The meal ingredients are formulated by food scientists to provide a rich source of easily digestible protein, carbohydrates and vitamins needed by an undernourished child’s body and mind. The food is also acceptable to the broad diversity of ethnic tastes and religious differences around the world. The food offers all nine of the essential amino acids required for complete nutrition. Only six (6) cups of boiling water are required to prepare a complete meal.

The specific formula took nearly three years to develop. The premium long-grain, white rice was selected because it is widely recognized worldwide and has an extended shelf life. The soy is fortified with 10 vitamins in addition to high protein content. The dehydrated vegetables provide both color and flavor to the food. The vitamin formula is a proprietary formula and is the “secret ingredient” that goes into the food. Each bag of food provides 21 vitamins and minerals and contains six (6) servings. When boiled, each bag will serve 4-6 people and provide all the vitamins and minerals they need for one day. This provides not only a meal, but better health to children.

Please visit our website for additional information: millionmealmovement.org