



Food Security and Livelihoods

International Medical Corps has been implementing Food Security and Livelihoods programs since 2003. Our work has saved countless lives and helped restore sustainable futures for thousands of families as they emerge from humanitarian emergencies and begin their journey toward self-reliance.

Access to nutritious food and opportunities to earn a livelihood are cornerstones of a productive life. Our Food Security and Livelihoods programs provide people—especially women and youth—and communities with the resources and skills needed to live dignified and prosperous lives.

Our programs provide critical food, cash and voucher assistance that helps prevent malnutrition during sudden-onset emergencies and protracted crises. As communities begin recovery, we support paths to sustainable livelihoods, including capacity-building in appropriate technical and vocational skills, and connect people with micro-enterprises and local economic development opportunities. Such support helps people create income streams that enable communities not just to survive but to thrive.



Our Food Security and Livelihoods Programs

Food Assistance

International Medical Corps provides emergency food assistance to save lives and help vulnerable families avoid selling their assets to purchase food to stay alive. Our services include food and blanket supplementary-feeding programs for vulnerable families—especially those with children under 5—to prevent malnutrition. In 2025, we reached more than 517,000 people with food assistance and livelihoods support.

Cash and Voucher-Based Assistance

We provide individuals and families with cash payments and vouchers to purchase food and other necessities in times of crisis, giving disaster-affected people flexible and immediate support to address their urgent needs while maintaining their dignity and independence. During times when local livelihoods have been disrupted or destroyed, cash and voucher assistance also help to stimulate the recovery of markets and the local economy.

In Central African Republic, Ethiopia, Nigeria and Yemen, we provide cash- and voucher-based transfers, focusing on vulnerable families of children with malnutrition, on pregnant and lactating women, and on those experiencing high levels of food insecurity. In 2025, our cash assistance programs provided more than \$750,000 to more than 6,600 households in need.





Economic Empowerment

As part of our holistic approach to preventing and responding to violence against women and girls, we offer training in technical skills that enable survivors and at-risk women and girls to strengthen their support networks while building confidence in new productive skills. We also work with women to establish village savings and loans associations (VSLAs), set up micro-enterprises and develop vocational skills that empower them and facilitate their autonomy during crises. We support integrated economic development programs in Afghanistan, Cameroon, Central African Republic, Chad, Ethiopia, Nigeria, Pakistan and South Sudan.

Agricultural Development

International Medical Corps supports agricultural development to increase dietary diversity and enrich the micronutrient content of meals with locally available foods. We provide vulnerable households with crop seeds, agricultural tools and technical training, and support development of kitchen gardens to enable sustainable production and consumption for families. We also encourage safe and efficient household food-storage techniques to increase the shelf life of harvested food and to lower post-harvest losses. To help mitigate the effects of flooding and droughts, International Medical Corps is working to set up community and household micro-gardens and to establish and train champions in communities to lead local weather-adaptation approaches to apply to agriculture and livelihoods.

Livestock Interventions

In low-income countries, household food security and livelihoods are deeply connected and depend upon livestock

and agriculture. Livestock helps families meet immediate dietary needs while serving as a household asset that can be sold or traded for other essential resources. We provide livestock—including sheep or goats with fodder, or poultry with starter feed—to people affected by crisis, either in kind or through vouchers.

Vocational Skills Training and Entrepreneurship

In Cameroon, Ethiopia and Syria, we provide youth in refugee camps with vocational skills that are in short supply, then link them with employment opportunities. We also support them with start-up kits, grants and loans so they can operate small businesses in trades such as auto repair, hairdressing, soapmaking, carpentry, mobile phone repair and sewing.



Country Highlights

Nigeria

In response to the humanitarian crisis in northeastern Nigeria, we have partnered with the World Food Programme (WFP) since October 2016 to provide food assistance, including general food distribution, to approximately 200,000 people living in displacement camps and host communities. We support general food distribution for children under 2 to prevent malnutrition, cash payments using mobile money and e-vouchers, livestock distribution, kitchen gardening, high-value crop production and income-generating activities—including VSLAs—to help internally displaced Nigerians and host communities rebuild their livelihoods.

Yemen

We provide vulnerable households with food assistance via cash transfer to reduce the risk of acute malnutrition and to save lives. In 2025, we provided more than 8,000 people from 1,150 households with more than \$600,000 in cash assistance.

Ethiopia

We provide integrated nutrition and food security services to reduce mortality and morbidity associated with severe acute malnutrition across four drought-affected regions (Gambella, Oromia, Somali and Southern Ethiopia). To combat the impact of conflict and drought conditions, we support a range of activities that promote and protect local agriculture and livestock and build the resilience of vulnerable families. These interventions have included multi-purpose cash transfers, blanket supplementary feeding, vegetable and poultry production, fresh-food vouchers, farming tool distributions and entrepreneurship programs for young people who face intermittent forced migration to escape armed conflict and instability. In 2025, these activities reached nearly 25,000 households—almost 200,000 people.



Pakistan

To support the economic empowerment of vulnerable women, International Medical Corps provides vocational-skills training to women from Afghan refugee villages, as well as violence prevention and response services. We also provide business skills training, and basic vocational tools and equipment, to help women establish businesses and gain economic independence. International Medical Corps plans to continue providing Afghan refugee and host community women with vocational and business skills training and support throughout 2025, reaching 1,600 people.

United States

In 2025, International Medical Corps provided food assistance in the US, reaching 300 households and approximately 780 people. While relatively small compared with our international food assistance portfolio, this support contributed to addressing immediate food needs among vulnerable households in the United States.



www.InternationalMedicalCorps.org

A pre-eminent first responder since 1984, International Medical Corps delivers emergency medical and related services to those affected by conflict, disaster and disease, no matter where they are, no matter what the conditions. We also train people in their communities, providing them with the skills they need to recover, chart their own path to self-reliance and become effective first responders themselves.

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