

# YOU

**AGAINST HUNGER**

**SUMMER  
2025**



**FEEL THE WARMTH:**

**BECAUSE OF YOU, LIVES ARE BRIGHTER**



# A SUMMER TO ACT

© Joe Golden for Action Against Hunger



As summer winds down, I want to pause and say thank you. Whether you've been fundraising, campaigning, or simply spreading the word, your support is helping us reach people in urgent need, and I'm truly grateful.

In this issue of **You Against Hunger**, we're shining a light on one of the biggest causes of hunger today: conflict. You'll hear powerful stories from people living through war and crisis, stories of unimaginable hardship, but also of extraordinary courage and resilience.

To stand with communities facing hunger, we've launched **The Hunger Revolution**, a bold, people-powered campaign demanding action. In my 31 years of working in humanitarian aid, I've witnessed communities overcome famine with dignity. But I've also seen too many pushed back into hunger, not because there



wasn't enough food, but because someone, somewhere, decided they didn't matter enough.

In places like Gaza, Lebanon, and Sudan, hunger is being used as a weapon of war. That's why I've joined The Hunger Revolution. Because in a world of abundance, no one should starve in silence. So today, I'm asking: will you join me?

Sign our petition. Raise awareness with our free poster (see page 12). Stand with us before World Food Day on 16 October, when we'll celebrate the impact you've made.

With heartfelt thanks,

A handwritten signature in blue ink that reads 'Jean-Michel Grand'.

Jean-Michel Grand  
Executive Director

# GAZA UPDATE

At the time of writing, we are operating nine nutrition sites with plans to open 26 more. We have 100 active water trucking sites supplying clean water. Our expanded cash assistance programme will support 1,920 families. We have also opened two new kitchens providing hot meals daily to 500 families.

**This story has been written by our colleague in Gaza.**

I have always had a passion and a dream to be part of a humanitarian mission that shares the same principles I believe in. When I joined Action Against Hunger as a humanitarian worker, I felt that my purpose in life had just begun.

**I never imagined that, throughout my mission, I would see children with frail, sunken bodies and eyes full of pain and agony.**

That I would see youthful faces telling an unimaginable story of suffering, or see a lady gathering food off the ground.

This situation has repeatedly made me ask myself: how can I offer them any sense of comfort, even if a little?

Today, I work as a breastfeeding counsellor. Mothers are facing double the risk: their bodies are exhausted from pregnancy and childbirth, and they face harsh hunger, prolonged deprivation,



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and a severe lack of all essential health and nutrition necessities.

My colleagues and I, at Action Against Hunger, continue to work with hearts full of determination despite all challenges. We work to find that glimmer of hope. Humanitarian work in Gaza is not merely a response to a crisis, but a testament of the resilience of people in the face of hardships.

We believe that what we do today, no matter how small it may seem, makes a difference. Between hunger and hope there are countless stories of resilience and optimism for a better tomorrow.



# SUDAN

For two years, war has torn through Sudan. What started as a power struggle has grown into one of the world's biggest humanitarian crises.



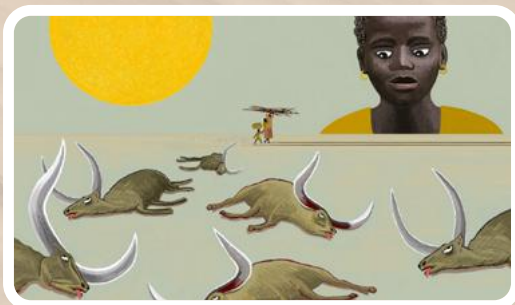
1. The conflict between the Sudanese Armed Forces and the Rapid Support Forces erupted in April 2023. The civilian population is caught in the crossfire, facing violence, hunger and displacement.

2. Samira and her daughter silently observe an armed man in front of them. They do not scream or run away because they have learnt to be cautious in the face of conflict.



3. On 1st August 2024, the UN declared famine in Zamzam, North Darfur. Samira silently observes a woman digging in dry soil to find food.

4. Agricultural production has collapsed. Samira and her daughter walk through arid land littered with animal carcasses.





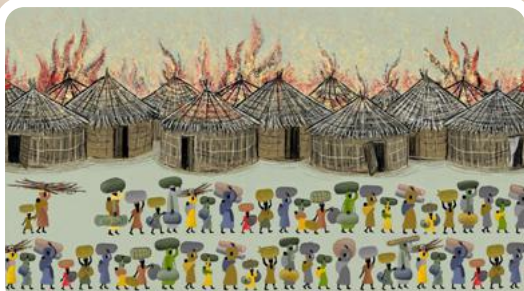
Today, more than 25 million people, over half the population, are facing hunger. Because it's too dangerous to take photos where we work, we're using illustrations instead. They help us safely share powerful stories, like Samira's, while protecting the people at the heart of them.

