



GLOBAL ANNUAL REPORT 2022

FZHH 
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WHO WE ARE

Fatima Zahra Helping Hand (FZHH) was created by Shaykh Nurjan Mirahmadi from the Naqshbandi Vancouver Center to help those in need. As a non-profit, volunteer-based organization, we are guided by Prophet Muhammad's ﷺ noble example of showing endless love and support to those who are less fortunate. Together, with your generous contributions, we can create change and bring love, hope, and care to humanity around the world!

Our programs are designed to be accessible by anyone in need and we continue to expand our projects worldwide. However, we can only succeed with the financial contributions of people like you! All donations go directly to the purchase of food and supplies for each of our projects.

You will be rewarded with immense blessings while giving people in need the chance for a better life. Sponsor an event for yourself or on behalf of a loved one that is sick or has passed away. A regular monthly contribution of your choice will ensure we can continue our global outreach efforts.

2022 IMPACT OF GLOBAL PROJECTS

Total Pounds of Food

**262,267
lbs**

Total Pounds of Qurban

**16,014
lbs**

Total People Served

126,697

Water Wells

1,000+

Dawah Support – Book fairs/University Events

**100,000+
Individuals**

VISION & MISSION STATEMENT

VISION

Guided by the timeless values of the Holy Qur'an and prophetic tradition, our vision is to uplift the impoverished, strengthen communities for a resilient future, and provide unconditional love and support to people in need, regardless of their backgrounds.

MISSION

Our mission is to help the less fortunate break the cycle of poverty and achieve dignity by providing access to necessities of life, including food, water, shelter, health and wellness opportunities, and education. Our mission is carried out by developing global initiatives to support the most vulnerable communities. Our mandate includes local volunteers on the ground to help execute programs while offering a personal connection to those in need.

ORPHAN SUPPORT



Our volunteers are providing nutritious meals, clothing, books, essential groceries and organizing events for orphans which includes birthday celebrations, games, field trips, mawlid, and other fun activities. We are conducting the repair and renovation projects for 6 to 7 orphanages.

1,000+ Orphans

HOT MEALS



We are distributing monthly hot meals, drinks, and snacks to the poor and underprivileged community members including women, children, and the elderly.

1,500+ Individuals

QURBAN MEAT



As the poorest in our communities go without eating meat in their daily lives, we are preparing and distributing hundreds of pounds of fresh meat on a monthly basis to alleviate this shortfall.

3,500+ lbs

MONTHLY GROCERY SUPPORT



Under our food distribution program, we are distributing monthly groceries which includes cooking oil, basmati rice, sugar, flour, and other essential groceries to our local underprivileged community.

36,000+ lbs

PEDIATRIC HOSPITAL SUPPORT



Our medically trained volunteers have set up a Pediatric Ward Program, where they provide healthcare treatment to orphans, repairs and renovations of the pediatric ward, and medical equipment & supplies.

500+ Children

WINTER CLOTHING DRIVE



We are distributing shoes, gloves, socks, warm hoodies, warm pajamas, caps, and essential winter bedding sets to the under-privileged.

1,000+ Individuals

FLOOD RELIEF



Our on-ground volunteers are providing clean drinking water, essential groceries, medical camps with supplies, clothing, children's shoes, and blankets & sheets to flood victims in Pakistan.

500+ Individuals

WATER WELLS



We are actively involved in the installation of water wells all across Pakistan particularly in the rural and remote communities which are experiencing inaccessibility to safe drinking water.

1,000+ Water Pumps

HOT MEALS



Our volunteers are preparing and serving individual packs of hot meals, snacks, sweets, fruits, and drinks every week to the homeless, less privileged, beloved orphans, madrasa students, labourers, needy and attendees of patients at government hospitals.

**24,000+
Servings**

MAWLID AN-NABI



FZHH India's first successful Grand Mawlid an-Nabi in Hyderabad, India with beloved orphans, madrasa students, and the underprivileged. We served delicious food with sweets, stalls of sugar candy and chocolate to all our guests and gifts were distributed to the beloved orphans.

**300+
Guests**

QURBAN MEAT



We are actively working on many Qurban. We do Zabiha of each animal and read names for dedication, prepare meat packs, and distribute to underprivileged families, the needy, labourers, an orphanage, and different madrasas.

**7,920+
lbs**

RAMADAN GROCERY SUPPORT



We acquire and package essential food items and distribute the FZHH grocery bags which serves the whole family up to two meals every day.

**120+
Families**

ORPHAN & MADRASA SUPPORT



We are being a helping hand to Madrasas and Orphanages by supporting them with their meals along with weekly and daily operational needs.

**1,200+
Servings**

EDUCATION SUPPORT



We are providing stationary items and kits to students at an Orphanage and Madrasas to help advance education for underprivileged children.

**252+
Kits**

QURBAN MEAT



Our FZHH volunteers prepare and distribute fresh meat to local community residents, providing much needed access to a healthy and well-balanced diet.

**700+
lbs**

ORPHAN SUPPORT



FZHH volunteers distribute fresh Qurban meat to the local community's orphanage, supporting many children with nutritious meals.

**75+
Children**

COMMUNITY HOSPITAL SUPPORT



FZHH volunteers distribute fresh Qurban meat to underprivileged families at two community hospitals. Distributions were made at the Bone and Joint Hospital and Lalla Ded Government Hospital.

