



**SHARE YOUR MEAL**

**SHARE THEIR JOY**

**EXCHANGE PLATES**

Interim Progress Report May 2023

# PROJECT DESCRIPTION


The plight Sri Lanka faces at present resulting from the largest economic crisis that has ever occurred since Independence, has severely affected the lives of millions of Sri Lankans. The shortage of food, and the mere stride towards food insecurity has forced many more people to survive with what is available. **Nutritious and affordable meals are far beyond reach.** The most important issue faced by the vulnerable and most needy today, is food instability.

According to the World Food Program's (WFP) Situation Report, April & May 2023, **food consumption remains well below the pre-crisis period**


**36%** of households are skipping meals (WFP-FAO Joint Crop and Food Security Assessment Mission 2023)

**42%** of children under 5-years are reported to have some form of undernutrition (Family Health Bureau, Ministry of Health, Sri Lanka, October 2022)


The project **Exchange Plates** is an intervention that provides individuals with the option to not only provide a healthy meal to a **child and their family**, but also to trade their current plate of food. Consume what they consume, feel their hunger, experience their meals, and in turn delight them with a more decent meal.




**Welikanda**



**100 FAMILIES**



**8 MONTHS**



**Funds Raised:  
LKR 565,942**

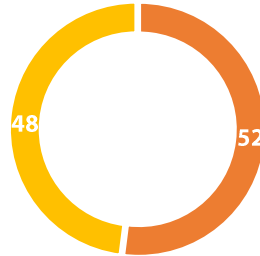


This project supports *vulnerable children with food and nutrition*

# PROGRESS AND OUTPUTS



## Dry Ration Packs



- Funds Raised (52 pax.)
- Remaining Distribution (48 pax.)

World Vision Lanka (WVL) has raised funds to provide 52 dry ration packs for the families in the area out of which **45 packs** have already been distributed. WVL aims to distribute the remaining packs among the families in the coming weeks. With generation of more funds WVL will be able to provide families with the necessary dry ration packs to ensure food security.

The cost per dry ration pack is **LKR 11,100** (subject to prevalent market conditions at the time of purchase), that includes rice, dhal, eggs and nutritious dry food. Further, **a home gardening process** has also been implemented by WVL Area Programs (APs) to ensure the sustainability of the families after the conclusion of the project. WVL hopes to continue raising funds to provide more packs to more families in the coming months.

## “ Lived Realities

I fried 4 green chillies for amma (mother), my two sisters and me to have with rice. I like to eat noodles, but we don't eat anymore. I also like biscuits, yoghurt, puttu, ice-cream, apples, fizzy drinks.. But today we are eating rice and chillies.  
(Sanjana, 5-years old, Welikanda)





I like to eat dhal, soya meat, potato with rice. I like eggs too but an egg is 50 (rupees). My father doesn't buy eggs anymore. We used to make fried rice but not anymore. Onion leaves, leeks, pumpkin.. we used to bring those but not anymore. I like pumpkin but I've forgotten how it tastes now.  
(Sneha, 10-years old, Welikanda)



I like whatever my mother prepares because she makes everything with love. Some days its only rice and I eat it with salt. If we get to buy a coconut then she uses one half to make sambol for the six of us at home. Fish is my favorite but we've not had fish for a long time. I can't remember when it was last.  
(Vinitharan, 11-years old, Welikanda)



## YOUR SUPPORT

Partner with World Vision Lanka (WVL) to **provide nutritious meals** to the most vulnerable children at this stage where many Sri Lanka children suffer from no access to food, and deepening levels of malnutrition. **Our target** is to provide a nutritious meal for 100 families with deserving children. **Your support** is essential to fulfil this fundamental need, to make these families food-secure.

You can make your contribution to the following:

Bank: **Standard Chartered Bank**  
A/C No: **01331996204**  
A/C Name: **World Vision Lanka**  
Branch: **Fort**  
Swift Code: **SCBLLKLX**

**WVL Online Donation Portal**  
<https://donate.worldvision.lk/>

This project directly contributes to the following United Nation's Sustainable Development Goals (SDGs).



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THEIR JOY!