5. In times of war, gender-based violence is exacerbated. Samira sees a woman with a serene face and closed eyes, who feels the coldness of a gun pointed at her forehead.



6. The gun is no longer pointed at another woman, but at Samira. She knows she must leave to save herself and her daughters.

7. Flames devour the huts as people flee with the few belongings they have. The UNHCR has said the situation in Sudan is "the largest displacement crisis, as well as the fastest growing worldwide."



8. Samira and her family leave their home without looking back as the shadow of war watches them.



9. Displaced people like Samira enter makeshift huts in refugee camps, looking for respite in the midst of uncertainty. The mass exodus of refugees puts a strain on neighbouring countries and their resources.



10. With your support, Action Against Hunger is working tirelessly to provide life-saving care in Sudan and its neighbouring countries. In June 2025, we joined Sudanese activists, civil society groups and charities to hand in a petition to the Prime Minister at 10 Downing Street. We called on the UK Government to provide additional emergency funding and increase efforts to secure a ceasefire.

All images © Daud for Action Against Hunger





11. Across Sudan, Chad, Ethiopia and Uganda, Action Against Hunger is providing essential services: food, water, healthcare, protection, and psychosocial support. These efforts offer both immediate relief and strengthen the resilience of communities living on the brink.



12. A glimmer of hope: internal displacement in Sudan has slightly decreased. Nearly 400,000 people have returned to their communities. Samira's story captures the strength that lives in millions of Sudanese people who refuse to let war define their future.

# LEBANON



Despite the ceasefire in November 2024, 90,000 people from Lebanon remain internally displaced with difficulty accessing food.

Meet Ali Mehdi (shown above), a farmer, originally from Naqoura, Lebanon. On 8 October 2023, Ali was forced to leave his village because of the conflict. He fled his home with his mother, wife and four daughters. He explains: "You can't live there. It's full of debris. Our field has been completely destroyed".

Ali and his family found safety in a school converted into a collective shelter in Sour, Tyre, Lebanon.

Ali was hired by Action Against Hunger to work in the agricultural field near the collective shelter. He grows vegetables like onions, cucumbers, cauliflower, peppers, and lettuce. 80 per cent of the

produce goes to the community kitchen and the remaining produce is kept by farmers like Ali, who can start making an income.

Some families have returned to their homes or like Ali, have started renting in Sour. "I'm renting an apartment now," Ali explains,

**"I used to pay \$50 a month in rent, but now I pay \$1,000"**

recounting the rise in prices the country has experienced since 2019 with the economic crisis and the escalation of the conflict.

When the Action Against Hunger team asked Ali why he wants to work on the land for displaced people, he replied: "I do it to reduce the stress I feel. I'm scared. We have mental health issues. Working together with others on this land is very positive and helps me manage".





Thanks to your support, Action Against Hunger has a community kitchen in Sour.

with rice. “At first, we provided more than 1,100 meals a day”, says Mounifa.

When the conflict started, Mounifa (shown below), who runs the kitchen, tells us: “No one could get food ... if it weren't for the collaboration with NGOs, it would have been impossible to run this community kitchen. The attacks destroyed the kitchen, and charities helped me rebuild it.

Thankfully the needs have decreased, as many families have returned to their homes where possible or resettled in Sour. Sadly, there are still displaced families living in the collective shelter.

**You gave us basic ingredients like pasta, lentils, rice, vegetables, as well as materials for work and gas.”**

She goes on to say, “thanks to Action Against Hunger, we were able to prepare pots of mloukhiya.” Mloukhiya is a very popular dish in Lebanon, made from the leaves of the mloukhiya plant and cooked with chicken stock and served



# THE HUNGER REVOLUTION

BE THE GENERATION THAT  
ENDS WORLD HUNGER

## WHAT IS IT?

The Hunger Revolution is Action Against Hunger's campaign demanding urgent change to the broken systems that keep people hungry. It's a rallying cry to shift the conversation from charity to change. Let's stand together for a world where everyone has food to thrive.

9.1%



of the global  
population are  
facing hunger

NEARLY 50%



of child deaths are  
related to hunger

36%



of the world's  
population do not have  
access to a healthy diet

Between 1990 and 2015, we halved global malnutrition. That didn't happen by accident - it happened because people, governments and organisations acted together.

