



FINAL PROJECT REPORT

FAMILY AND COMMUNITY DEVELOPEMENT

*"Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can."*

John Wesley

Group # 7

Home economics Department.



Group Members

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Major Project

Introduction: *“The best charity is to satisfy a hungry person.”* A message by our Prophet, a mission for RIZQ is the motto of this organization. RIZQ is a social enterprise that strives toward eradicating hunger by restructuring the food ecosystem of Pakistan. What began with a realization by three university students has translated into a nationwide movement dedicated to the provision of food, to food insecure families through various sustainable services. Up till now RIZQ has been able to share 2 million meals with the underprivileged; a value that is likely to increase with the dedication and commitment shown by the youth as it is a people powered movement united to end hunger.

As part of our major and minor project in the subject “Family and Community Development”, we students of Home Economics Dept. LCWU, volunteered with RIZQ Foundation, in their noble cause of erasing hunger in Pakistan, by facilitating under-privileged people with food.



Objectives:

- Providing lunch boxes for three days.

- Conducting awareness program about nutritional facts.
- To promote #HungerFreePakistan.
- A better sense of social work in society.

Activities:

● Food Provision

Home-made lunch boxes, Biryani & Chocolates, Nan Haleem was a three day menu selected to provide on three days respectively for deserving and under-privileged people specially children.

Day 1- Home-made Lunch Boxes:

For these lunch boxes, menu decided was Samosa, Sandwich, Juice, cutlass, Cupcake. Food was brought to University and it was packed there. It was decided that RIZQ will send RIZQSHA i.e. Their food collecting vehicle, will be at university at 12. Samosas were freshly fried with the cooperation of Chips stall owner. Boxes were hand packed with love and care. An application for permit of using university premises was signed by DSA Mam Bushra Nadeem.





Day 2- Biryani and Chocolates:

Fresh Biryani was ordered to be delivered at university so it reaches the people in its most fresh state. Chocolates were packed with the boxes. Boxes were given to RIZQSHA at gate 3 at 12pm. Guards were cooperative and they helped us in delivering. Guards who cooperated with us on the gate were also given the boxes, which provided them immense pleasure. The Head guard encouraged our work by saying, “girls order food for themselves here and you are giving it away to others which is very rare :-).” This sentence made us feel blessed. Alhumdulillah





Day 3- Naan Haleem:

According to our set budget, which was basically our pocket money we worked hard on thinking menu. For day 3 Nan haleem was ordered at café in our university. Nan haleem was tested before placing order. It was good in taste and appetizing. The stall owner gave us discount and made compensations when he came to know about our project, which was very encouraging. They

provided fresh haleem in morning and it was packed with our help. They delivered those boxes outside university because it had to be taken by us to the RIZQ food bank.





Methodology:

We came across RIZQ through a friend who directed us to Huzaiifa the co-founder of RIZQ. We were guided by Zainab Masood, volunteer coordinator, who provided us with ample details about this enterprise and set a meeting with us. She guided us throughout this project i.e. how many

days we should coordinate with them, what menu should be selected for lunch boxes, where to deliver it etc. This meeting was held at RIZQ headquarters on 29th march Friday.

It was decided that lunch boxes will be provided on 3 days i.e. 4th April, 9th April and 12th April, 2019. We provided the food in boxes, packed all the food ourselves in hygienic atmosphere. 1st and 2nd day Rizqshaw, food collecting vehicle of RIZQ, collected food from our University according to the set security rules of LCWU. 3rd day we went to the food bank of RIZQ situated at Sultan Park, Cavalry, Lahore. There we handed over the food to adults and kids by our own hands.

All the money for project was collected by our own resources apart from any sort of fundraising. Pocket money was the basic resource.



Conclusion:

Making food and packing it with the thought that someone is going to enjoy that meal, unveiled a new feeling of happiness and sense of responsibility. Serving one's community and society is something that provides eternal happiness and **RIZQ** facilitated so much throughout. Working with RIZQ and their coordinators has been an amazing experience for all of us. Spending those few days in planning and implementing our project for the underprivileged has made us realize our responsibilities towards the betterment and welfare of the society. These projects should be carried out more often.

Minor Project

Introduction:

As part of minor project, an awareness program was held, which was basically directed to the people who doesn't care about hygiene regarding their food and its intake. Awareness about fresh food supply and clean environment was ensured. Awareness about their possible daily intake was given to guide them to a healthy lifestyle. To ensure that they must know their dietary needs.

Objectives:

- Awareness about healthy, hygienic food intake.
- Awareness about their daily dietary needs according to age.
- Awareness about possible substitutes for healthy living.

Hygienic lifestyle Awareness:

Focus was on the children because they ignore healthy habits before eating. When distributing lunch boxes, it was made clear that all children will go to home, will wash their hands with soap and will sit down properly to eat and enjoy the meal.



Dietary needs awareness:

Diet plans were made for the children, adults, old age and pregnant women. These diet plans focused on the substitute for expensive food items, which unprivileged people can't afford.

They asked questions about those diet plans and simple satisfying answers were given, so they can understand. E.g. when asked it's quite difficult to feed children eggs daily, we advised them to have omelet's for breakfast. Instead of giving them glass of milk they can be given lassi especially when they are having an omelet in breakfast. Instead of bread, chappati should be given for a nutritious breakfast. They can substitute the whole grain chappati with suji chappati.

We told a pregnant woman that she must be given milk and egg alternatively. She must be given meat from any source while skipping milk and egg. Clean vegetables and pulses must be consumed to ensure better health. Aged people should not be given heavy fatty diet, especially banaspati. We tried to tell them not to consume tea and cigarettes in excess.



Methodology:

Appointment was made at Rizq food bank i.e. 12th April, 2019 Friday. We were assisted by Asad the coordinator of HR dept. It was a small office. One room was made to store and supply the food. People were facilitated by a window at the end. One by one, every member handed over the food and enjoyed the smiles on their faces. People already know the timings of food distribution at Rizq. As people came, lunch boxes and awareness was given side by side. Questions were answered regarding dietary habits.



Conclusion:

People are lost in hunger and search of food. They don't know what and why they are eating? All they need is food and all they are concerned about is to get food from somewhere. It was a great experience. But now we feel it's our responsibility to spread awareness about such matters among these people in our immediate community.

