SHIFA FOUNDATION
making an effort

NOURISHING FAMILIES, RESTORING DIGNITY

Feed the Needy Campaign



106th of 122
Pakistan's rank, Global Hunger Index 2026

26.1
Score indicating a serious level of hunger

DONATE NOW
PKR 10,500
One month's food package for one family

OUR VISION

To become the role model in the world of charity services by offering highly transparent, efficient, and valuable modes of support financially, in kind, and other services to the underprivileged members in the society without any discrimination, and while preserving their human dignity and self-respect.

OUR MISSION

To shape the future of underprivileged communities by promoting health and development.



OUR ACHIEVEMENT

10,000+ families supported

More then

60,000 reached

Through the Feed the Needy campaign, Shifa Foundation has supported more than 10,000 families, an estimated 60,000 to 70,000 people, with essential food packages that help them meet their basic nutritional needs with dignity. This milestone is made possible by the generosity of our donors and the commitment of our field teams and volunteers, and we are continuing to expand our reach to serve many more.

What's in One Food Package

APPROVED BY NUTRITIONIST

Item	Quantity	Calories (kcal)
Wheat flour	2 × 15 kg	**= 102,000**
Cooking oil	5 litres	**= 40,700**
White sugar	5 kg	**= 19,400**
Iodized salt	800 g	**0**

Item	Quantity	Calories (kcal)
Mung (pulses)	1 kg	**3,500**
Masoor (pulses)	1 kg	**3,500**
White channa	1 kg	**3,800**

Total energy per package: approx. **173,000** kcal (about **5,800** kcal per day over a month)

Calorie values are approximate, based on standard food composition data.