

**ACTION  
FOR  
HUMANITY**

# RAMADAN FOOD REPORT

2026



# INTRODUCTION

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Ramadan 2026 marked a significant humanitarian response by Action for Humanity, delivering multi-sector support to vulnerable communities affected by conflict, displacement, economic crisis, and protracted poverty.

Across regions such as Palestine, Syria, Yemen, Pakistan, Lebanon, Sudan, Jordan and beyond, families continue to face rising food insecurity, limited access to essential services, and deepening financial hardship. Years of conflict, instability, and economic decline have already weakened livelihoods and coping mechanisms, leaving many households unable to meet their basic needs. During Ramadan, these challenges intensify, as families strive to balance daily survival with the spiritual and social expectations of the holy month.

This context has been further exacerbated by recent escalations across the region, driven by increased military actions involving the United States and Israel. Airstrikes, targeted operations, and retaliatory attacks have contributed to a rapidly deteriorating security environment, heightening tensions across multiple countries. These developments have not

only caused direct damage to critical infrastructure but have also disrupted supply chains, limited access to essential services, and constrained humanitarian operations.

For already vulnerable communities, the consequences are severe. Renewed hostilities have triggered further displacement, restricted movement, and heightened fear among civilians. Markets have been disrupted, fuel prices have risen, and access to food and basic commodities has become increasingly limited. In fragile contexts where families were already struggling, this escalation has compounded existing vulnerabilities and deepened humanitarian need.

During Ramadan, the impact is even more profound. As families seek to observe the holy month with dignity, ongoing insecurity and economic strain make it increasingly difficult to secure sufficient food, sustain livelihoods, and access support. The convergence of conflict, poverty, and limited services underscores the critical importance of timely and sustained humanitarian assistance during this period.



## GUIDED BY FIVE CORE PILLARS:



From Your Table to Theirs



Giving That Transforms



Healing Hearts & Growing Minds



Quench the Thirst



Building Sustainable Futures

Action For Humanity delivered a holistic response designed to meet both immediate needs and longer-term resilience. Through this approach, vulnerable families were supported with dignity, enabling them to observe Ramadan and celebrate Eid with a renewed sense of hope.



# IMPACT AT A GLANCE

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Individuals Reached: **423,727**



Households Supported: **93,852**



Received Hot Meals: **106,491**



Received Food Baskets: **39,614**

## Delivered through:

- + Food assistance and hot meals
- + Zakat and Fitrana cash support
- + Health and specialised care
- + Water, hygiene and seasonal support







## PILLAR 1

# FROM YOUR TABLE TO THEIRS

Across all response locations, food insecurity remains one of the most urgent and visible humanitarian needs, driven by a combination of conflict, economic instability, and prolonged displacement. For millions of families, access to sufficient, safe, and nutritious food is no longer guaranteed, with many relying heavily on humanitarian support to meet their daily needs.

In Palestine, ongoing conflict, movement restrictions, and damage to critical infrastructure have severely disrupted food systems and access to clean water. Markets remain volatile, and many families are unable to secure basic food items without external assistance. As a result, humanitarian support continues to play a vital role in ensuring households can access regular meals, particularly during Ramadan.

In Yemen and Syria, years of protracted conflict and economic collapse have significantly eroded livelihoods and income-generating opportunities. Inflation and currency depreciation have driven food prices beyond the reach of many households, forcing families to adopt negative coping strategies

such as reducing portion sizes, skipping meals, or prioritising children over adults.

In Pakistan and Sudan, widespread poverty and rising inflation continue to limit access to adequate nutrition, particularly in rural and hard-to-reach areas. Vulnerable communities face increasing challenges in securing consistent food supplies, further exacerbated by economic shocks and climate-related pressures.

Even in the UK, food insecurity remains a growing concern. Vulnerable populations, including low-income households and individuals experiencing homelessness, face rising living costs and increasing social isolation. During Ramadan, access to hot meals and food support becomes essential in ensuring dignity and inclusion.

Through the provision of food parcels, hot meals, and community-based distributions, this pillar ensured that families across all contexts were able to meet their immediate nutritional needs, observe Ramadan with dignity, and reduce the burden of food insecurity.



## KEY IMPACT:



### PALESTINE

67,603 people supported



### YEMEN

25,673 people supported



### SYRIA

22,404 people supported



### PAKISTAN

7,285 people supported



### UNITED KINGDOM

4,200 people supported



### LEBANON

12,650 people supported



### SUDAN

3,900 people supported



### JORDAN

2,390 people supported





# FOOD BASKETS

Each basket ensures balanced nutrition, energy, and variety, providing grains, legumes, proteins, fats, and condiments for diverse Ramadan meals.

## Key Activities:

- + Provided daily nutritious meals for fasting families in Syria.
- + Relieved the burden of hunger and uncertainty.
- + Restored dignity and community spirit among those most affected by the conflict.

