



FREE RICE

A-Z

an alphabet for people
who love to learn and
make a difference!





World Food Programme

The United Nations World Food Programme is the **world's largest humanitarian organization**, saving lives in emergencies and building a better future for people driven into hunger by conflict and the impact of climate change. When you play **Freerice**, every question you answer correctly raises 10 grains of rice for WFP!

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Aa

assistance

In 2022, the World Food Programme aimed to support **160 million people in 123 countries** through life-saving food assistance. Food assistance doesn't only mean providing staples like rice and wheat, but also implementing longer-term solutions that **empower people to help themselves**. We believe that everyone should have a choice about what food they receive, so our assistance is often provided through cash-vouchers which people can use to buy local, seasonal products in their own communities — creating a win-win situation.

agriculture

Agriculture is an integral part of a healthy food system. As the global population continues to grow, and climate change continues to impact our food systems, **supporting sustainable agricultural practices is more important than ever**. From promoting crop diversification and empowering smallholder farmers, to creating irrigation schemes and building local greenhouses, WFP supports communities to manage natural resources sustainably.

advocates

Definition: **A person that publicly supports a cause.**

Playing Freerice sends an important message: community matters, and only by coming together can we help solve global problems like food insecurity and poverty. By using your knowledge to do good, you're advocating for positive change and supporting our mission to achieve a world with Zero Hunger. Whether you are playing Freerice at school or learning about the UN's Sustainable Development Goals, **you are paving the path for brighter futures** by helping to provide nutritious meals.

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Bb

biodiversity

Definition: Biodiversity refers to the full and diverse variety of life on Earth.

All animals, plants, and microorganisms have their purpose. From a colony of ants to a forest of trees in your own back yard, **every living being works together to help keep our beautiful planet alive**. Biodiversity sustains our food systems and supports our wellbeing by enriching our lives through nutritious food, providing clean air for us to breathe, and protecting us against climate shocks. Every bit of life contributes to our individual and global health.

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changing lives

The World Food Programme doesn't only provide essential food relief during times of emergency. **We also work to change lives around the world.** How do we do this? By promoting gender equality in schools, providing nutrition education to new moms, and **creating safety nets** to reduce the impacts of natural disasters for at-risk communities. Education, skills training and financial investments all help ensure that communities have longer-term access to food.

climate change

Definition: Climate change is a change in the average temperature and weather conditions over a long period of time.

As our world changes, **people are increasingly vulnerable to climate shocks** that will impact their access to nutritious food. That's why climate action is so important. Let's reduce our use of plastic, educate ourselves about the UN's Sustainable Development Goals, contact our government representatives and advocate for sustainable solutions. We can all **anticipate, restore, protect, and energize our world** alongside the World Food Programme.

conflict

Did you know that almost 60% of the world's 828 million hungry people live in areas affected by armed violence? Conflict is the single biggest driver of food insecurity, destroying food systems, disrupting agriculture infrastructure, and forcing people from their homes. At WFP, we know **food is the pathway to peace**. Without peace we cannot end hunger – and where there is hunger, we will never have a peaceful world.

In 2020, WFP was awarded the **Nobel Peace Prize** for its efforts to combat hunger, promote peace in conflict-affected areas, and prevent the use of hunger as a weapon of war and conflict.

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disaster relief

For over 50 years, WFP has provided **emergency food assistance to people living through natural and manmade disasters**, from unexpected climate shocks to longstanding wars. Each day, 5,600 trucks, 100 aircraft and 30 ships are on the move to deliver vital food and other assistance to those who need it most. No matter how difficult the mission, WFP is there to provide disaster relief for people who have lost their homes, families, or livelihoods.

drought

When abnormally low rainfall leads to prolonged periods of water shortages and dry conditions, drought begins. **Droughts threaten the livelihoods of people around the world.** Where there is drought, there are food shortages. WFP works in these areas to provide nutritious food, clean water and restore degraded land for people and the planet.

disabilities

People with disabilities are often left more vulnerable when disaster strikes, and food is scarce. WFP recognizes the importance of supporting and empowering individuals with unique needs that live in unstable conditions. **Everyone deserves a bright future and a full plate,** so we work to provide equal access to resources and opportunities for every community where we work.

