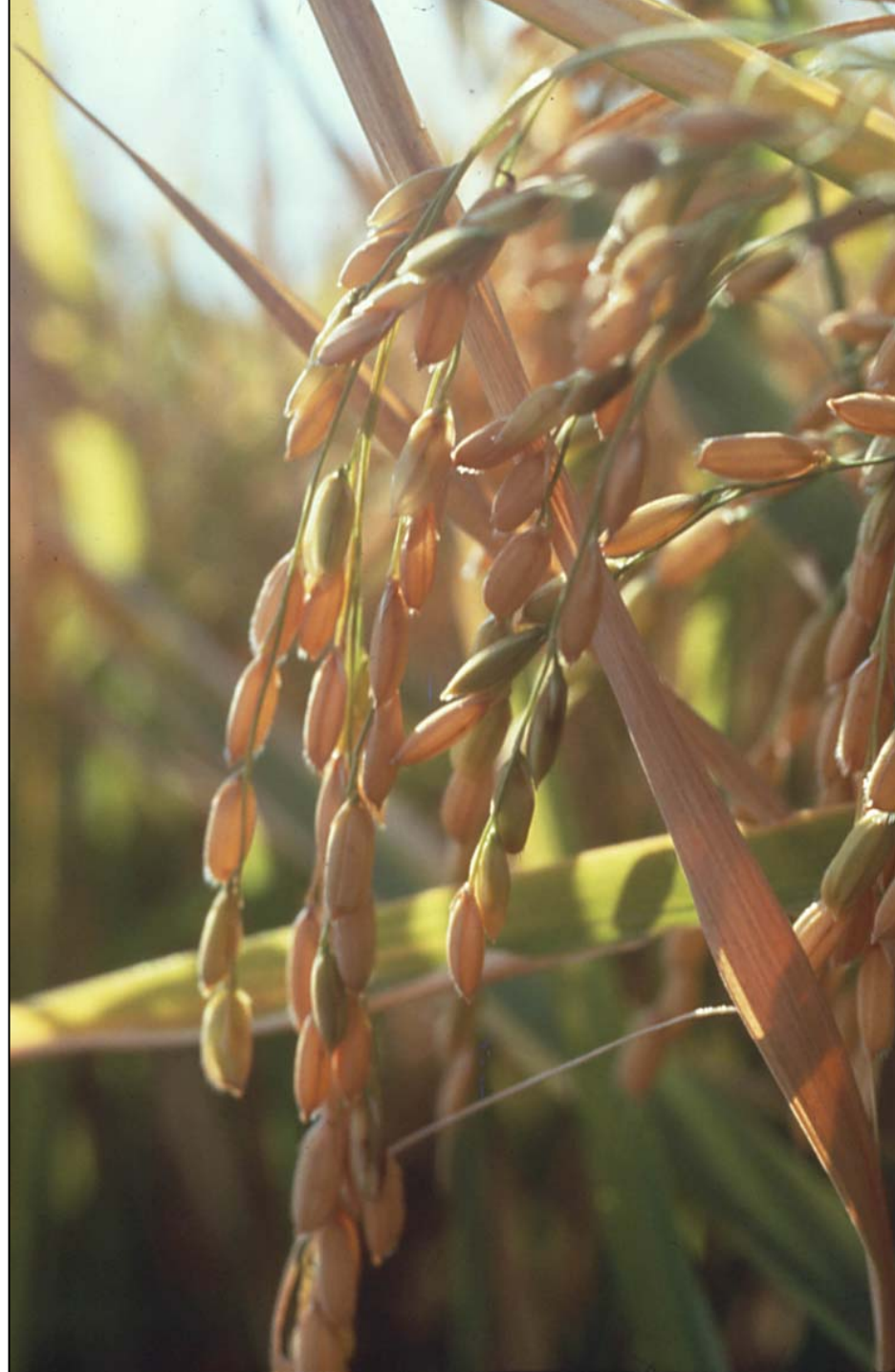




Rice in Food Aid

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Nutritional Advantages of U.S. Rice



- Excellent source of energy – rice is 87% complex carbohydrates
- Easy to digest
- Source of vitamins and minerals
- Rice protein quality is equal to lentils and peanuts and higher than the quality of other grains
- Very low possibility of causing an allergic reaction – this is very important for high-risk populations
- It is often the first solid food recommended for infants and is a food staple in many developing countries
- It is ideal for high-risk populations (including infants) - those with HIV/AIDS, malaria, TB and others with compromised digestive systems.

U.S. Rice Does Double Duty In Food Aid Programs



In **drought** stricken countries (i.e. Southern Somalia),

U.S. rice an excellent choice because...

- Rice absorbs all the water needed in cooking. There is no waste or loss of water.
- Rice improves the bonding of water in the digestive tract so that more is absorbed into the body.

U.S. Rice Does Double Duty In Food Aid Programs



U.S. rice an excellent choice for use in **refugee camps.**

Rice water is the only food aid commodity that helps rehydrate people who have diarrhea, one of the most common causes of death for children under the age of five in the camps.

- It is easy to prepare and it is acceptable worldwide. There are no social or political taboos in eating rice.

U.S. Rice Does Double Duty In Food Aid Programs



U.S. rice is used to improve low weight for children in **MCH programs**.

- Rice is the easiest grain to digest and it is the first grain given to babies.
- Rice has all the essential amino acids, including those that the body itself cannot produce. Without these amino acids, the body cannot digest and absorb food.

U.S. Rice Does Double Duty In Food Aid Programs



U.S. rice is excellent for people with **comprised digestive systems.**

- Rice's high level of digestible complex carbohydrates gives the energy necessary to fight disease.
- Rice is a good source of protein, which is required to build and repair the body tissue.
- Rice is gluten-free!

U.S. Rice Does Double Duty In Food Aid Programs



U.S. rice is distributed in **Food for Education** programs.



- Rice is easy to prepare and it blends well with any spice and protein source. It is a staple in most countries.
- Meals that combine rice with lentils, beans or nuts can supply the daily requirement for protein as well as carbohydrates.

Monetization of U.S. Rice - Examples



- Senegal
 - Will use proceeds from rice sales over a three year period to fund activities, which include strengthening capacity of farmer associations and microfinance institutions
- Burkina Faso
 - Use proceeds from rice sales to fund various activities, such as a water resource development project and activities to bolster local food production.
- Niger
 - Use proceeds from rice sales to combat food insecurity.
 - 80,000 direct beneficiaries in 300 communities.



Thank You!

For more information:

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