

2009

16+ YEARS! ♥

2025



Plants-4-Hunger

Fiscal Sponsorships

How You Bean!

No "Livestock" Gifting

Climate Food Guide

Resource Hub



Seed Programs International



Plant-Based Hunger & Climate Solutions

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Dear Friend,

Thank you for your interest in **A Well-Fed World** and our work alleviating two of the world’s most immense and unnecessary forms of suffering... the **suffering of people** hungry from lack of food, and the **suffering of animals** used and abused in the name of food.

Fortunately, the plant-based foods that maximize health and well-being are the same foods that conserve natural resources to **better feed the world**, while protecting animals and reducing greenhouse gas emissions. It’s a win-win-win!

Even though plant-based foods **excel in global food security** and sustainability metrics, animal-sourced foods are consistently elevated within global institutions and food movements. To counter this dangerous narrative, we highlight the nutritional, environmental, and economic superiority of plant-based foods in **credible, nuanced ways**.

We promote a just transition toward a plant-based food system through our own **direct advocacy** and by **facilitating funding** to others. In particular, our **Plants-4-Hunger** program provides immediate hunger relief, while demonstrating proof-of-concept for plant-based food and farming models that encourage long-term, structural change.

This booklet provides a glimpse of our work. I hope the powerful results we achieve inspire you to stay connected by **signing up** for our e-newsletter and/or **donating** in support of your favorite programs.



With deep gratitude,

Dawn Moncrief, Founder/President
dawn@awfw.org / 202-681-3650

Our Mission

A Well-Fed World is a global food security, hunger relief, and climate advocacy organization championing the benefits of plant-based foods and farming to create a nourished and sustainable world for current and future generations.

Our Vision

A well-fed world is one in which all people have an abundance of nourishing, plant-based foods that maximize health for people, animals, and the planet.

Our Method

Our approach is mainstream and multi-faceted. We engage in direct advocacy, facilitate funding, and leverage the power of partnerships, coalitions, and movement-building.

Our Target Audiences

- Changemakers (nonprofit leaders, researchers, UN)
- General public and compassionate consumers
- Plant-based community and advocates

Our Philosophy

We promote both the ideal of a fully plant-based food system, while also celebrating incremental change for immediate impact. We seek to normalize plant-based food choices, making individual and societal change easier by supporting institutions and policies that increase accessibility.

Our Niche (Global Hunger & Global Warming)

A Well-Fed World is a mainstream, intentionally plant-based NGO specializing in global food security and plant-based hunger solutions (which are critical yet underserved areas) combined with the burgeoning area of climate-food advocacy (which is a strong incentive for change and especially relevant as the climate crisis is a hunger multiplier).

How You Bean! (Umbrella Campaign)

- PB&J Every Day & Peanut Butter Cafe Petition
- EA t bEAns for EA (for Effective Altruists)
- Bean Around the World (protein-rich recipes)

Research Hub & Resource Sharing

- Humane Facts / Grazing Facts / Let Live / Beans Not Beings
- Better Than Heifer (redirects Heifer International funding)
- Climate-Friendly Food Guide / Issue-Based Handouts

Funding Facilitation

- Plants-4-Hunger (hunger and disaster relief programs)
- Fiscal Sponsorships (\$1M+/year via Global Grants)
- Climate Food Fund and VegDAF (forthcoming)

Coalition-Building Partnerships

- Beans Is How Coalition (United Nations affiliated)
- Food and Climate Alliance (co-chair and website director)
- Food4Climate Pavilion (UN/COP - ProVeg partnership)
- United Nations Climate Observer Passes (we share with others)

Movement-Building Partnerships

- Hunger: Malnutrition Matters (Soy Microbusinesses)
- Hunger: Seed Programs International (Planetary Pulse Project)
- Climate: Youth Climate Save (Genesis Butler)
- Health: Physicians Association for Nutrition (PAN International)

