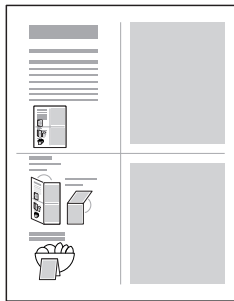


MENU CARD INSTRUCTIONS

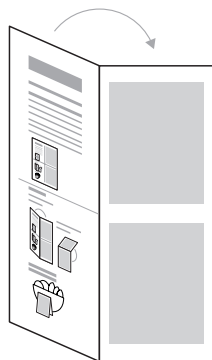
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- Open the PDF in Adobe Reader.
- Choose File > Print.
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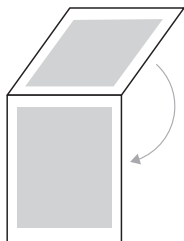


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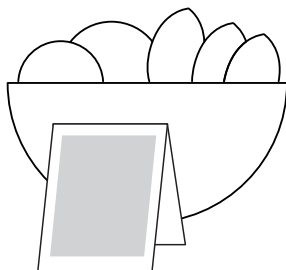
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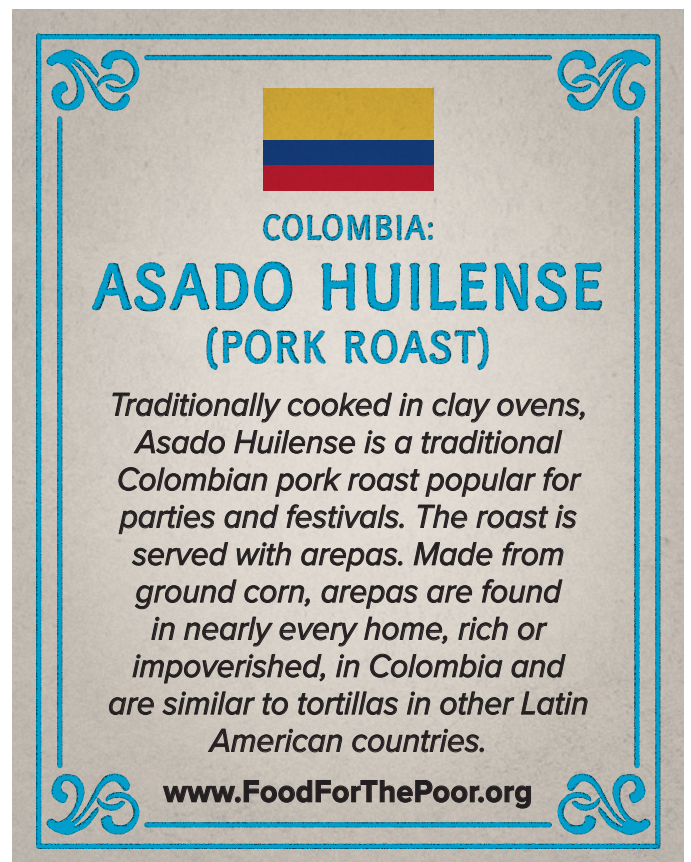


3. DISPLAY WITH YOUR DISH



Food For The Poor (FFTP) began serving in Colombia in 2014 and works to develop sustainable livelihood solutions in vulnerable communities. Food insecurity remains high in Colombia, and FFTP is committed to supporting agricultural livelihoods of rural farmers or families through technical training and providing essential tools. FFTP also provides support through many Venezuelan migrant care centers throughout Colombia. These centers promote empowerment by providing economic assistance in the form of seed capital that helps put viable micro-businesses in a better position to increase income and offer job skills training workshops.

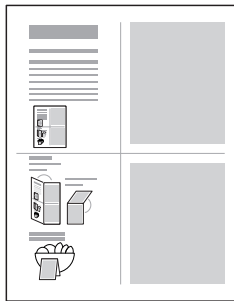
Food For The Poor's Work in Colombia



INSTRUCTIONS

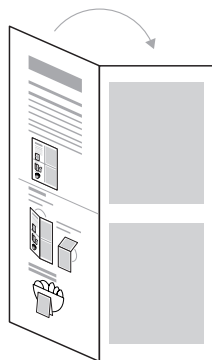
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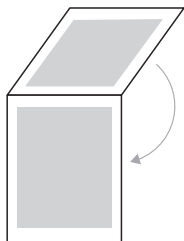


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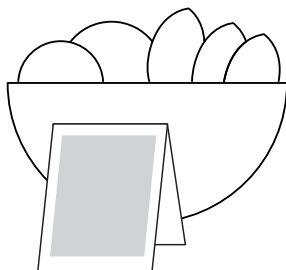
- Fold in half vertically:



- Fold in half again:



3. DISPLAY WITH YOUR DISH



The population in the Dominican Republic is approximately 10.7 million. Food For The Poor (FFTP) has been working with partners in the Dominican Republic since 2000 to distribute medicine and medical supplies throughout the country. FFTP has more than 100 projects in the Caribbean nation that focus on aquaculture, animal husbandry, education, community development and clean water. FFTP also worked with Caritas Nacional in Santo Domingo with Caritas Española as a co-founder of a large agricultural project. FFTP sent funds for the purchase of emergency aid baskets to help 2,000 families in Puerto Plata and Santiago at the onset of the COVID-19 pandemic.

Food For The Poor's Work in Dominican Republic



DOMINICAN REPUBLIC:

MANGÚ

(BREAKFAST SIDE DISH)

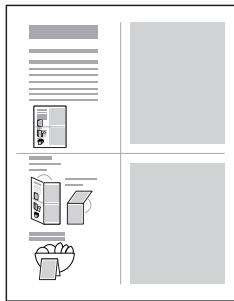
In the Dominican Republic, Mangú is a popular side dish. This recipe of boiled plantains mashed with butter is a classic Dominican dish. Here are a few insider tips: make sure the plantains are green, not ripe, and submerge the plantains in hot water for a few minutes to make. Serve Mangú with eggs, meat or cheese.

www.FoodForThePoor.org

INSTRUCTIONS

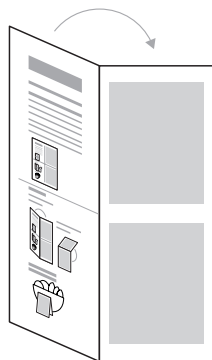
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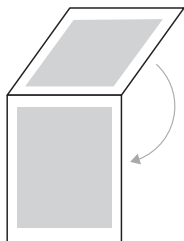


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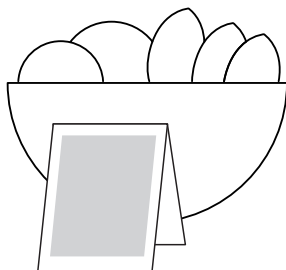
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- Fold in half again:



3. DISPLAY WITH YOUR DISH



Since 1996, Food For The Poor (FFTP) has been working in El Salvador through several partners. Our active projects in El Salvador include six community development projects, four one sustainable community development, four housing projects, one education project, two water projects and three income-generating activities. FFTP also serves El Salvador through donations of goods. Shipments to El Salvador include agricultural tools, food, medicine, health care items, clothing, shoes, furniture, building materials and educational supplies. In 2021, FFTP shipped 168 tractor-trailer loads of aid, including food such as beans, rice, MannaPack rice meals, plus medicine, medical equipment and health care items.

Food For The Poor's Work in El Salvador

