



*A Message of Gratitude from Guatemala  
From our partner Food for the Poor!*

**Pictured below is one of the many beneficiaries living in rural Guatemala who received a supply of supplements containing melatonin to help them get a restful night's sleep, thanks to a generous donation by Food For The Poor's caring in-kind partner Jezreel International**



*As we make our rounds through impoverished communities and conduct follow-up visits to people who we have assisted in the past, many of them tell us that besides food insecurity, their second most concern is lack of sleep, which is why we were so happy to see the supply of supplements containing melatonin to aid in a restful night's sleep. Each and every person who we came in contact with was most grateful for the supplements, and in particular the older generations. We explained to them that not only did the products contain help with occasional sleeplessness but that it also supports their immune system.*

**We thank the Lord for his mighty provision, as we are committed to help these precious people of Guatemala for many years. This year alone we have sent 29 40-ft containers of aid, which includes vitamins, supplements, medical supplies, and so much more!**

**Words can't express our deep gratitude to all of you who make what we do both here at home, Israel and around the world possible!**

**May God richly bless you and those you love!**

**Barry Toni & your JZRL Family**

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