Loss of concentration
- Weakened immune system
- Potential starvation/death

Hunger also has a doubly harmful impact on the world's children. In addition to all of the above effects, undernourishment can slow a child's growth and development with lifelong consequences. According to UNICEF, 156 million children under the age of 5 are stunted (they have a low height for their age), while 50 million children in that age range are wasted (they have a low weight for their height). More than 3 million children die of hunger and hunger-related illness each year, accounting for nearly half of all of the deaths of children under 5.



**An estimated 5.47 million adults die from hunger and hunger-related illnesses each year.**



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**3 million**  
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# ENDING HUNGER PERMANENTLY

Ending hunger permanently requires structural reform addressing these issues. Unfortunately, people who are malnourished right now cannot wait for these massive changes. Humans produce more than enough food for every person to have a nutritious diet, but it is not equally distributed among the world's eight billion people. Where governments and markets are unable to fulfill basic human needs, aid organizations must play a role. This is explicitly the mission of Embrace Relief.

## IV. Embrace Relief's approach to fighting hunger

The core of Embrace Relief's approach to hunger relief is the direct provision of food packages and hot meals to people in need wherever they exist, which we accomplish through our "dynamic triangle" of donors, partner organizations and volunteers. Embrace Relief links all three legs of this triangle together, taking accountability for transforming charitable donations into tangible aid. To date, this approach has provided hunger relief for 1.2 million people in more than 50 countries.



In 2022 alone, Embrace Relief operated month-long campaigns in April and July which provided food for more than:

**130,000  
people**

in a dozen countries



The chief reasons for the success of this approach are, firstly, the trust Embrace Relief has engendered by working closely with its partners, donors and volunteers; and secondly, the constant exchange of ideas between all parties in all directions.

Embrace Relief's hunger relief programs are often generated by a "ground-up" approach, in which local partner organizations identify a need and reach out for Embrace Relief's support. Other times, a program may result from Embrace Relief responding to a donor's specific wish to direct aid to a specific needy location. There is unfortunately no shortage of places around the world where hunger is rampant. Engaging with a multitude of perspectives allows Embrace Relief to identify specific areas in need and respond quickly and efficiently. This success is not possible without the vital relationships between all three legs of the "dynamic triangle:"

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### Donors:

Since its founding, Embrace Relief has developed a large, organic network of donors who are passionate about all of its causes, hunger relief chief among them. Central to this relationship is trust. With more than a decade of organizing successful food distribution, Embrace Relief offers donors a stable, credible outlet capable of reaching nearly every location affected by hunger around the world.

When a donor gives their money or materials to Embrace Relief, they can be assured that it will go directly to people who need support. And as we document nearly every event we organize with photos and videos, donors can often see the faces of the people their funding directly supports.



### Partners:

Just as Embrace Relief continues to seek out donors, we also are constantly searching for local grassroots organizations, who are actively embedded in their communities, to join in partnership. Again, here is a dynamic in which both sides obtain something of great value. Partner organizations possess the local knowledge and deep connection to people in their community, allowing them to identify where the need exists for, e.g. food relief. Local partners give Embrace Relief an entry point into these vulnerable communities that it otherwise might not have.

On the other hand, Embrace Relief can offer its institutional and organizational knowledge from its years of relief efforts, as well as the substantial resources we can generate from our donors. And by working directly with local organizations, Embrace Relief builds long-lasting bonds while retaining the flexibility to direct its funding to new challenges and new locations where it may be needed.

### Volunteers:

The backbone of any humanitarian organization is its volunteers. These are the people who selflessly lend their time and expertise in support of their fellow man. In the realm of hunger relief, Embrace Relief's corps of volunteers includes people who pack food packages, drive the food packages to the door of beneficiaries, or serve hot meals at a community center.





# V. Conclusion

This paper is meant to detail Embrace Relief's approach towards hunger relief, and to provide an explanation for the success of our program since our founding just over a decade ago. It is a straightforward, sustainable and cooperative approach to direct aid, but unique enough to set Embrace Relief apart in a crowded field of humanitarian nonprofit organizations.

We believe that our "dynamic triangle" framework is ideal for all stakeholders. Those with the funding and humanitarian spirit to be donors can focus on causes and locales closest to their heart; members of local organizations who are closely connected to their communities can advocate on behalf of those communities and deliver needed support; and Embrace Relief's institutional knowledge balances both sides in harmony. We hope that through our description of this framework, readers will find this program to be appealing and worthwhile. We would be grateful for any comments or suggestions as we move forward.







## Connect With Us!

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