

# A SNAPPY IDEA FOR GIVING BACK!



**T** TABLE FOR TWO

+

**HARVEST SNAPS**  
Calbee®

# TABLE FOR TWO's Mission

## Global Food Imbalance



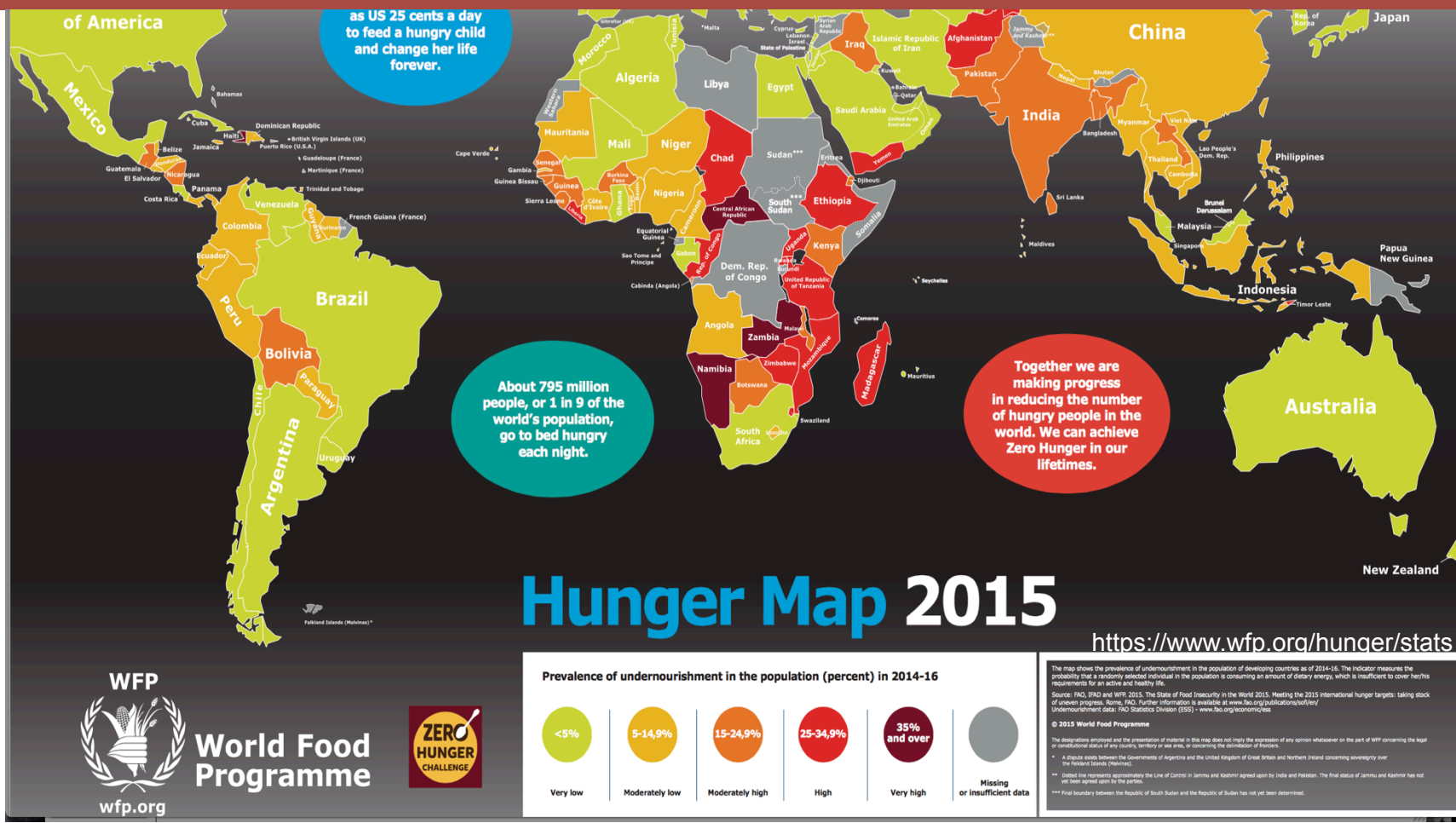
*[Inadequate Food]  
1 Billion Hungry*

*[Excess Unhealthy Food]  
1 Billion Obese*

***7 billion World Population***

TABLE FOR TWO, a non profit organization is partnering with Harvest Snaps to fight obesity and hunger. In our world of 7 billion, roughly 1 billion suffer from hunger while another 1 billion suffer from obesity and other health issues related to unhealthy eating. TABLE FOR TWO rights this global food imbalance through a unique meal-sharing program.

