I am very thrilled to announce that this year I almost reached my goal. I sincerely thank every individual who contributed to this cause particularly, the Uzbek community of Guelph. With your donations, we helped 20 families in 2016, 27 families in 2017, 42 families in 2018 and 39 families this year. We helped 39 families of widows, orphans, and disabled individual in Andkhoy (a district of Faryab province). May God reward all of you who contributed to this cause. And a big thank you to Zaher Rahimi for helping with the distribution.  
Here is the list of the food supply that was distributed:  
1: Flour 50 kg (1200 Afghanis)  
2: Rice 7 kg ( 700 Afghanis)  
3: oil 5 litre ( 450 Afghanis)  
4: Sugar 2 kg ( 100 Afghanis)  
5: tea 1 kg ( 200 Afghanis)  
6: Salt 1 pack ( 50 Afghanis)  
Total cost per family 2700 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.