



# CHREAV FOOD BANK PROPOSAL 2026



Ponheary Ly Foundation

[www.theplf.org](http://www.theplf.org)

## Project Context

The COVID-19 pandemic upended lives across Cambodia, but Siem Reap's urban poor were among some of the hardest hit. When tourism, once the city's lifeblood, came to a halt, thousands lost their jobs overnight. With no income and mounting microfinance debts, many families faced eviction or were forced to abandon their homes. Around 300 families sought refuge on unclaimed land in the village of Chreav, along the fringe of the Tonle Sap Lake, building makeshift shelters and trying to start again from scratch.

Here, daily life remains a struggle for survival. Parents work tirelessly just to put food on the table, leaving little energy or means to focus on their children's education. Without support, those children risk trading schoolbooks for day labour, keeping their families in the same cycle of poverty.

**Through this initiative, 104 families now receive ongoing support.**





## Program Scope

In response, PLF's "Food for School" model offers a simple yet powerful solution. By linking food support directly to school attendance, families are able to meet their most basic needs, food and stability, while keeping their children in the classroom where they belong.

Across both urban and rural communities, PLF's food bank programs have consistently proven their impact, boosting school retention rates and restoring stability to families on the edge. Through the Chreav Food Bank, we replicate and scale this success, supporting the most fragile families and creating pathways for the next generation to thrive. Education is the single most effective tool to break the poverty cycle. By ensuring children remain in school today, we are changing the trajectory of entire families tomorrow.

**It costs \$44,500 per year on food**

**Total program scope= \$49,900**



## Gardening

Once a year, we distribute morning glory seeds to families who have small plots of land, giving them the opportunity to grow their own food. Morning glory is a local favourite. It's fast-growing and nutrient-rich and takes only about three weeks from seed to table.

We provide the seeds during the rainy season, when the land is most fertile and families can rely on natural rainfall to nourish their crops. Since there is no irrigation system in these areas, timing is essential.

**\$250 a year** provides seeds for 104 families to grow their own food and stability.



*Click through to hear directly from this grandmother how the seeds are helping her family*



## Workshops

Parent workshops such as Positive Parenting, Money Management, and Children’s Rights play a vital role in this program. Since many parents have limited education, their mindset often poses the biggest barrier to their children’s progress. These workshops help shift attitudes by increasing the value that parents place on education and encouraging them to actively support their children’s learning. Building this “push” at home has proven transformative: when families understand and prioritise education, students thrive.

## Waterfilters

Access to clean water is another critical piece of the puzzle. In many parts of Cambodia, groundwater is contaminated with E. coli, even as deep as 20 meters below the surface. Yet the solution is surprisingly simple. Each family receives a clay water filter, an effective and affordable way to purify drinking water and prevent waterborne illness. These filters are replaced every year to ensure ongoing safety and reliability.







The Chreav Food Bank reminds us of where PLF began, meeting families at their most fragile moments and walking beside them, step by step, toward stability. What started as a crisis response has evolved into a slow, steady return to balance, a kind of homeostasis for a community that had lost its footing.

Each monthly distribution has become more than food support. It has become a moment of connection: families being seen and recognised by our team. The presence of the social work team, mentorship sessions, and workshops has shown that hunger is not just about food. People are hungry to be valued, to belong, to know someone is walking with them.

We have seen that nothing can change until people feel safe, fed, and visible. Once those basic needs are met, families begin to hope again, and that hope often takes the form of their children's education. By stabilising families through food, we open the doorway for children to stay in school and for the cycle of poverty to begin to break.

This program is, in essence, the embodiment of PLF's mission. It represents who we are at the core: showing up, month after month, meeting immediate needs while quietly building the foundation for long-term change.



**\$49,920**  
to run the Chreav  
Food Bank annually



**\$40**  
Feeds one family for  
a month



**\$250**  
Gardening Project  
annually



**\$550**  
Parental Workshops  
annually



**\$480**  
Supports one family  
for an entire year



**\$1,870**  
Clean Water Project  
annually



**\$1,670**  
Covers the monthly  
cost of rice



**\$4,0160**  
Running cost for  
one month

Left to right:  
Spheakdey, 10 years, Grade 5  
Sereyleakhena, 14 years, Grade 9  
Nga, 47 years  
Lida, 8 years, Grade 2  
Livorn, 18 months



“Before we received support from this food bank, me and my husband were so stressed every day about feeding our family. My husband works hard to support us but as a handyman he makes only \$5-10 per day. And with 5 children it is very hard.

I had to stop school at Grade 7 to look after my younger siblings, and my husband did not go to school at all. So we know how difficult life is without a good job, without completing higher education. As parents we regard education like a bridge for them to get to their future. This food support takes away our stress, and it helps my kids’ brains for thinking in school. I am very thankful to PLF for supporting my family, that can help my kids to see a better future.”

Nga, mother

*“I am really enjoying school. I am learning new things daily from my teachers and moving to the next grade every year. Also making new friends. In the future, I want to be a Khmer teacher because I love reading and writing and I am strong with Khmer subjects.”*

Sereyleakhena, Grade 9

This program is, in essence, the embodiment of PLF's mission. It represents who we are at the core: showing up, month after month, meeting immediate needs while quietly building the foundation for long-term change by ensuring children can access school.

**To be part of Chreav Food Bank be in touch!**

**Cassie Gravett,  
Director of Development  
[cassie@theplf.org](mailto:cassie@theplf.org)**



Ponheary Ly Foundation  
School is the Answer

