



# The Spice Project

## March 12, 2024 In The Mud Report

The refugee community continues to grow. The “refugee community” is made up of people who've had to flee their homes because of persecution, poverty, war, or violence, to try to find a safe place to live. Many have left their home country into neighboring countries, only to find they need to flee again.

<b>Afghanistan</b>	<b>DR Congo</b>	<b>Myanmar (Burma)</b>	<b>Sudan</b>
<b>Bhutan</b>	<b>Eritrea</b>	<b>Nepal</b>	<b>Syria</b>
<b>Burundi</b>	<b>Ethiopia</b>	<b>North Korea</b>	<b>Thailand</b>
<b>CAR</b>	<b>Iraq</b>	<b>Russia</b>	<b>Venezuela</b>
<b>China</b>	<b>Ivory Coast</b>	<b>Rwanda</b>	<b>Vietnam</b>
<b>Colombia</b>	<b>Malaysia</b>	<b>Somalia</b>	
<b>Cuba</b>	<b>Mauritania</b>	<b>Sri Lanka</b>	

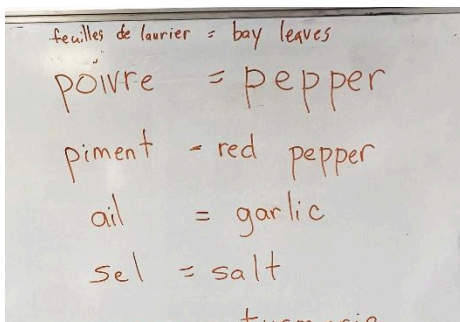
Project Worthmore ([ProjectWorthmore.org](http://ProjectWorthmore.org)) is a non-profit organization specifically created to help refugees get a foothold on life. They serve refugees from more than 25 countries (listed above). One program Project Worthmore has is the Yu Meh Food Share, which distributes fresh fruits and vegetables to approximately **300** refugee families every week.



The Spice Project was created to add flavorings to the food packages distributed in the food share. Note that less than a year ago, the number of families served was about 200. While we wish the number had gone down due to improved conditions in the world, we'll continue the work to provide families with relevant herbs and spices.

Refugees volunteering at food share

The list of flavorings The Spice Project provides has grown. Our initial list had 10 different herbs and spices. This year we have added oregano and ginger!



One of the Project Worthmore ESL (English as a Second Language) teachers used spices in one of her lessons, captured it on the whiteboard, then sent the picture. From

this we can see that most of the spices they like are on our list. There are a couple more that we'll try to add in the future (cloves and bay)!

We have that future because of the In the Mud grant. This is our main source of funding and all of it goes towards the purchase of bulk spices, which we then package for distribution.

Packaging means we put labels on zip bags, then scoop spices into the bags. Each bag holds an ounce or two, equivalent to a jar you'd buy at the grocery. The bags are then delivered to Project Worthmore on a day they're putting together food for refugees to pick up.



Packers put labels on bags, then open them for the scoopers.