development

Brick by brick. Meal by meal. The pursuit of a better world begins with the conviction that no **one should go hungry in a world of plenty.** The World Food Programme works to uplift millions around the world through nutritious food, access to work and education. Whether it's through sustainable development or economic development, **we work to lay the foundations for a better tomorrow.**

donations

We can't do this without you. WFP is a **100% voluntarily funded organization:** our funding comes from governments, corporations, and individuals like you. Whether you are playing Freerice or making monthly donations, you are supporting WFP's life-saving missions around the world and making a difference in the lives of 160 million people around the world. Thank you!



emergency

Emergencies that threaten lives and livelihoods require immediate attention. Sometimes these events are so exceptional and devastating that governments do not have the necessary resources to cope with the calamity. Whether human beings are displaced, or communities are struggling, WFP strives to make sure their basic needs are met and that their futures are safeguarded.

environment

Did you know that 24% of the world's productive lands are degraded, and that 42% of the world's poor depend on degraded land for nutrition and income? This means that environmental conditions directly impact our ability to feed ourselves and our communities. **The health and safety of our environment is incredibly important:** it is our duty to care for our global home. WFP is actively working to reduce greenhouse gas emissions, recycling waste, and growing plants without water.

empowerment

Definition: The process of becoming stronger and claiming your human rights. When WFP provides food assistance and invests in communities, we are supporting the **intrinsic dignity of human life.** To empower means to meet basic needs and provide different pathways of growth, ensuring opportunities are available for everyone. Through Freerice, we're championing education, nutrition, and community. **What makes you feel empowered?**



famine

49 million people in 49 countries are on the brink of famine, but famine isn't inevitable. With proper planning and coordination, **famine can be prevented**, and millions of lives can be saved. Conflict and climate shocks are the biggest causes of famine, and both can be challenged by our worldwide community. **Let's stand up, speak out and work together to promote peace, prosperity, and lasting positive change.**

food systems

Food systems are responsible for the production, transformation, and supply of food around the world. Without a productive system that ensures equal access to nutritious food, communities suffer. WFP has helped ensure the smooth functioning of our global food system for decades through education, food distribution, school meals and more.

farmers

The World Food Programme helps connect smallholder farmers to local markets in over 40 countries. Why? Without farmers and their expertise, our agricultural economies and food systems would not exist. Farmers feed their families and their communities. Unfortunately, smallholder farmers often live in poverty themselves. WFP is dedicated to raising their incomes and improving their livelihoods so that sustainable food systems can flourish. **When farmers thrive, we do too.**



gender equality

Our global food systems aren't sustainable without considering gender equality and women's empowerment. **Saving and changing lives means that everyone has equal opportunities, equal access to resources, and an equal voice in decision-making.** That includes ensuring all people are safe from harm, violence and discrimination. Gender equality is a must for a world with Zero Hunger where all women, men, girls and boys can exercise their human rights, including the right to adequate food.

goodwill ambassadors

The World Food Programme is proud to partner with **leaders who share a passion for Zero Hunger.** Kate Hudson, The Weeknd, Michael Kors and Andrew Zimmern are just some of our Goodwill Ambassadors who share a commitment to bettering the lives of hungry and vulnerable people around the world. **Volunteers and supporters are important people in our community.** We cannot thank them enough!



hunger

The world produces enough food to feed 10 billion people, yet many go hungry every single day. Every 10 seconds, a child dies from malnutrition. Today, 49 million people are on the brink of famine. From reducing our food waste, to ensuring access to nutritious food for everyone, we have a lot of work to do. At WFP, we believe that **food is a human right** and that everyone deserves to live in a #ZeroHunger world. Join us to work together to fill everyone's plates.

health

Did you know that **nutrition has the power to break the cycle of poverty**? When your health is at risk, your entire livelihood is at risk. Your mental and physical health are directly tied to good nutrition and adequate food. WFP recognizes how important health is in our daily lives. Food assistance is not just about emergency response but sustaining and strengthening the body and mind.



innovation

Ideas make the world go round, and WFP values innovation and progressive problem-solving when addressing worldwide hunger. From new technologies to business models, we are always developing innovative tools and looking for new ways to end hunger. **What are some ideas you can think of to improve our world?**

indigenous people

There are 370 million people living in 90 countries who identify as indigenous. Unfortunately, indigenous people are disproportionately affected by poverty and hunger, making them vulnerable to malnutrition and lack of opportunity. WFP works with indigenous communities in countries like Bolivia and Colombia in order to empower and feed communities. **Indigenous people offer hundreds of years of knowledge of the environment and its natural food systems, based on the principles of collectivism and reciprocity.** Forming intercultural partnerships can benefit everyone. We have much to learn.



