

# Africa Food Basket

This is the daily food aid ration per famine victim in Africa



**420g uncooked rice**  
**70g beans / lentils**  
**40g sugar**  
**20g vegetable oil**

The daily food ration you see on this page delivers 2100 Kcals per person per day – the UN standard.

To provide a daily ration for six members of a family costs \$2.  
\$62 provides one month's supply of food for a family of six:  
\* 40kgs rice \* 8kgs beans / lentils  
\* 4 litres vegetable oil \* 4kgs sugar



You can find out more,  
or give your help at:

[www.alws.org.au](http://www.alws.org.au)  
**1300 763 407**



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