**200+
Families**

MOSQUE & MADRASA SUPPORT

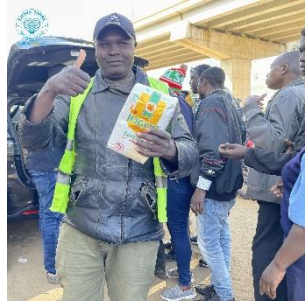


Volunteers distribute many bottles of fresh juice to attendees at the community's local mosque & madrasa/school.

**240+
Servings**



FOOD DISTRIBUTION



As the less fortunate in our communities go without eating proper meals in their daily lives, FZHH volunteers distribute maize meal, a favourite staple food, to underprivileged families and individuals in need.

1,267+ lbs

QURBAN MEAT



FZHH volunteers arrange and distribute fresh meat to local communities ensuring less fortunate people have access to a nutritious and well-balanced diet. A total of 2,464 pounds of mutton (goat and sheep meat) and 880 pounds of beef was distributed.

3,344+ lbs

FZHH MOBILE RELIEF VAN



FZHH Mobile Relief Van services the entire Chicagoland area where it rescues, transports, and distributes food, water, and essential supplies to those who need it most.

**51,000+
Individuals**

FOOD RESCUE PROGRAM



FZHH Food Rescue Program rescues fully prepared & healthy balanced meals, fresh produce, meats, bakery items, and more from organizations on a weekly basis to cater to the community's hunger needs.

**15,000+
Meals**

FOOD DISTRIBUTION



FZHH Food Distribution Program distributes food, water, and essential supplies to homeless shelters, interim housing centers, centers for the mentally challenged, and more.

**150,000+
lbs**

MASJID SUPPORT PROGRAM



FZHH supports 3+ Chicagoland Mosques / Masjids on a monthly basis with food, water, and essential supplies, helping many families and people in need.

**1,500+
Individuals**

EID TOY DRIVE



FZHH Volunteers partake in Bi-Annual Toy Drive by hand selecting popular toys and making goodie bags for distribution to children at Islamic Centers.

**300+
Children**

WINTER CLOTHING DRIVE



FZHH volunteers partake in the Annual Winter Clothing Drive by distributing essential winter apparel to men and women including hats, socks, and gloves.

**300+
Individuals**

FZHH MOBILE RELIEF VAN



The FZHH Mobile Relief Van travels all around Greater Los Angeles and Orange County to rescue, transport, and distribute food to the communities most in need.

**3,300+
Service MI**

FOOD RESCUE PROGRAM



Our volunteers rescue high quality foods from big-box retailers, grocery chains & restaurants across L.A. for the distribution to needy communities.

**12,000+
lbs**

WINTER CLOTHING DRIVE



We provide winter socks and blankets along with a warm meal to the men and women living on Skid Row during the cold winter nights in L.A.

**250+
Individuals**

EID TOY DRIVE



Our on-ground volunteers seek out popular toy items for kids and distribute them to Islamic Centers in underprivileged areas of L.A.

**300+
Children**

ORPHAN SUPPORT



Our volunteers are providing meals, toys, school supplies and Ramadan gift baskets to children living in foster care with underprivileged families.

**100+
Families**

QURBAN MEAT



As the poorest communities in L.A. go without eating meat in their daily lives, we are distributing hundreds of pounds of fresh meat.

**550+
lbs**

FOOD DISTRIBUTION



Our on-ground volunteers are providing clean drinking water, groceries, essential hygiene items for the underprivileged communities in East & South-Central L.A.

**1,600+
Individuals**

DAWAH SUPPORT



We are actively inviting others to the blessed teachings of Shaykh Nurjan by attending bookfairs and university events propagating all of Shaykh's books, platforms, and charities.

**100,000+
Invitees**

FZHH MOBILE RELIEF VAN



Providing relief to the less privileged in the Vancouver Downtown Eastside (DTES) area by distributing food bags & water every week. During the winter months, warm clothing & blankets are distributed. We continue to provide mobile relief every week to over 200 people in need.

**9,000+
Individuals**

FOOD RESCUE PROGRAM



FZHH rescued over 20,000 lbs of airline meals. In collaboration with Second Harvest, we've completed over 1,000 rescue missions and diverted over 40,000 lbs of GHG. Ongoing food rescue points include Costco, IGA, Starbucks, Shoppers Drug Mart, Safeway, and Thrifty Foods.

**63,000+
lbs**

FOOD BANK SUPPORT PROGRAM



In collaboration with the Muslim Food Bank, we are providing grocery items, meat, and clothing to families in need. This year we continued our food programs twice a month. In Ramadan, qurban, Eid gifts, and gift cards were also given.

**3,600+
Families**

HOMELESS SUPPORT CENTER PROGRAM



Serving meals to the homeless people in Vancouver DTES. We also support programs in the Coquitlam area by delivering Starbucks sandwiches & sweets four times a week and meat & produce monthly.

**6,000+
Meals**

ADDICTION/REHAB HOME SUPPORT



Supporting addiction/rehab centers by delivering Starbucks sandwiches & sweets three times per week and meat & produce monthly. Areas served include:

- Vancouver
- Burnaby
- Coquitlam
- Port Coquitlam
- Maple Ridge
- Surrey

**3,560+
Meals**

FUTURE PLANS



FZHH acquired a large cargo van for rescuing, transporting, and distributing food and essential supplies to those in need. Our future goal is to establish a warehouse location for food storage and distribution.

**PUT YOUR FAITH IN ACTION
AND HELP SUPPORT
OUR FUTURE GOALS!**

**Donate
Today!**



TRANSFORMING
COMMUNITIES
WORLDWIDE