## What's Inside Each Food Basket:

ITEM	QUANTITY	DETAILS
White Rice	20kg	Short grain, premium quality
Split Red Lentils	3kg	For soups and stews
Green Lentils	3kg	Large grain, high protein
Bulgur	5kg	Coarse grain for cooking
Dried Chickpeas	2kg	Large grain, long shelf life
Pasta (Macaroni)	2kg	Enriched wheat pasta
Vermicelli	2kg	Thin-cut pasta for light meals
Sugar	5kg	White crystalline sugar
Sunflower Oil	5L	Refined, high-energy source
Olive Oil	2L	Premium cold-pressed
Dried Thyme	1kg	With sesame for seasoning
Tomato Paste (Canned)	2 x 700g	28% density, rich in nutrients
Iodised Salt	2kg	Essential micronutrient supplement



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HUMANITY**

**SYRIA**

**FOOD PARCEL  
DISTRIBUTION**

مشروع توزيع سلال غذائية

**RAMADAN 2026**



# FOOD VOUCHERS

## Project Summary:

- + 1,755 people in Jerusalem and 1,755 in the West Bank reached through food vouchers.
- + Vouchers restricted to staples such as rice, flour, pulses, oil, sugar, and dairy.
- + 52,580 supported with hot meals everyday during Ramadan.
- + 11,273 individuals benefitted from food baskets

## Your Impact - £100 per family

Your support provided families the dignity to choose their own food, promoting both nutrition and self-reliance in a time of great difficulty enough to last 30 days.



## Locations Covered:

Gaza, West Bank & Jerusalem







# FOOD PARCELS

## Overview:

Floods and economic instability have left many families struggling to afford daily meals. During Ramadan, the challenge deepens.

## Project Summary:

- + Each food parcel supported one family for the entire month of Ramadan.

## What's Inside Each Food Parcel:

ITEM	QUANTITY	DETAILS
Wheat Flour	20kg	Freshly ground
Rice	5kg	Branded basmati
Ghee	5kg	High-quality
Sugar	5kg	White crystal
Daal Chana	3kg	Medium grain
Chickpeas	2kg	Clean, light
Spices	250g each	Coriander, turmeric, chilli
Salt	2 packets	Iodised
Tea	900g	Tapal/Islamabad blend
Milk Powder	850g	Everyday brand
Dates	2kg	Natural sugar
Rooh Afza	1.5L	Traditional Ramadan drink



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RAMADAN  
FOOD PARCEL

PAKISTAN

عذرا بیچت سے بھر پور  
بھجاس کی تازہ بزیار

بزرگی سنتی و خانی  
بھجاس کی تازہ بزیار



# FOOD PARCELS

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## Project Summary:

- + 150 people supported through essential food parcel distribution.
- + 12,500 through hot meals.
- + Promoted food security and dignity across refugee and host communities.

## What's Inside Each Food Parcel:

ITEM	WEIGHT	QUANTITY
Rice	900g	5
Sugar	900g	2
Oil	3L	1
Bulgur	900g	2
Lentils	900g	2
Chickpeas	900g	2
Pasta	500g	3
Tomato Paste	400g	1
Salt	700g	1
Tuna, Sardines, Jam, Thyme	Mixed	8 total





# FOOD PARCELS

## Overview:

As living costs rise across Jordan, vulnerable and refugee families are struggling to secure even the most basic food items. The holy month of Ramadan brings additional challenges, as families wish to observe the fast with dignity despite financial hardship.

This Ramadan, Action For Humanity will provide pre-packaged food parcels to help families meet their nutritional needs and break their fasts with security and hope.

## Project Summary:

- + 2,270 individual benefitted through food parcels. Syrian, Palestinian and Sudanese refugee families across Mafraq and Ajloun.
- + Each parcel contains essential food items to sustain a family for the month of Ramadan.
- + The contents are selected to ensure nutritional balance and align with Sphere Standards for food security interventions.





### What's Inside Each Food Parcel:

ITEM	WEIGHT	QUANTITY
White Sugar	1kg	5
Long Rice	1kg	4
Tea	500g	1
Tomato Paste	135g	2
Sunflower Oil	1L	2
Green Lentils	500g	1
Red Lentils	1kg	2
Pasta	250g	6
Date Paste	1kg	1
Canned Beans	400g	6
Apricot Purée	400g	1
Apricot/Cherry Jam	700g	1
Salt	750g	2
Powdered Milk	800g	2
Chicken Stock Cubes	24pcs	1
Carton Boxes (Packaging)		1



# FOOD PARCELS

## Overview:

Iraq's prolonged conflict and economic instability have left thousands of families unable to meet their food needs.

## Project Summary:

- + 338 households receive food parcels covering 20 days of nutrition during Ramadan.
- + Provides essential food items, reducing the need for harmful coping strategies.

## Your Impact:

Your support helps families in Iraq meet their nutritional needs, bringing relief and dignity to homes observing Ramadan in hardship. Through your support, Action For Humanity reached

tens of thousands of families with food parcels, hot iftar meals, and suhoor packs, turning compassion into action, and ensuring that no one is left hungry this Ramadan.



### Locations Covered:

Erbil and Anbar



### Sector:

Food Security



### Ramadan Pillar:

From Your Table to Theirs



### Target:

1,720 individuals

## What's Inside Each Food Parcel - £50:

ITEM	WEIGHT	QUANTITY
Rice	4kg	2 packs
Sugar	1kg	2
Oil	1L	3
Flour	900g	2
Salt	1kg	4
Lentils	1kg	2
Beans	1kg	2
Bulgur	1kg	2
Tomato Paste	830g	3



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