# THE HEALTH OF OUR CHILDREN IS THE KEY TO UKRAINE'S FUTURE

# FOUNDATION

# Our foundation takes care of almost 400 children of IDPs

securing Ukraine's future!

Providing children with vitamins,

and low-income families. And this number is growing steadily every month. Currently, there are another 1500 children, and this number is constantly increasing.



disease risk.

# PROESLEM

# Ukraine's lost potential Many children in Ukraine, especially those from IDP and low - income families, suffer from a lack of vitamins

The cost of child malnutrition:

and minerals. This leads to delayed physical and mental development, weakened immunity, and increased

adulthood. Who are the Ukrainians who will build our country's future? Will they be strong and healthy enough if their bodies already suffer from a lack of the essentials today?

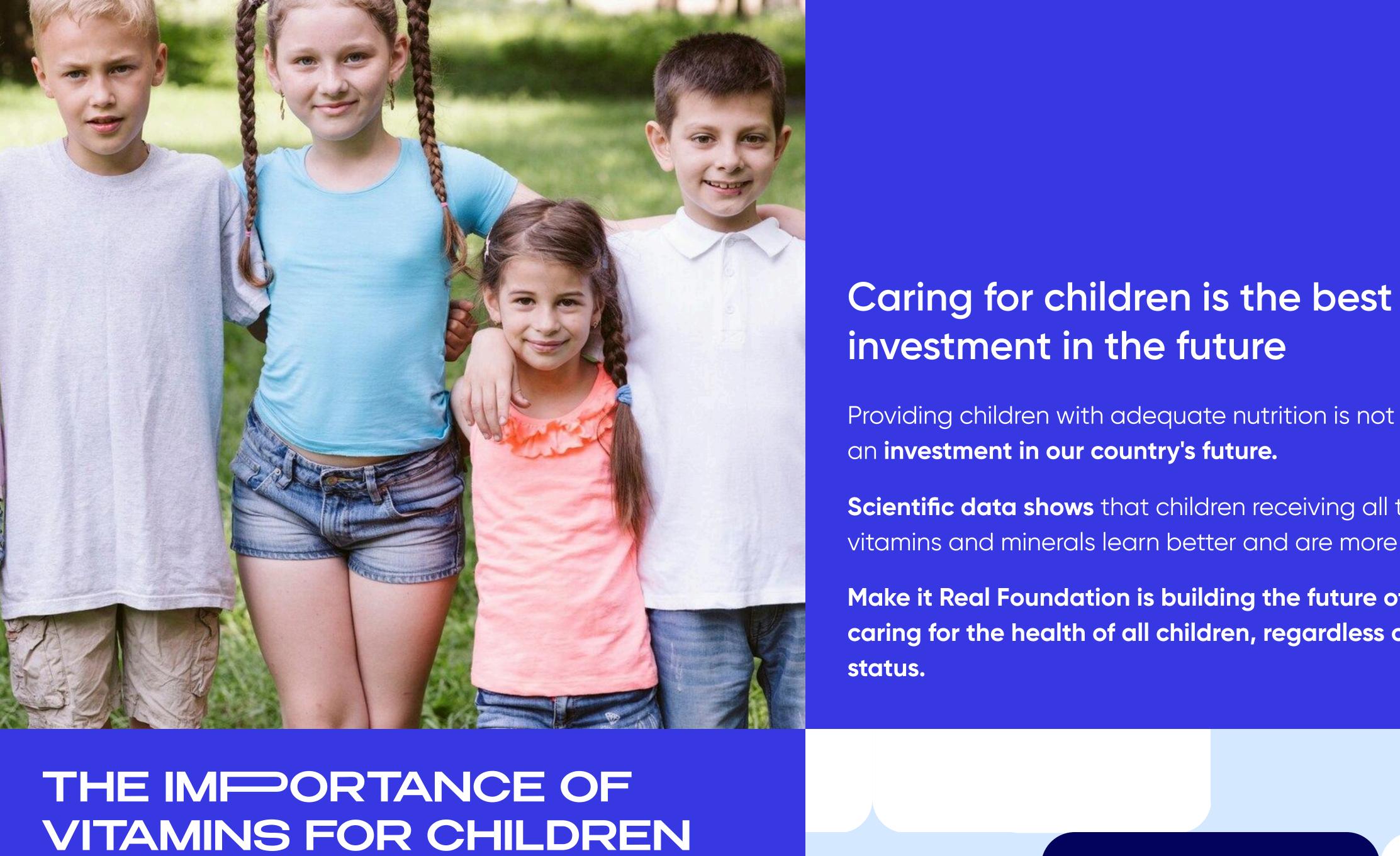
Scientific research confirms that vitamin deficiency can have

performance, work productivity, and overall well – being in

long-term negative health consequences, affecting academic



# IN THE FUTURE



# investment in the future Providing children with adequate nutrition is not just words but

an investment in our country's future. Scientific data shows that children receiving all the necessary

vitamins and minerals learn better and are more vigorous. Make it Real Foundation is building the future of Ukraine by caring for the health of all children, regardless of their social

**VITAMIN D** 

For strong bones

and immunity

VITAMIN C

To strengthen immunity

and iron absorption

**B VITAMINS** 

For brain and nervous

system development

# Vitamins are the building blocks of a healthy childhood



OUF ACTIVITIES

**VITAMIN A** 

For healthy vision

and skin

## Organising celebrations and leisure: We regularly organise festive events, recognising the importance of positive emotions for children's development.

containing balanced and nutritious products necessary for

Our activities cover several key areas:

**Providing food:** We regularly provide food packages

healthy child nutrition.

# Make it Real Foundation strives to provide comprehensive support for children in difficult life circumstances due to war

and social inequality.

the necessary resources and opportunities for full development.

persons (IDP) and low - income families, providing them with

We focus on helping children from internally displaced



\*One child

# We need UAH 360,000 per month to provide 400 children with vitamins. This means the monthly cost of providing one child with the necessary vitamins is **UAH 900**.

Your support is an investment

in children's health

HELP US SECURE

FOR CHILDREN!

A HEALTHY FUTURE

The cost of one food package per month is UAH 800. For 300 families, that's **UAH 240,000 per month.** 

HOW YOU CAN HELP

- Providing vitamin supplements.
- Sponsoring food packages (UAH 240 000/month)
- for 300 families).

Funding the purchase of vitamin complexes

(UAH 360 000/month).

