



## Nourish Our World

On May 28, The Hunger Project will lead the world in celebrating World Hunger Day, a day to celebrate the enormous progress that the world has made in overcoming hunger, to showcase the amazing leaders around the world who are taking actions to end hunger in their communities, and to invite all of us to take action in putting an end to hunger once and for all.

We invite you to join us in observing World Hunger Day by hosting an “Around the World” party at work on Friday, May 27. To highlight this year’s theme, Nourish Our World, this special event spotlights the vitamins and minerals that are critical for good nutrition. This is an opportunity to support your employees or clients in their own healthy lifestyles, while calling forth their leadership and engagement for a purpose: empowering women, men and children in villages around the world in leading healthy and productive lives.

## Why highlight nutrition on World Hunger Day?

Good nutrition – an adequate and well-balanced diet – is a cornerstone of good health. Better nutrition is related to: improved infant child and maternal health, stronger immune systems, safer pregnancy and childbirth, lower risk of non-communicable diseases (such as diabetes and cardiovascular disease) and longevity.

Healthy children learn better and people with adequate nutrition are more productive and can create opportunities **to break the cycles of poverty and hunger.**

## What is an Around the World Party?

An Around the World party allows your guests to experience some international food and culture while learning about nutrition without ever having to leave the office. Each station – whether set up on one table or many – represents a different region of the world. At each station, you’ll arrange breads and dips from one region alongside a small sign, examples of which you will find on the next page, that informs your guests of what region the food is from, what nutrients are present, and how those nutrients are beneficial.

## How do I host an Around the World Party?

- 1. Invite your colleagues to observe World Hunger Day by participating in an Around the World party at your office.** Send an email to your colleagues inviting them to celebrate World Hunger Day by highlighting the importance of good nutrition through an Around the World party on Friday, May 27 – the day before World Hunger Day. Be sure to include a link to The Hunger Project’s website!
- 2. Have participants volunteer to provide one nutritious bread option and dip to share with everyone.** Ask your colleagues to sign up to be responsible for one region’s bread and dip. It’s an opportunity for people to show off their favorite recipes!
- 3. Print and cut out the Bread & Dip Info cards.** Cut out the cards on the next page and use them as labels for your nutritious breads and dips from around the world. Use the blank cards for bread and dip options not already represented.
- 4. Host your World Hunger Day party!** On Friday, May 27, invite your entire office to celebrate World Hunger Day at your Around the World party. Have printed materials on The Hunger Project for anyone interested in learning more.

[www.thp.org](http://www.thp.org)

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## **MEXICO**

### **Guacamole & Tortilla Chips**

Avocados are a nutrient-dense fruit, rich in Vitamin E, Vitamin C, Folate, and Potassium.

Vitamin E boosts the immune system and Vitamin C promotes healing. Folate is especially important for pregnant women and Potassium protects against high blood pressure, heart disease, and digestive disorders.

## **NEW YORK CITY**

### **Bagel, Lox & Cream Cheese**

Lox, a fillet of brined salmon, is rich in Vitamin B12, Vitamin D, and Vitamin B3.

Vitamin B12 is required for proper red blood cell formation, Vitamin D promotes calcium absorption, and Vitamin B3 can improve cholesterol levels and lower cardiovascular risks.

## **LATIN AMERICA**

### **Black Bean Dip**

Black beans are rich in Iron, Magnesium, and Phosphorous.

Iron's main purpose is to carry oxygen in red blood cells so cells can produce energy. Magnesium helps keep blood pressure normal and the heart rhythm steady and the main function of Phosphorous is in the formation of bones and teeth.

## **MIDDLE EAST**

### **Hummus & Pita**

The chickpeas in hummus are rich in Thiamine (Vitamin B1), Vitamin B6, and Zinc.

Thiamine helps the body's cells change carbohydrates into energy, Vitamin B6 is involved in the process of making the chemicals that transmit signals in the brain. Zinc is needed for the immune system to work.

## **CALIFORNIA**

### **Artichoke Dip**

Artichokes are rich in the compound Cynarin and Vitamin K.

Cynarin helps indigestion, and Vitamin K helps protect against neurological degeneration.

Artichokes are often considered a superfood and are even believed to help prevent cancer!

## **INDIA**

### **Mango Chutney**

Mango is rich in Vitamin C and Vitamin A.

Vitamin C is an antioxidant and helps boost the immune system. Vitamin A is an antioxidant that helps form and maintain healthy skin, teeth, and skin and is especially important for good vision.

**ITALY**

**Nutella & Bread**

Hazelnut is rich in Linoleic acid, Folate, and Vitamin E. Cocoa is rich in Copper and Manganese.

Linoleic acid helps lower bad cholesterol, Folate is necessary in pregnant women, and Vitamin E is an antioxidant. Copper works with iron to form red blood cells and Manganese is necessary for brain function.

