Praise be to God, I am very thrilled to announce that this year I have over-reached my goal. I cannot thank enough every individual who contributed to this cause enough. You helped me to support 20 families is 2016, 27 families in 2017 and 42 families this year. We helped 34 families in Faryab province (Andkhoy district), 5 families in Jawzjan province, 2 families in Balkh Province and 1 family in Kabul; totaling 42 families of widows, orphans, and disabled individual. The food supply in Jawzjan, Balkh and Kabul province were taken to needy houses while in Faryab province were distributed in a specific place. May God reward all of you who contributed to this cause. And a big thank you to [Zaher Rahimi](https://www.facebook.com/zaher.rahimi.16?__tn__=%2CdK-R-R&eid=ARBBoQaN31mNIXcwOuJLc1-D5H9HL4iw2FUfoQaSIbqadhfp76cjVBVDBuGLgBn5Oht_o3dkDrwQEx6P&fref=mentions) for helping the distribution.  
Here is the list of the food supply that was distributed:  
1: Flour 50 kg (1130 Afghanis)  
2: Rice 7 kg ( 650 Afghanis)  
3: oil 5 litre ( 450 Afghanis)  
4: Sugar 2 kg ( 90 Afghanis)  
5: tea 1 kg ( 180 Afghanis)  
6: Tomato paste 1 kg ( 75 Afghanis)  
7: Spaghetti 2 packs ( 50 Afghanis)  
8: Salt 1 pack ( 50 Afghanis)  
Total cost per family 2680 Afghanis (about 50 CAD).  
I hope this can encourage others to do so, I pray for Allah (SWT) to strengthen me to achieve higher goals in the following years. Should you require further details please do not hesitate to contact me.