



# FZHH.org

FATIMA ZAHRA HELPING HAND

## **Fatima Zahra Helping Hand Regional Food Program Starter Guide**

The nourishment of the body is food, while the nourishment of the soul is feeding others. -Imam Ali (AS)



**Step 1:** Please obtain FZHH shirts so that volunteers and students are identifiable with the charity and Tariqa.

The shirts can be obtained via the following link: [FZHH Volunteer Long Sleeve Shirt | Sufi Meditation Center store \(creator-spring.com\)](#)

**Step 2:** Approach food retailers and ask them to donate any unsold foods they would otherwise discard. Building a relationship with the food manager is great way to sustain a steady flow of food supply. Volunteers can start by contacting:

- Big Box Food Retailers [COSTCO, Walmart, Tesco...]
- Local grocers [Asda, Sainsbury's and Morrisons...]
- Bakeries, Coffee shops and Restaurants
- Hotels [catering event surplus]

The last page within this Starter Guide contains a **letter template** that Volunteers are highly encouraged to use for communicating the objective of the charity to prospective food retailers in a standardized manner. Simply edit the yellow highlighted fields in accordance with your region/prospects.

**Step 3:** Distribute the rescued foods to local homeless shelters, food pantries, community women & children centers or underprivileged schools.

**Step 4:** Document your service with Photos! Please take pictures of the process. Please be respectful when taking pictures of those whom you are serving. Send your photos to [Helpme@nurmuhammad.com](mailto:Helpme@nurmuhammad.com)

## Ihda

Allahumma balligh tawaba ma qaraanahu wa nura ma talawnahu, hadiyyatan wasilatan minna ila ruhi Nabiyina Sayyidina Muhammadin (SallAllahu 'alayhi Wa sallam), wa ila arwahi ikhwanihi minal Anbiyai wal mursalyin, wa khudamaai sharay'ihim, wa ila arwahil a'imatil arba'ah, wa ila arwahi mashayikhina fit tariqatin Naqshbandiyyatil 'aaliyyah, khasatan ila ruhi Imamit tariqat wa ghawthil khaliqati Khwaja Bahauddin anNaqshband Muhammadal Uwaisil Bukhari, wa ila sultanul Awliya Mawlana Shaykh Abdullah al Faayiz adDaghestani, wa ila sultanul Awliya Mawlana Shaykh Muhammad Nazim al Haqqani, wa Mawlana Shaykh Muhammad Adil ar Rabbani, wa Mawlana Shaykh Muhammad Hisham al Qabbani, wa Mawlana Shaykh Adnan al Qabbani. Sahibul Zaman Sayyidina Muhammadul Mahdi ('alayhis salaam), wa Ruhullah Sayyidina 'Isa ('alayhis salaam), wa Sayfullah Sayyidina 'Ali ('alayhis salaam), wa ila sayiri sadatina wa Siddiqin. Al Fatiha.



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<https://fzhh.org/mobile-relief/>



Sufi Meditation Center Society

CRA Registered Charity

SOC 856872817 RR 0001

Date

Name

Title

Name of organization

Address

City, Province Postal code

Dear Name,

Since 2008, Fatima Zahra Helping Hand (FZHH) has been on a mission to help the less fortunate break the cycle of poverty and achieve dignity by providing access to nutritious food, water, and other necessities of life. FZHH is a non-profit program operated by our registered charity, Sufi Meditation Center Society (SMC). Our most recent initiative, the FZHH Mobile Food Relief Program, allows us to increase our services to local food banks and expand our food distribution programs, which include:

- Preparing and distributing warm, nutritious meals to hundreds of recipients.
- Distributing fresh meat to families in need.
- Collecting, packaging, and delivering food care packages to low income families.

Despite the challenging conditions of COVID-19, our local team of volunteers continues to support residents of Manchester, Sheffield, and patrons of local food banks. With your generous food donations, you can support our local projects that benefit the most vulnerable communities. Your contribution will be acknowledged through online recognition, including our website and prominent social media platforms.

We would be pleased to discuss this opportunity and look forward to partnering with you to create change for our local communities. For more information, please contact me at PHONE or EMAIL.

Thank you in advance for your support!

Sincerely,

Name of person

Name

*Together, we can bring love, hope, and care to humanity!*