



LET'S EAT



AYESHA*, 12, helps her mum prepare rice for their dinner in Lambashia refugee camp in Bangladesh

When children leave their homes because of conflict, many have to make the long journey to settle in camps. But it's important that families are able to cook and eat together – no matter where they are!

A HELPING HAND

Many families who have had to leave home have also had to leave jobs behind. That means they can't earn the money they need to buy food. Save the Children gives essentials like bread, rice and other ingredients to those families, so they can keep cooking and eating together.

For example, in Za'atari refugee camp in Jordan, where thousands of children have fled from the war in Syria, Save the Children teams have distributed bread and tokens for families to get the food they need. In fact, some days they've given out more than 17 tonnes of bread to children and families in Za'atari!



Photo: Jonathan Hyams / Save the Children

SIRAJ*, 13, eats scrambled eggs, tomatoes and flatbreads for breakfast with his family in their tent in a refugee camp in Lebanon.



Photo: Fredrik Lernerud / Save the Children

SANTO*, 5, and his mum Isabella eat ugali – a porridge made from corn – for lunch outside their home in Omugo refugee camp in Uganda.



Save the Children

[Savethechildren.org.uk](https://www.savethechildren.org.uk)

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**name changed to protect identity*