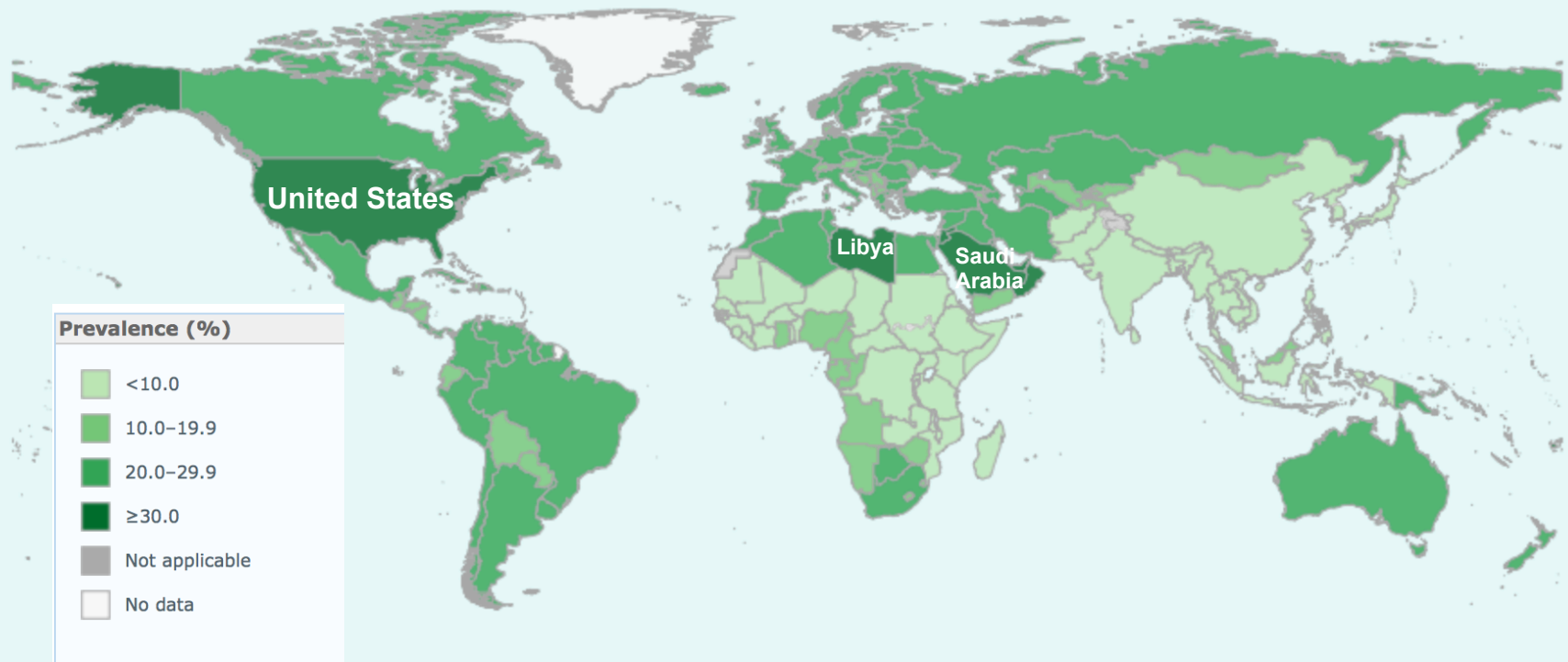
# Global Hunger Map



The countries in **red** and **brown** have very high hunger prevalence (more than 25%). Many countries face hunger issues and especially countries in Africa have high prevalence.

\*Hunger = Not having enough to eat to meet energy requirements.

# Global Obesity Map



The countries in the **darkest green** have high obesity prevalence (over 30%). In the US, the obesity prevalence is 33.7% which is one of the highest in the world. \*Obesity = It's defined as abnormal or excessive fat accumulation that may impair health. Body Mass Index (BMI) greater than or equal to 30 is defined obesity. BMI is calculated with height and weight.

# Causes and Solutions to Obesity

## Causes

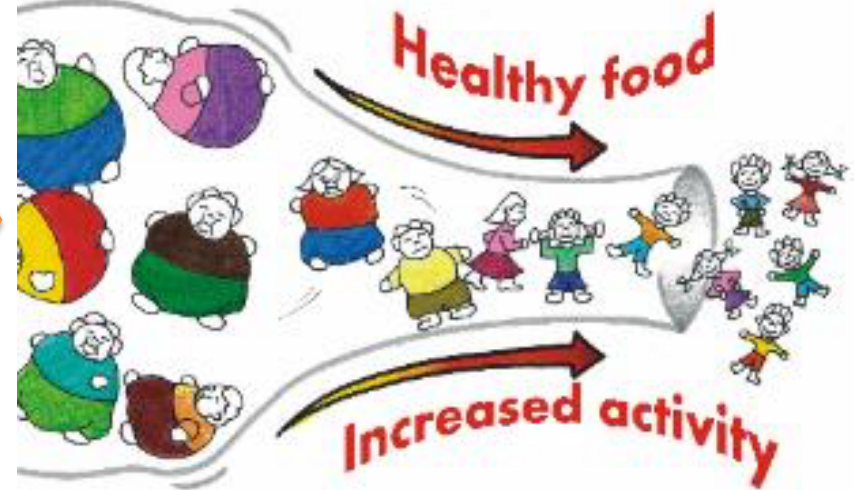
### Unhealthy diet and eating habits.

