

Direct mail – for illustrative purposes only.

On the envelope – “**Show some compassion this Christmas. Donate.**”

Food for Life Ukraine: Please donate

A severe food shortage is eminent over the Christmas period: Please help

Dear Justine,

Since the escalation of the war in Ukraine on 24th February 2022, the UN estimates that 3.6 million people have been displaced within the country or have fled abroad. Millions of families have been left without a home, food, essentials such as water and electricity, safety, and security. Many have found it difficult to feed themselves and their families, putting themselves at risk of starvation and disease.

You may have seen the destruction caused to infrastructure by the constant missile bombings in the Luhansk and Donbass regions in eastern Ukraine. People are risking their lives stepping outside of basements where they are sheltering in order to find food and water.

Food for Life

Food for Life is a voluntary organisation actively helping those displaced by the crisis in Ukraine. We provide hot vegan meals, medical supplies, and PPE. Every donation is passed onto our volunteers directly working in Ukraine.

- We prepare and distribute 11,000 hot meals on a daily basis
- We have 400 volunteers across our country preparing and distributing hot meals every day

To feed those in need on an everyday basis we need to buy groceries on a continual basis, pay utility bills and keep running our Food for Life transport vans so we can deliver hot meals to those not able to visit our kitchens such as those who are disabled and the elderly.

Olesya's story

“I started to volunteer for Food for Life back in 2014 when our region was occupied by the Russian forces. I was very depressed by the whole situation, lack of food in

shops, running water only 3 times a week. I was a teacher before the occupation and lost many students as a result of the aggression. Some of my friends died, my sister became internally displaced when she left the region with her family. I can't even see my mother because it is too dangerous for her to leave her home.

I saw there were many people with bigger problems than mine, people who had lost limbs due to mines, lonely, elderly people whose families had fled. I decided to sign up with Food for Life and never looked back. I enjoy delivering hot meals to the elderly and disabled. They are always so happy to see me and me too. My work is so important.

Since the escalation of the war this year, it was difficult and dangerous to get out and continue working, but I managed and now we are providing food for those displaced in our regions. It's really terrible, but by helping others, it keeps me going".

How your donation could help

With your kind donation, you could help us to continue feeding people Food for Life, with the means to feed whole communities.

- **£20** could provide 3 families with a month's worth of healthy nutritious food
- **£50** could provide a village community with one warm meal every day for a month in the Food for Life kitchen
- **£150** could provide a warm meal and breakfast for a whole community for 2 months.

We *desperately* need your help this winter.

No gift is too small so please donate today on our JustGiving site, the world's leading online fundraising platform.

Testimonials

"Thank you for your generosity! Without your help I don't know where I would be. I am disabled and my family left for better living conditions in Europe. I have no money and can't buy food because the pensions were stopped." Dymytro, 52, Alchevsk

"Thank you for your humanity and kindness. Nowadays, you rarely meet good people. Everything is as tasty as from home, and it is very necessary, because sometimes there is absolutely no money to buy vegetables or fruits – everything is so expensive!" Tanya, 68, Kharkiv

“Before the war, I had everything for my family. Now there is nothing. It’s thanks to you volunteers who have kept us alive. We are so grateful” Olga, 38, Donetsk

Please help today by donating whatever you can: Go online using this address and donate today <https://ffl.org/donate/>