Malnutrition Matters
FOOD TECHNOLOGY SOLUTIONS


seed programs
international



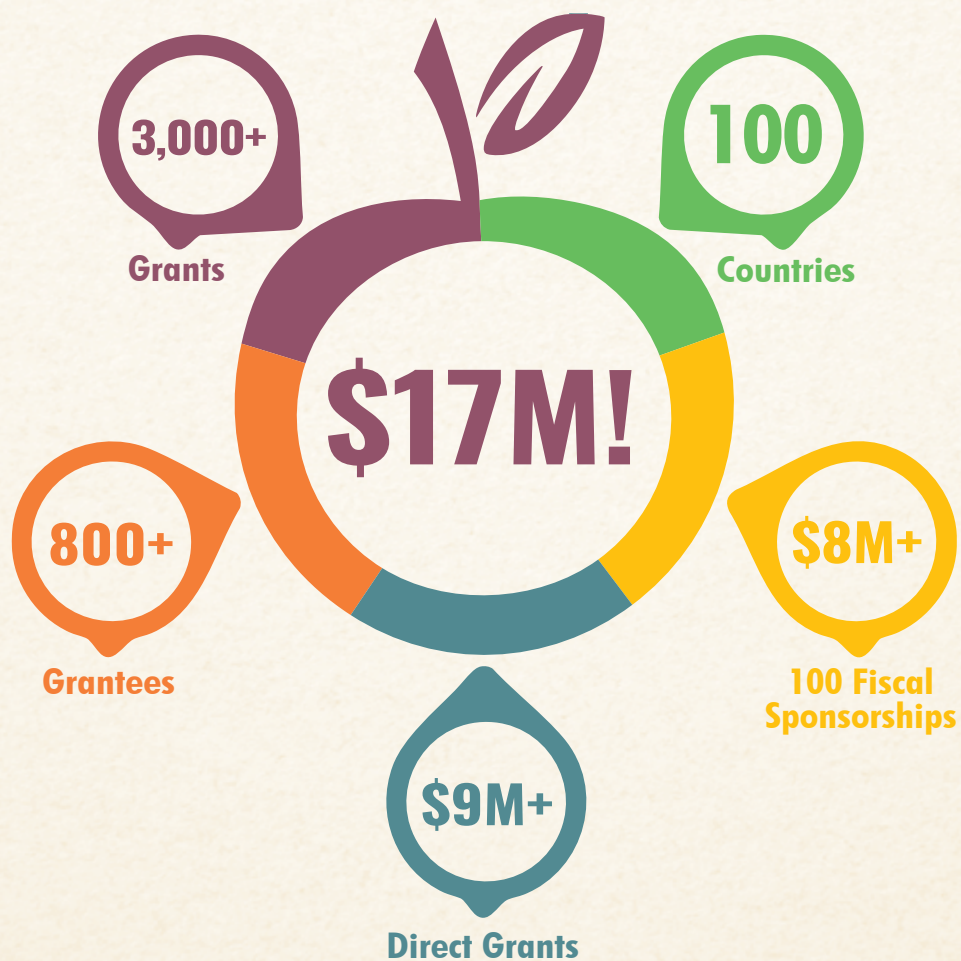

PAN International
Foundation
Physicians Association for Nutrition

Our Funding Impact

Fiscal Sponsorships are important because they allow international organizations to expand their fundraising in the U.S. with minimal cost, and they kickstart fundraising for U.S. groups that are awaiting their nonprofit status. Some groups save resources by using us as a fiscal sponsor long-term.

Each year, our small team provides more than a million dollars (\$1,000,000+) in subsidized fiscal sponsorships. If including individuals, we've provided 100+ with 50+ active in 2025.

