



Trees ready for plantation, Bangladesh



Emergency Food distribution, Iraq



Iftar Programme, Mozambique

FOOD AID

IRAQ FOOD AID

■ 680 tonnes of essential food and water was distributed in Iraq to poor families in Baghdad Mosul, Erbil and Basra regions.

TREE PLANTATION

■ MH has now opened its own tree nursery in Bangladesh. Over the last year we have been planting thousands of mango, coconut, papaya and betel nut trees so that poor families may eat and earn from them.

FISHER WOMEN

■ For only **£100**, you can help Gambian fisher-women to set-up their very own smoked fish business. Your donation will buy them baskets, tools and three months rent for smoke-room. 10 women are already running a sustainable business through this support.

MOZAMBIQUE

Alongside emergency food distributions to poor families in northern Mozambique MH helped local farmers.

- 100 farmers received seeds & agricultural tools
- 4 deep-water wells installed serving over 20,000 people

Muslim Hands is well known for its food distribution programmes to impoverished communities and families, especially at times of war and in disaster stricken areas. Many readers will be familiar with our Iftar programmes (during the month of Ramadan) and our Qurbani programme which operates in some 40 countries worldwide...But you may be less familiar with our efforts in the recent years helping to develop rural communities through **business start-up, agricultural aid schemes, tree plantations and irrigation schemes.**

Please continue to support our food distribution and agricultural aid programmes.

IFTAR PROGRAMME: Every Ramadan Muslim Hands runs Iftar Programmes in the following countries: Afghanistan, Albania, Bangladesh, The Gambia, Ethiopia, Senegal, Chechnya, India Assam, Iraq, Pakistan, Lebanon and Palestine. **£75 feeds 100 people for an Iftar.**

*Did-You Know?
A family food parcel costs £45 and can feed an average family for a whole month.
FEED A FAMILY*



Gambian Women start-up fish business