justice

Food security and justice go hand in hand. **The right to adequate, nutritious food is fundamental to live a prosperous, healthy life and secure a stable future.** Conflict, weak institutions, and unequal food systems often prevent communities and individuals from securing food, which is why WFP works with countries around the world to protect the right to food and life.



knowledge

Knowledge is at the core of the World Food Programme's operations. **Achieving Zero Hunger requires monitoring, evaluation, and learning** to implement the policies that meet the needs of vulnerable communities around the world. Measuring performance and demonstrating results are important parts of humanitarian response initiatives. WFP is constantly learning from the people we assist and the missions we carry out.



logistics

Did you know **WFP has 5,600 trucks, 100 aircraft and 30 ships on the go each day**? Delivering food assistance and saving lives can be very challenging in certain terrains and environments. Many communities that WFP assists live in areas that lack infrastructure and can be difficult to reach. Understanding local environments, navigating bureaucracy, and finding solutions to difficult problems are daily obstacles that WFP overcomes. Delivering food assistance isn't always easy, but we are dedicated to saving lives and changing lives.

LGBTQIA+

Human rights and equality are at the heart of food security and Zero Hunger. **Inclusion is an essential part of the World Food Programme's work.** We believe everyone deserves a full plate and the recognition of their value in society – including all women, men, girls and boys, whether they are straight, gay, lesbian, bisexual, transgender or intersex. Not only do we assist LGBTQIA+ individuals, but we also work with them because **everyone has the right to economic freedom and opportunity.**

local economy

Small businesses are incredibly important to communities and their food systems, although local supply chains in developing countries are often underserved and inefficient. This leads to disruptions in food systems and unsustainable markets. WFP contracts many small businesses and works with in-country partners to strengthen local economies and provide opportunities for smallholder farmers, entrepreneurs and more. **Community resilience and economic development** are part of dynamic solutions to end hunger and malnutrition.



markets

The World Food Programme invests more than \$2 billion in the locations where our operations are carried out. We buy commodities and services in order to strengthen development and resilience to economic shocks. Through the engagement of local supply chains and cash transfers, WFP works with **farmers and small businesses to develop markets to address food insecurity and malnutrition.** We also monitor food price data in 1,535 markets and learn how local economies function through consistent market analysis. We never stop learning and supporting communities around the world.

malnutrition

Definition: A lack of sufficient nutrients in the body that can lead to severe medical issues. Malnutrition threatens our health and can even stunt growth in children. It can make people tired, weak and unable to complete daily tasks. **Food prevents hunger, but it also strengthens our bodies and minds.** Food gives us superpowers and feeds our futures through nutrients and energy. WFP knows **it is important to provide the right nutrition at the right time**, so we help feed 15 million schoolchildren each year, and 5 million pregnant and nursing women, as part of our lifesaving work.



nutrition

The World Food Programme not only provides food, but nutritious meals to help power our bodies and minds. Nutrition is key for the empowerment of individuals and their communities. **Without nourishment from food, we cannot thrive.** WFP utilizes a range of specialized foods that strengthen those receiving our assistance. Fortified Blended Foods, Ready-To-Use Foods, and High Energy Biscuits are some of the healthy foods we distribute around the world. Undernutrition continues to impact more than 150 million children worldwide, and we want to change that. **Let's keep feeding the future.**

nobel peace prize

The World Food Programme was awarded the Nobel Peace Prize in 2020 for its **efforts to combat hunger and promote peace through food.** Peace and conflict go hand in hand, and addressing hunger and malnutrition are important steps towards achieving a more peaceful world. WFP knows that the vicious cycles of violence and food instability are interlinked. We use food to build peace before, during, and after conflict. **One of the best things we can do for our fellow humans is to give the hungry a voice, and to serve areas affected by violence and conflict.**



operations

Emergency response requires a lot of heart and a lot of preparedness, and it takes a big team of talented and passionate individuals to work all around the world. Through partnerships, capacity building and cluster operations, WFP can assist people everywhere. **We operate with determination and wheels on the ground.**

organization

The World Food Programme is the world's largest humanitarian organization. We are committed to delivering food assistance in emergencies and working with communities to improve nutrition and build resilience. Our organization is aligned with the United Nation's 2030 Sustainable Development Goals (SDGs), and we continue to revamp our Strategic Plan every four years. We must stay on our toes, operating under the direction of our Executive Director and specialized teams. An organization of this size requires a lot of passion and a lot of help from our staff, partners, communities and volunteers around the world.