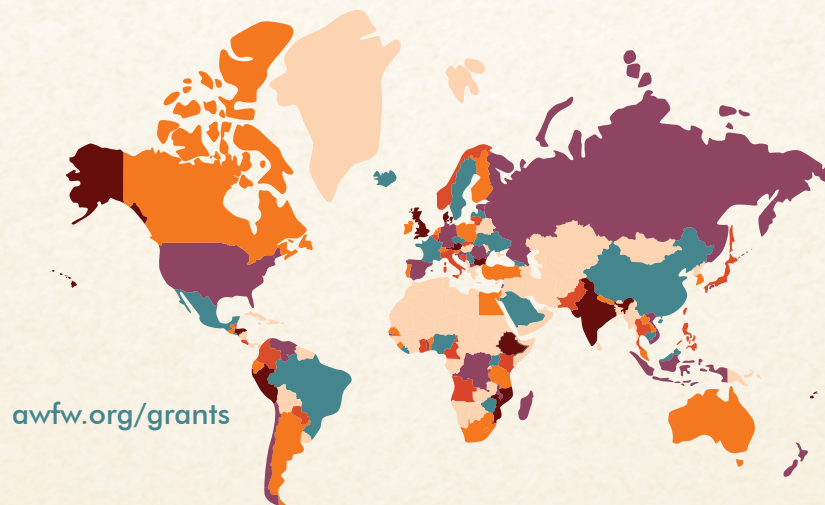
awfw.org/fiscal-sponsor-list



Countries Funded

Listed below are the countries that have received one or more of our grants. Since our inception in 2009, we have provided more than **\$17+ million** in **100 countries**.

- | | | | |
|----------------|-----------|-------------|---------------|
| Angola | Ecuador | Laos | Saudi Arabia |
| Argentina | England | Latvia | Scotland |
| Australia | Estonia | Lebanon | Senegal |
| Austria | Ethiopia | Liberia | Serbia |
| Belgium | Fiji | Lithuania | Sierra Leone |
| Belize | Finland | Luxembourg | Singapore |
| Benin | France | Macedonia | Slovakia |
| Bosnia-Herz. | Gambia | Madagascar | Slovenia |
| Brazil | Georgia | Malawi | South Africa |
| Bulgaria | Germany | Malaysia | South Korea |
| Burundi | Ghana | Mexico | Spain |
| Cambodia | Guatemala | Mozambique | Swaziland |
| Cameroon | Haiti | Nepal | Sweden |
| Canada | Honduras | Netherlands | Switzerland |
| Chile | Hungary | New Zealand | Taiwan |
| China | Iceland | Nigeria | Tanzania |
| Colombia | India | Norway | Thailand |
| Costa Rica | Indonesia | Pakistan | Togo |
| Croatia | Ireland | Paraguay | Turkey |
| Czech Republic | Israel | Peru | Uganda |
| Denmark | Italy | Philippines | Ukraine |
| DR Congo | Jamaica | Poland | United States |
| Ecuador | Japan | Portugal | Venezuela |
| Egypt | Kenya | Romania | Vietnam |
| El Salvador | Korea | Russia | Zimbabwe |



awfw.org/grants

Plants-4-Hunger - Great Projects!

Unlike large organizations with excessive fundraising and administrative costs, we send your Plants-4-Hunger donation to a variety of small, handpicked groups and projects where it will make a more meaningful impact.

Some of our Partners and Recipients

Beans and Seeds

Seed Programs International
Kitchen Gardeners International
Native Seeds/SEARCH

Soy Microbusinesses

Malnutrition Matters
Plenty International
Tailored Foods

School Meals

International Fund for Africa
Grassroot Movement in Nepal
Haiti Education Center

Food Shares

Vegan Food Pantry
Lviv Vegan Kitchen
Community Solidarity

Food Trees and Forests

Sadhana Forest
Green Generation Initiative
Fruit Tree Planting Foundation

Disaster Relief

Natural Disasters
Ukraine Food Aid
Ebola & Covid

Plants-4-Hunger - Perfect Gifts!

While Plants-4-Hunger is largely sustained through direct single and recurring donations, we also rely on its popularity as a heartwarming gift-donation since supporting hunger relief has nearly universal appeal.

You can make **gift-donations in honor of coworkers, friends, and loved ones** or **request gift donations for yourself** in lieu of material gifts for birthdays, holidays, or any gift-giving occasion.

All gift-donation recipients receive a custom e-card and/or printable certificate letting them know they inspired a compassionate gift to feed people in need.

