



CENTRE FOR REFUGEES

Helping Refugees Live with Dignity and Hope

CAMPAIGN AGAINST HUNGER

CAN YOU LIVE ON HK\$40 A DAY?

"Hunger and malnutrition are in fact the number one risk to health worldwide — greater than AIDS, malaria and tuberculosis combined." – United Nations World Food Programme

KNOW THE FACTS

Refugees receive HK\$40 a day for food by the HK Government – that's just HK\$13 per meal!

The assistance is **limited to ingredients only**. No support is provided to purchase stoves, cooking and dining utensils.

The support comes in the form of supermarket vouchers. **Ingredients are expensive in supermarkets** and may not be culturally or nutritionally appropriate to their needs.

Oxfam's 2011 study states that a **working adult in HK then needed HK\$66.6 per day** to eat balanced nutritional meals. Refugees have **no right to work** in Hong Kong, and receive just HK\$40 per day today. Food costs also have substantially risen in the past 5 years.

It can take up to 6 months to receive this support. That's 6 months without food, shelter, and water.



Centre for Refugees is today the only community centre for refugees in Hong Kong where we support the most vulnerable—including victims of torture, war, genocide and other acts of persecution from Africa, the Middle-East, and parts of South Asia facing conflict—with a comprehensive support system that fills a vital gap in humanitarian welfare by providing emergency shelter, food, education, counselling, and community support.

JOIN US TO #ENDHUNGER TODAY

and keep Hong Kong's only soup kitchen for refugees open for another year!

13 for 13: RACE AGAINST HUNGER

PLEDGE to spend only HK\$13 per meal for 13 days.

Get sponsored by your friends, family, and colleagues.

Can't commit to 13 days? No problem! Start with 1 day!

Sponsorship form attached.

DONATE TO END HUNGER

Help us provide up to 15,000 meals at our soup kitchen by donating:

- HK\$100 provides 6 meals
- HK\$800 provides 50 meals
- HK\$1,600 provides 100 meals

Bank details provided on attached sponsorship form. For online donation, please visit our website, below.

VOLUNTEER AND RAISE AWARENESS

Bring your friends, family, and colleague to beat the clock as you rush to cook a meal at our community soup kitchen.

and/or

Host a workshop on refugee issues at your school, organization, or church.

E-mail us for more information.

All proceeds go towards providing hot meals 16 times per week at our soup kitchen

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