



Food Security: Content & Distribution

"Sharing Food, Spreading Hope"

Last Updated: March 2026

| | Food Items | Quantity |
|------------------------|---------------|----------------|
| 1 | Rice | 5 KG |
| 2 | Vegetable Oil | 1.5 L |
| 3 | Lentils | 1 KG |
| 4 | Sugar | 1 KG |
| 5 | Tomato Paste | 1 Can (800 G) |
| 6 | Tea | 1 KG |
| 7 | Cheese | 1 Pack |
| 8 | Chickpeas | 500 G |
| 9 | Beans | 500 G |
| Total Cost Per Basket: | | £ 25.00 |

Transparency & Value

"Prices are calculated based on local market rates (IQD/USD) and converted to GBP. All prices are subject to market fluctuations. Any surplus from exchange rate fluctuations will be used to support additional families, ensuring the highest quality for every home."

Join us in making a difference. [Donate to this project](#)

