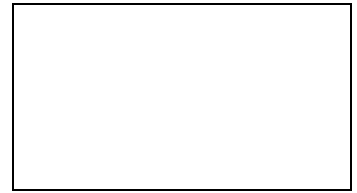




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MEAL PACKING RECIPE AND DIRECTIONS

RECIPE IN ORDER:

1. **SEALED VITAMIN PACKET 6 GRAMS**
2. **SOY PROTEIN TVP: 1 CUP 90 GRAMS**
3. **VEGGIES: ¼ CUP 30 GRAMS**
4. **PINTO BEANS: 1 CUP 100 GRAMS**
5. **RICE: 1 CUP 160 GRAMS**

WEIGHERS WILL ADD / REMOVE RICE TO MAKE WEIGHT 389-394 GRAMS



Meal Assembly Team Instructions:

Fill the Meal Bag in This Order:

- Person #1 SEALED VITAMIN PACKET- 1 per bag (DO NOT OPEN THE VITAMIN PACKET!!!!)
- Person #2 Funnel Captain: Hold Bag Under Funnel / Put Filled Bags in Runner Box
- Person #3 SOY PROTEIN – 1 CUP
- Person #4 DEHYDRATED VEGETABLES – ¼ CUP
- Person #5 PINTO BEANS ½ CUP
- Person #5 RICE – ½ CUP ***RICE MUST GO IN LAST!!!***

Weigher Instructions:

- Weigh each bag of food, make sure it weighs 389-394 grams.
- Place Bag of Food in Basket- weight Must Be Between 389- 394 grams.
- Add or Remove Rice until the bag reaches a weight between 389 - 394 grams.
- After the bag has been weighed place it in the blue bin in front of a sealer.

Sealer Instructions:

- Make sure the bag is airtight and sealed appropriately.
- Use caution when using the sealers, as they may get HOT!
- Hold corners of the bag to flatten and place flat end under the sealer.

- Hold down on the sealer lever for 3-5 seconds to ensure that the bag is sealed.
- Red light on the side of the sealer that will turn on and then off when done.
- Once the bag is sealed, turn it upside down and give it a shake to ensure that no food escapes.
- Reseal the bag if any of the food comes out.

Alleviating Food Insecurity

- Malnutrition is the single largest contributor to disease in the world.
- School meals attract children to education programs and prevent dropouts—especially among girls—and enable children to learn better.
- “We know that a peaceful world cannot exist one-third rich and two-thirds hungry” President **Jimmy Carter**.
- “Overcoming poverty is not a task of charity, it is an act of justice”.
Nelson Mandela
- “If you cannot feed 100, then feed 1”. **Mother Theresa**



How?

- These meals will be provided to most vulnerable, helping reaches UN sustainability goal of zero hunger.
- Meals will provide micronutrients, including enriched rice, soy protein, dried vegetables, essential vitamins, and nutrients.
- Students work with international charities to ship overseas to programs that serve the hungry.
- Meals packed will become part of safety net programs that provide nourishment helping established programs overseas.
- Meals provided in schools encourage increased enrollment and attendance.
- For adults in community training programs, meals provided help for more effective training.

For our meal packing program, (sending pre-packaged rice -soy fortified meals) we purchase:

- **ADM Textured Soy Vegetable Protein (TVP 165-118) Textured Soy Flour**
- Air-Dried / Dehydrated vegetables and Enriched White Rice.
- Vitamin-Mineral Nutritional Supplement packets – approx. 6 grams each. Containing: iron, zinc, iodine, folic acid, and an array of all essential Vitamins.

Meals are prepared hygienically in clearly labeled heat sealed bags, then shipped and distributed overseas by International Charities based in Florida including:

- Ayuda Humanitaria Para Venezuela: <https://www.ayudahumanitariavenezuela.org/>
- Sending Love Venezuela: <https://www.sendinglovevenezuela.com/>
- Project Medishare: <http://projectmedishare.org/>

For more information on how to support efforts to get high protein meals and medical supplies and equipment to those who need it most, visit www.relief-shareflorida.org, <https://www.facebook.com/reliefshareflorida>, email megan@relief-shareflorida.org, or call or text 352-697-1512.