



HIDAYA
FOUNDATION

www.hidaya.org

FOOD PROJECTS

*"(The righteous are those)
who feed the poor,
the orphan and the captive
for the love of Allah..."*
[Al-Qur'an, 76:8]

Every year, and particularly in Ramadan, Hidaya Foundation distributes food to tens of thousands of families in great need throughout the world. Food distribution is done under the following projects:

ONE MILLION MEALS:

Dry ration packages typically consist of rice or wheat (25kg or 50kg), lentils (5kg), cooking oil (3-5 liter), sugar or jaggery (5kg), cloth for making dresses, and soap for hygiene. It can cost anywhere from **\$30 - \$50 per package** to feed a family for a month.

Cooked meals are given in some regions including Gaza, Pakistan, Zimbabwe, Myanmar and more in shaa Allah, and generally cost around **\$1 - \$2 per meal**.

SADAQAH MEAT:

Hidaya provides meat to families who normally can not afford it otherwise. You can give any amount towards this effort as a sadaqah. Generally, it costs **\$5** for fish, chicken, or rabbit, **\$120** for goat/sheep, and **\$420** for ox/buffalo.

FIDYA:

Muslims who can't fast due to old age or chronic illness should give fidya for each day of missed fasting in Ramadan [Al-Quran 2:184-185]. According to the sunnah of Prophet Muhammad (peace be upon him), fidya can be based on the price of 1.5kg of various commodities such as rice, wheat, barley, raisins, dates, etc. In USA, based on the price of 1.5kg of rice, it is currently about **\$4 for each day of missed fast**. However, one can give more since prices of different commodities would vary as some foods are more expensive than others.

SADAQAT-UL-FITR (ZAKAT-UL-FITR):

Every Muslim required to pay Zakat must also pay Sadaqat-ul-Fitr (also called Zakat-ul-Fitr) during Ramadan and before Eid-ul-Fitr so the less fortunate Muslims can enjoy Eid. Currently, the suggested minimum cost for Sadaqat-ul-Fitr is approximately **\$8 per person** in one's household, based on the price of 1 Saa (approximately 3kg) of rice or wheat at local costs in USA. If one were to calculate based on the cost of raisins or dates for example, that cost would be more - so one can give more if they like and more poor would benefit.

KAFFARA:

The prescribed way of making amends for wrong actions is Kaffara. It can be given for many different kinds of wrong actions (such as intentionally breaking ones fast in Ramadan). There can be many different forms of expiation varying from the degree of the sin and the situation and capabilities of the person who did it. If one wanted to pay a kaffara for a wrong action, they may seek the advise of an imam on how they should perform or pay it. Hidaya distributes kaffara on behalf of donors by providing dry ration and cooked food to the poor.



Palestine (Gaza)



Syria



Zimbabwe

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