Weight gain is inevitable if you regularly eat more calories than you burn. Diets high in calories, full of fast food, high-calorie beverages and snacks can contribute to obesity.

**Inactivity.** If you're not very active, you don't burn as many calories. With a sedentary lifestyle, you can easily take in more calories every day than you use through exercise and normal daily activities.



## Solutions



Many factors cause obesity, but unhealthy diet and inactivity are the major contributing causes. Healthier eating and increased activity would be key solutions to preventing obesity.

# “A Snappy Idea for Giving Back” program to fight obesity and hunger



## EAT BETTER

You Enjoy a free bag of **Harvest Snaps**, a better-for-you snack made from whole **green peas**.



## PROVIDE MEALS

**Harvest Snaps** will donate 25 cents to TFT for every bag distributed to provide school meals to children in need.



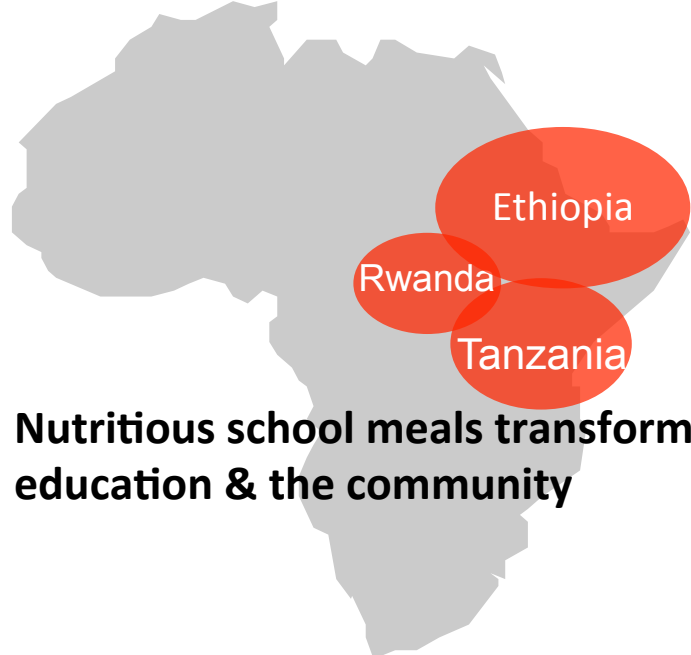
## SNAP TO IT!

It's a great tasting, better-for-you snack and you can help a child in hunger, so **SNAP TO IT!**

TABLE FOR TWO is partnering with Harvest Snaps and offering the unique “A Snappy Idea for Giving Back” Program which promotes healthy eating while providing school meals to children in need.

# Where in Africa does TABLE FOR TWO provide school meals?

## Africa



**Nutritious school meals transform education & the community**



- With the raised donation, TFT provides healthy school meals to children in need in East Africa and our local community in the US. In East Africa, TFT provides meals in Ethiopia, Rwanda and Tanzania.
- \$0.25 is enough to provide one school meal to a child in these African countries.

# School Meal in Africa: How to prepare school meals



Parents and people in the community help to prepare school meals with a big pot!



# School Meal in Africa: What is this?



- This is a typical school meal in East Africa. It's called "Ugali".
- Ugali (also sometimes called Sima, Sembe or Posho) is a dish of maize flour (cornmeal) cooked with water to a porridge- or dough-like consistency.

# School Meal in Africa: This is how they eat!



- Ugali is usually served with beans and vegetables soup.
- Ugali is relatively inexpensive and thus easily accessible to the poor to make a filling meal. Maize, from which the flour is obtained, is hardy and will grow reliably in dry seasons. For these reasons, Ugali is an important part of the diet of millions of people in East Africa.

# Everybody is happier with a full stomach 😊



School children receiving a healthy school meal in East Africa. It is often their only nutritious meal of the day, allowing them to focus their attention on school and improve their lives.

# SNAP TO IT!

Enjoy a better-for-you snack, Harvest Snaps and bring a warm school meal to a child in need!



# If you want to help more...

## TABLE FOR TWO program at school events



Kale Smoothie



Seaweed Snack



Carrot Cookie



Edamame



Fruit Cup

Sample  
Healthy  
**TABLE FOR TWO**  
Items



25 cents per sale is  
donated to  
**TABLE FOR TWO.**

The donation provides  
a school meal to  
a child in need.  
**TABLE FOR TWO**

Students prepare and sell  
healthy, delicious items as  
**TABLE FOR TWO**  
concessions at school events.

A great community service  
program that takes a step toward  
reducing hunger & obesity  
in our community!

Students can implement TABLE FOR TWO program at school events by preparing and selling healthy items to raise donation for TFT to provide school meals!



Thank you!