peace

Food is used as a weapon of war. **Peace is strongly linked with food because where there is conflict, there is hunger. And where there is hunger, there is conflict.** Peace cannot be achieved without equitable food systems and the elimination of hunger around the world. Conflicts in countries like Ukraine and Afghanistan have very real impacts on food systems and communal health. 60% of the world's hungry live in areas affected by conflict. WFP recognizes that pursuing peace means achieving Zero Hunger.

prices

Conflict directly impacts the cost of food. As war rages in Ukraine, food prices are going up locally and around the world. Higher food prices means families are forced to eat less, cut meals, and go into debt in order to feed themselves. WFP addresses these rising prices with food rations, vouchers, and agricultural resilience programmes that keep communities healthy and hopeful. **As prices rise, we need to adapt and make sure the most vulnerable have access to nutritious food.**

partnerships

Technical assistance, the transfer of knowledge, and financial contributions help WFP carry out its life-saving operations around the world. Strategic partnerships in the private and public sectors help us and the larger United Nations make our goals a reality. **Achieving Zero Hunger is only possible if all of us work together.** Partnering with WFP means thinking about the future.



quality assurance

The World Food Programme is dedicated to creating positive change and saving the lives of vulnerable people all over the world. This means that **we need to deliver quality assistance and make sure that our work is making a valuable impact.** We are consistently monitoring our operations and evaluating how we can improve our programmes. From planning to delivery, our staff around the world is committed to excellence and serving our global community.



resilience

80% of the world's food insecure people live in countries that are prone to natural shocks. When ecosystems are prone to degradation, local communities become vulnerable to malnutrition and hunger. **Building resilience is key to weathering natural disasters, climate change, and conflicts.** That's why WFP develops and implements conceptual frameworks for strengthening food security and nutrition. WFP supports governments, works with partners, and

promotes innovation in communities around the world. As the world changes, our food systems should too.

refugees

Climate change and conflict continue to displace millions of people around the world, forcing families to leave their homes to find safety. In the process, these refugees are left vulnerable to malnutrition and hunger. WFP is dedicated to assisting vulnerable people with daily meals in refugee camps, schools and community shelters. We work with organizations like the UN Refugee Agency (UNHCR) to provide nutritious and culturally acceptable food in the most vulnerable environments. We believe that everyone deserves a full plate.



school feeding

73 million vulnerable primary school aged children are in need of school meals. **Learning requires a nutritious diet and access to filling meals.** Without adequate food, a young person's education suffers. Energy and health are important to maintain focus. Unfortunately, many families are forced to choose between their finances and sending their children to school. When children face malnutrition, their future is hindered, too. For six decades, WFP has worked in more than 100 countries to set up school feeding programmes to ensure that all children have access to adequate nutrition through school meals.

sustainability

Sustainability is not only environmental: it is also social and economic. **Sustainability is a balance that meets the needs of the present without threatening the future.** Many important resources are finite and should be used responsibly with long-term consequences in mind. WFP is dedicated to sustainable practices in its own operations and supports the United Nation's Sustainable Development Goals. WFP believes that all of us can make a difference together.

sustainable development goals

The 17 Sustainable Development Goals were adopted in 2015. The goals are intended to guide global policies to **achieve peace and prosperity for all people**, and "shift the world onto a sustainable and resilient path" by the year 2030. WFP's work focuses on several the SDGs, including **Zero Hunger, Ending Poverty, Good Health and Well-Being**, and **Quality Education**. Sustainable development is at the core of what we do.

saving lives

Up to 828 million people around the world are chronically hungry, with 345 million acutely food insecure. Climate, cost, conflict, and Covid-19 are directly threatening the lives of communities everywhere. WFP's assistance

is not solely reactionary in emergencies, but preventative. Whether it's a school feeding programme or an innovative farming method, WFP shares its expertise with communities in order to help build resilience. **Every life matters to us.**

supply chain

Our supply chain is the backbone of the World Food Programme's life-saving missions. These diverse functions and plans enable our staff to carry out our operations around the world. In 2020, over US\$2.6 billion food, goods and services were purchased and distributed thanks to our supply chain. These numbers are supported by our trucks, planes, ships, helicopters and incredible teams that **reach vulnerable communities in all corners of the world.** Supply chain operations depend on planning, sourcing, and delivering life-saving assistance. We take our work seriously.



