



# Food Packages for Vulnerable Elderly in West Java

Project Report for: **Dharma Care**



# About the report

During the pandemic, many elderly in our community had a very difficult time, living in poor conditions, some of them very weak and could not work, and often depended on the charity of others. On the other hand, there were others who still had to work even though they are way past retirement age and only earn very little. That's why YUM decided to support 30 elderly living in Cipanas with the generous help of Dharma Care.

The support came in the form of food packages that were distributed from October 2021 to March 2022.



# Schedule of Distribution

Once a month, the YUM staff regularly visit our beneficiaries, going door-to-door to distribute food packages. Every month, we distributed 30 food packages, which included carbohydrates, protein, fat as well as a variety of vitamins and minerals.

October, 25th  
2021

November, 18th  
2021

December, 22nd  
2021

January, 24th  
2022

February, 23rd  
2022

March, 31st  
2022



# What can be found in the food packages?



October 2021



November 2021



December 2021



# What can be found in the food packages?



January 2022



February 2022



March 2022



# Introducing Sugar Palm Fruit

Sugar palm fruit (or "kolang-kaling" in Bahasa Indonesia) is a beneficial fruit for our health. The fruit is a rich source of vitamin A, B and C with minerals such as calcium, potassium, iron, Zinc, phosphors and also collagen. The benefits are good for our heart and bones as well as for our digestive system, preventing inflammation, anemia and dehydration.

With all the benefits of this fruit, we decided that every month we would include them in the food packages.







All of the beneficiaries were very happy when they received the food packages. Most of them can no longer work and are living alone. With this support, they did not need to buy food for the month, especially the rice, protein and fruits. They are so thankful to everyone at Dharma Care who were kind enough to support them.













# Testimonials

## Mrs.Omah, 80 Years old

I live alone in a simple house that belongs to my neighbor, who lends it to me for free. Previously I worked as a street trader, selling vegetable fritters by the side of the road. However, my leg has become very sore, so I can no longer work now.

I'm very thankful to Dharma Care because the food packages were very useful for me for my daily needs. I wish everyone at Dharma Care continued blessing, and to be happy and healthy always.





# Testimonials

## Mr.Udin, 70 Years old

I work as a guard at a nearby villa with a daily income of IDR 30,000 (or AUD 2.8). With this income, I have to pay my electricity bill and my daily needs and I am often struggling. Luckily, starting from October to March, I received food packages from the program supported by Dharma Care.

Thank you very much everyone in Dharma Care for your generous support. During 6 months, I was able to eat delicious and nutritious food.



To all members of Dharma Care, we would like to say:

*Thank You*

