

## PCA Helps Feed Starving Children at Food-Packing Event

February 17, 2016

For the third year in a row, team members from PCA's Lake Forest office gathered to package food for Feed My Starving Children (FMSC), a non-profit organization committed to feeding hungry children around the world.

Packaged in small pouches, FMSC's easy-to-prepare food blend consists of rice; soy nuggets, an excellent source of protein; vitamins and minerals; and dehydrated vegetables. These food packs are easy and safe to transport, can be made with only boiling water and provide a highly nutritious meal for six children. Once packed, FMSC meals are shipped to the organization's distribution partners in nearly 70 countries around the world. During the packing session, the PCA team, along with other volunteers, packed 162 boxes, providing 34,992 meals to children desperately in need.

According to Sarah Pressly, Developmental Advisor for FMSC: "We are so grateful for PCA's participation with our organization. It's amazing how your team is able to make such a difference in the lives of kids in this world. You have brought them hope, and that is a great gift."

For more information about FMSC and how you can help, please visit their website at [www.fmsc.org](http://www.fmsc.org).



Above, PCA's volunteers work as a team to pack meals. Below, a display board at the facility informs volunteers of their progress during the packing session.