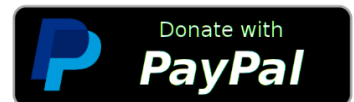


First Harvest Ministries Inc  
Prospect Mira 26, Ap 35 | Izmail, UA 68604  
USA +1 (706) 362-5306 | UA +380 (93) 449 78 12

## FEEDING MANKIND IN NEED!

Fight Hunger and Malnutrition in Ukraine



### THE CHALLENGE

**FIRST HARVEST MINISTRIES, INC. (“FHM”)** is a non-profit 501(c)(3) tax-exempt grassroots health and wellness ministry currently working with a local community of senior citizens in the town of Izmail, Ukraine. Izmail is a historic town and shipping port with a population of 70,000+ people located near the Danube River in the southwestern region of Odesa Oblast (Province) of southern Ukraine. In cooperation with the local community of senior citizens, FHM has registered as a foreign non-profit charity to expand its ministry reach to pension seniors living below the poverty line in the town of Izmail.

The population of pension seniors living below the poverty line continues to grow and outpace the social service benefit and pension programs sponsored and funded by the national government’s Ministry of Social Policy. As of today, there are over **500+** pension seniors in Izmail, living alone and in isolation, and receiving only their national government’s social service benefits and collecting the minimum level retirement payout of 1200 hryvnia (USD \$42) per month. After housing, utility, medical and drug expenses, this leaves little to no monies for food. Furthermore, hunger and isolation with limited mobility, declining health, and strained financials can affect pension seniors much worse in their ability to live independently.

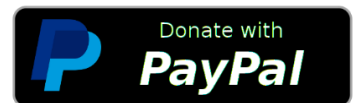
### THE OPPORTUNITY

**FHM** advocates and promotes a relief program using the theme “**Feeding Mankind in Need**” dedicated to addressing this challenge. The food delivery program is a service made available for frail, needy and homebound seniors who require assistance in their daily living activities and are without a caregiver during the day. For just **\$1 USD** per day, this pays for the purchase, preparation, cooking and delivery to the doorsteps of a pension senior with a fully cooked and nutritious hot meal Monday-Sunday. During meal deliveries, our **FHM** team of volunteers takes the opportunity to check on the seniors whenever possible. More than a delivery service, we do our best to keep an eye out for these seniors who live alone. Our charity empowers donors and local volunteers to strengthen their local community one senior at a time to live nourished lives with independence and dignity.

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### DONATIONS WELCOME!

Donation support for our cause is crucial. Make a difference today! A donation to the **FHM** relief program "**Feeding Mankind in Need**", no matter how large or small, will ensure our pension seniors living alone and in isolation, will spend their golden years well-nourished, independent, and dignified. Your monthly gift creates a reliable source of funding year-round to help provide meals to senior citizens facing hunger. Any donation amounts are tax-exempt and will be greatly appreciated!

### PARTICIPATION CRITERIA

**Criteria for UA Seniors in Need:** Phone: UA +380 (93) 449 78 12 | US +1 (706) 362-5309

- *Pension Senior Men 60 years or older.*
- *Pension Senior Women 58 years or older.*
- *Frail, needy and homebound.*
- *Require assistance in their activities of daily living.*
- *Living alone or with another frail elderly or caregiver who is unable to provide aid.*
- *Without a caregiver during the day.*
- *Unable to prepare complete meals or obtain food from other sources.*
- *Able to feed themselves.*

**VOLUNTEER TODAY** 

### Criteria for Volunteers:

- *Minimum age: 21 years old. 55+ and volunteer groups welcome!*
- *Commitment: Once a week, minimum 3 months.*
- *Schedule: 1045 – 1300 or 1500 – 1730, Monday - Sunday*
- *Venue: Local Cooks and Delivery Drivers needed in Izmail, Ukraine*

*For our bodies are temples for the Holy Spirit. (Jeremiah 30:17)*

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