But now, global hunger is rising again, driven by factors like conflict, climate change and inequality. Broken systems keep people hungry and often the most vulnerable are paying the price.



# YOU CAN MAKE A DIFFERENCE TODAY.

Push the  
UK Government to  
end deadly hunger

Join the revolution -  
add your name



© Action Against Hunger



Join You Against Hunger's editor, Farah (pictured left) and support The Hunger Revolution with our free poster:

1. Cut out the poster on the next page
2. Take a selfie holding it
3. Send to **[socials@actionagainsthunger.org.uk](mailto:socials@actionagainsthunger.org.uk)**
4. Post on your socials. use the hashtag **#HungerRevolution** and tag five of your friends to do the same.



**733 MILLION**

**GO TO BED**

**HUNGRY**

**EVERY**

**DAY**

**ARE  
YOU  
OK  
WITH  
THIS?**



**JOIN US.**

Veronica's story is what The Hunger Revolution is all about: local leadership; community action; practical solutions; and lasting change.

Veronica treks three hours nearly every day to reach families in remote villages. The journey is not easy. She travels over rivers with no bridges and unpaved roads that are often obstructed. During the rainy season, the journey becomes worse as flooding washes away footpaths. Still, Veronica is committed to visiting families in need. She says:

**"The primary cause of malnutrition is parents' lack of knowledge about proper care practices for their infants."**

Veronica visits the home of 2-year-old Ezna, who has been undergoing



Both images: © Abel Gichuru for Action Against Hunger



treatment for malnutrition for the past six weeks. Ezna was enrolled in a feeding programme and provided with ready-to-use supplementary food (RUSF), an energy-dense and nutrient-rich supplement.

While nutrition interventions are essential for reducing malnutrition in the short term, Action Against Hunger recognises that improving nutrition outcomes in the long term requires a holistic approach. So we are addressing issues of water, hygiene, food security, and economic empowerment through mother-to-mother support groups. This has empowered Ezna's mother, Narikuni, to set up a kitchen garden at her home to grow vegetables like aubergines and spinach to supplement her family's nutritional needs.

# FUELLING THE REVOLUTION

**READY, SET, RUN  
AGAINST HUNGER!**



From school runs to marathons and epic cycling feats, our incredible supporters of all ages are rising to the challenge, taking action, and driving real change to end world hunger.



Now in its ninth year, students from École Jeannine Manuel have once again taken part in **Run Against Hunger**, raising funds for our life-saving work. Year 8 student Alexei shared: "I'm not a huge fan of running, but I think it's important to take part because it can really change someone's life, help them have a good future, be well-nourished and help them go to school. Things that we have the privilege of, and they don't."

## NEW NAME, SAME TASTY MISSION

Great news! Love Food, Give Food is now **Restaurants Against Hunger**, and we're teaming up with foodie favourites like Hawksmoor, Gymkhana, and Tao Group Hospitality to fight hunger.

From 1 September, dine out at one of our partner restaurants, donate £1 or pick a special dish and take action against hunger. Stay tuned on our socials and website for the full list of restaurants taking part!





# RIDE AGAINST HUNGER



Celebrity chef Pip Lacey and six fearless fundraisers are taking on a 276km cycle challenge in Majorca's toughest terrain, over three days, all to fight hunger. Follow their epic journey this September on our socials and get inspired, donate, and make a difference!



© Pip Lacey

## Win a FREE tote bag!

We want to make our magazine even better – and your feedback matters.

Complete our short survey by scanning the QR code or visiting:  
[actionagainsthunger.org.uk/supporter-feedback](https://actionagainsthunger.org.uk/supporter-feedback)

It's quick, easy, and helps us create content you love.

The first five people to respond will receive a FREE "I'm Hangry" tote bag!



# PLAN FOR THE FUTURE - MAKE A LASTING IMPACT!

A Will means the people and causes you care about will be well looked after and makes life much easier for those you leave behind.

In June we ran a Will-writing tips webinar with Mohamed Sheikh and Jessica Markham from Lee Chadwick Solicitors.

Watch the recording here: [actionagainsthunger.org.uk/wills-webinar](https://actionagainsthunger.org.uk/wills-webinar)

## JOIN THE HUNGER REVOLUTION



Hunger is a daily struggle for millions, but together, we can change that. Join the #HungerRevolution.

Turn your pound into power - 94p goes directly to saving lives and 6p goes to fundraising costs. Donate today and help end hunger for good. ● ● →



**DONATE  
HERE**

Let us know at [support@actionagainsthunger.org.uk](mailto:support@actionagainsthunger.org.uk) if you would rather receive a digital version of You Against Hunger.



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