technology

Technological innovation is integral to WFP's life-saving missions. From monitoring levels of food security, developing digital finance tools, creating hydroponic solutions and interpreting powerful data, our operations are based on technology and numbers. As the world changes and technology presents opportunities, WFP is changing too. Technology is important to the expansion of our work and nourishment for the most vulnerable people. **Freerice is a part of that change!** You can donate to WFP's operations from your phones and computers.

teachers

Education is central to the World Food Programme's work and teachers are essential members of communities around the world. Our school feeding programs are investments in the livelihoods and talents of young people, and we rely on the dedication and passion of teachers to extend their knowledge to build bright futures for students. WFP's Freerice is central to our goals of educating minds and filling plates. Freerice is a resource for teachers everywhere that wish to include the United Nation's 17 SDGs and an awareness of our worldwide community in their curriculums. **We can't achieve Zero Hunger without the work of educators around the world.** We extend all of our gratitude to them.



united nations

Founded in 1945, the United Nations (UN) is an **international organization where the world's nations can come together to discuss common problems and find shared solutions.** It has 193 Member States and provides a unique opportunity for countries around the world to collaborate and help build a better world.

The World Food Programme is one of the many specialized agencies that carry out functions on behalf of the UN. We work closely with the Food and Agriculture Organization (FAO) and the International Fund for Agricultural Development (IFAD) because we believe that in a world where there's enough food to feed everyone on the planet, hunger should be a thing of the past.



volunteers

The World Food Programme values our community of advocates and hunger heroes who support our operations around the world. Volunteers contribute their passions and expertise to WFP's life-saving missions, making a positive impact in communities around the world. WFP's Freerice works with an amazing network of volunteers that contribute categories to the game, and answer questions to raise rice grains. We are forever thankful for the people that contribute their knowledge to our mission to fill plates. We are all in this together.

vouchers

Feeding people around the world requires a lot of different approaches. One of the ways the World Food Programme delivers the right food at the right time is through the use of cash vouchers. Over the past five years, WFP's use of vouchers has greatly expanded. In locations where markets are available but food is too expensive, WFP provides these vouchers to families. People are able to visit their markets and purchase what they need. **These cash vouchers give back to their local economies and nourish communities.**



water

Just like food, water provides essential sustenance for our bodies and minds. And we also need water to grow crops and give life to our communities. As the climate changes and drought and environmental degradation become increasingly serious, water is harder to find in certain areas of the world. WFP is dedicated to hydrating communities and providing water sources in the areas that need them most. Whether it's the building of a water reservoir or the use of hydroponics in agriculture, WFP is innovating and implementing solutions for communities that lack the necessary water for health and success.

world

The World Food Programme works in 123 countries and territories, providing life-saving and life-changing assistance. Why? People and the world they inhabit matter to us. **We believe in the capacity to change and achieve Zero Hunger because we believe that positive things happen when we all work together.** As we expand our operations and face the challenges of global hunger and malnutrition, we remember just how much the world means to us. The World Food Programme and Freerice work for a better tomorrow, spreading knowledge and spreading love and kindness in our worldwide community.



experience

Since the World Food Programme was established in 1961, we continue to learn and grow every day. In the past 60 years we have launched school feeding programmes, intervened in countless emergencies and have continued to work with NGOs and governments around the world. We have extensive experience

in supply chain, fundraising, working with local organizations, and resilience training. We are among the first to respond in disasters and we continue to invest in the communities we assist. And **we won't stop working until we achieve Zero Hunger.**



youth

Young people are important members of our WFP FreeRice community. **Without the passion, knowledge, and perspective of youth in our communities, we wouldn't keep evolving.** The World Food Programme and FreeRice are committed to listening to the voices of young people around the world. We not only lead school feeding programmes, but we rely on the participation of youth in our trivia game and social media campaigns. Young people are active advocates, learners, and doers. Thank you for joining us!



zero hunger

Imagine a world where a child doesn't have to skip school to put food on the table of their family. Imagine a world where a mother doesn't have to give up a meal to feed her children. Imagine a world where hunger and malnutrition don't exist; where all people are powered by healthy foods that help them pursue their dreams. **We want to see Zero Hunger in our lifetimes and we won't stop working until we achieve it.**