Include their address and we'll mail them a personalized card, our Plants-4-Hunger program overview, and our Climate-Friendly Food Guide with recipes and resources.

For Any and ALL Occasions

The perfect gift for vegetarians, vegans (and everyone) to GIVE!

The perfect gift for vegetarians, vegans (and everyone) to RECEIVE!

The perfect gift for instant & last minute smiles from anyone to ANYONE!



7 USA (Awali - Grow Where You Are)



Nepal (Grassroot Movement in Nepal)



Brazil (Fruit Tree Planting Foundation)



Ethiopia (International Fund for Africa) 8

ClimateVeg Activities & Resources

ClimateVeg is the umbrella campaign for our plant-based advocacy related to climate change. Global institutions and environmental organizations are finally taking more action in support of plant-based solutions to the climate crisis and we are exceptionally well-positioned to further that progress.

- [How You Bean! / Green Foods Are Cool](#) (recipes/resources)
- [Climate-Friendly Food Guide](#) (co-branding, PDF, print copy)
- [Food and Climate Alliance](#) (co-chair & website director)
- [Food4Climate Pavilion](#) (UN Climate Conference led by ProVeg)
- [Youth Climate Save](#) (led by Genesis Butler, mutual board)
- [Climate Conferences](#) (attending and sharing our UN passes)
- [Climate Advocacy](#) (marches, events, interviews, handouts)
- [Climate Food Fund](#) (forthcoming fund for climate donors)

Climate-Friendly Food Guide

Created in celebration of Earth Day's 50th birthday, our Climate-Friendly Food Guide is a colorful 20-page booklet that provides an overview of the environmental benefits of plant-based diets combined with easy recipes, food swaps, helpful tips, and follow-up resources.

Check out our fun online flipbook, download the PDF, and/or request printed copies for you or your event: ClimateFoodGuide.org



Ask us about co-branding opportunities!



The Dark Side of Animal Gifting



Hunger relief charities such as Heifer International, OxFam, and World Vision promote "livestock gifting" programs that send live farmed animals to be used as food in low-income countries.

Deceptively cute photos of happy children with healthy animals are common advertising tropes. The photo above with a fake lipstick kiss is from Heifer International.

What you won't see are emaciated animals or slaughter photos even though they represent the reality of what many animals actually suffer.



Another popular and deceptive trope is that gifted animals just "live off the land." Overgrazing, water scarcity, and the displacement of native foods are persistent concerns and many recipients struggle to provide enough food, water, and medical care... for the animals or themselves.

Meanwhile, intensifying climate disasters have made livestock farming unsustainable in many regions with some traditional herders and subsistence farmers moving away from raising animals to instead growing climate-resilient crops and food trees.

Read more at: awfv.org/no-animal-gifts

Livestock gifting charities are a bad deal.

Supporters may think they are donating specific animals, but all donations can be put "where needed most." This includes lavish salaries and massive fundraising budgets. In the case of Heifer International, in 2024 that's almost \$500,000 for their CEO and more than \$38 million(!) for fundraising.

In stark contrast, donations make a meaningful difference with our Plants-4-Hunger program that prioritizes small groups doing high-impact work at local levels.

Humane Facts and Loopholes

As people become increasingly aware of the atrocities committed on factory farms (which represent how more than 98% of farmed animals are raised in the U.S.), many are purchasing meat, dairy, and eggs from companies that advertise improved animal welfare.



Photo: Toronto Pig Save

Unfortunately, many of the worst abuses inflicted on animals in factory farms are also standard practices on small, local, and humane-label operations.

These routine abuses include severe confinement, branding, debeaking, dehorning, and the killing of "surplus" male calves from dairy cows and "surplus" male chicks from egg-laying hens.

