Caritas is a catholic centered charity designed to uphold basic human rights.

Caritas Internationalis is confederation of over 160 members who are working at the grassroots in almost every country of the world. When a crisis hits, Caritas is already on the ground. The diverse members give us our strength – from small groups of volunteers to some of the biggest global charities. Inspired by Catholic faith, Caritas is the helping hand of the Church – reaching out to the poor, vulnerable and excluded, regardless of race or religion, to build a world based on justice and fraternal love.

Work Caritas do includes selling subsidized food to poor people to keep them from starving and malnutrition. They do this by setting up stores in remote communities and selling food for a very low price. Other work Caritas does to prevent starving and malnutrition is giving people is giving poor people flood-resistant seeds to grow plants that are unlikely to die. This shows prudence and justice to the rural poor people of the world.