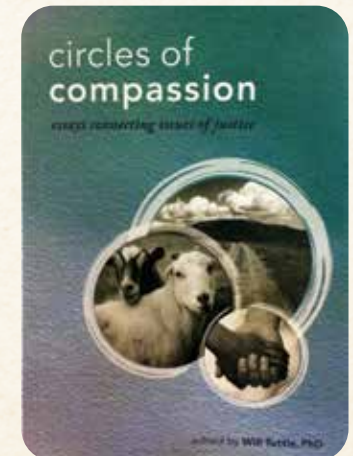
Find out what provisions humane and green labels provide, and what they don't. Read also why moving towards a plant-based diet is much more eco-friendly than consuming local meat and how grazing intensifies global warming. HumaneFacts.org / GrazingFacts.org

Circles of Compassion Book

Circles of Compassion: Essays Connecting Issues of Justice

is a series of essays that demonstrate how seemingly disparate human, animal, and environmental concerns are actually connected, and how we can create a more just and peaceful world.

The essay included by A Well-Fed World's founder, Dawn Moncrief, explores the ways in which animal-sourced foods represent forms of overconsumption and waste that exacerbate global hunger by redistributing food away from the world's poor.



▶ **We're Cost-Conscious**

We spend 95% of our expenses on programs, with only 5% for administration and fundraising combined!

▶ **All Remote Team**

We have been all remote from the start, saving money on rent and associated costs.

▶ **Small, Long-Term Team**

We are an intentionally small team with just a few people who have been together for the past decade.

▶ **Free & Low-Cost Goods & Services**

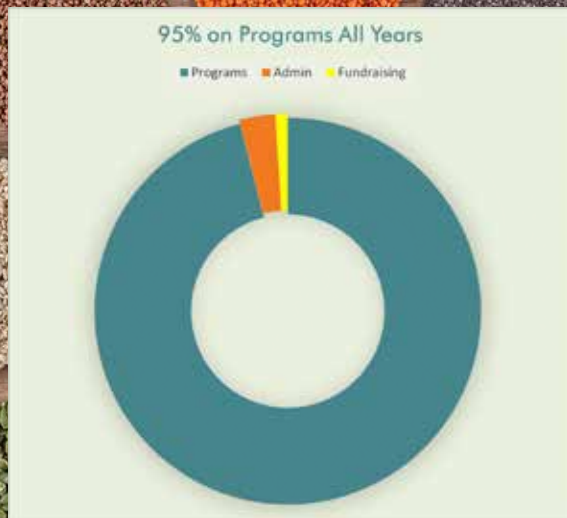
We leverage (and share) our nonprofit status to save money on software, equipment, and other goods and services.

▶ **Reduce. Reuse. Recycle.**

We make strategic decisions about printing, mailing, and other time/resource use.

▶ **Sharing is Caring**

We leverage the power of partnerships, sharing our resources with mission-aligned groups so that they save money too.



▶ **You want a big impact!**

Our operational costs are covered by foundations so 100% of your Plants-4-Hunger donations support plant-based feeding and farming projects in the U.S. and low-income countries that directly nourish people, protect animals, and cool the climate.

▶ **You want a simple and reliable process.**

We support a wide variety of groups, many of which are international and/or don't have tax-exempt status. Donate through us and you get one easy tax return letter and a hassle-free way to support incredible work in other countries.

▶ **You want to empower communities.**

Most of the work we support is already in progress, or is planned and just needs seed funding to jumpstart it. We don't reinvent the wheel or impose our methods. We respect that local people are the experts in their communities and know how to best use their resources.

▶ **You want to support projects that *really* need funds.**

We specialize in finding groups and individuals doing highly effective and innovative work, but who don't have much access to funding. With smaller projects, especially in low-income countries, your donation makes a larger, more significant impact and can take them to the next level.

▶ **You want an organization you can trust.**

We go above and beyond basic financial reporting to receive **Platinum Transparency Status** from Guidestar. We also meet the strict standards of the Combined Federal Campaign and our combined overhead and fundraising is around 5%.

Donations are tax-deductible: EIN 27-0865905



Warm hearts and feed families
with a donation to your favorite
plant-based feeding program.

eat · grow · share

plants4hunger

to create

a well-fed world

Text “plants” to:
44321



Online:
awfw.org/donate

Check - Credit Card - PayPal - Venmo - Google Pay - Apple Pay

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