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August 22, 2013

Dear Friends,

We hope you enjoy this week's edition of the Newsflash!

Sincerely,

The Firelight Team

*(Resource) Eating Healthy, Staying Positive: Manual on Nutrition for HIV Positive People*

*(Resource) One Man Can Toolkit*

*(Open for Applications) Cisco Global Impact Cash Grants*

*(Accepting Grant Inquiries) Ford Foundation*

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(Resource) Eating Healthy, Staying Positive: Manual on Nutrition for HIV Positive People

We anticipate this booklet will be used by:

- People Living with HIV/AIDS (PLWHA) and their support groups
- Families caring for people living with HIV
- Organizations working with people living with HIV
- Health workers or volunteers giving advice on nutrition to families or individuals living with HIV.

We hope you will be able to adapt the information given in this booklet to what your needs are and what foods you are able to buy or grow.

Excerpt:

"If you are HIV positive, good nutrition that is well balanced is especially important for you. Food cannot cure or treat HIV infection, but can improve your fitness and quality of life. Eating sufficient amounts and a balance of different food helps to maintain your body weight and muscle power, as well as keeping your immune system strong."

To access this resource, visit: <http://bit.ly/1cGnNhp>

### (Resource) One Man Can Toolkit

The One Man Can Campaign supports men and boys to take action to end domestic and sexual violence and to promote healthy, equitable relationships that men and women can enjoy - passionately, respectfully and fully.

The One Man Can Campaign promotes the idea that each one of us has a role to play, that each one of us can create a better, more equitable and more just world. At the same time, the campaign encourages men to work together with other men and with women to take action - to build a movement, to demand justice, to claim our rights and to change the world.

To access this toolkit, visit: <http://bit.ly/15K4RED>

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### (Open for Applications) Cisco Global Impact Cash Grants

Cisco's overall approach is to partner with non-profit organizations to identify, incubate, and develop innovative solutions that solve challenging socioeconomic conditions in at least one of the investment areas: critical human needs, access to education, and economic empowerment. In order to maximize the impact of investment, Cisco supports programs that fit within its investment areas, serve the underserved, and leverage technology solutions to improve the reach, efficiency, and impact of services. Programs must also have high potential for replication and scale in multiple environments, and a clear path for long-term sustainability

#### Criteria:

- The program addresses a problem that affects a large number of lives within the target area, and which has severe effects on the lives of individuals and communities within the target area. The significant unmet need exists due to a gap between current and required funding, and/or the need for innovative approaches.
- The target audience is greater than 65% economically underserved, relative to the average standards of the target geography
- Utilizes and Leverages the Internet

#### Investment Areas:

- Education
- Economic Empowerment
- Critical Human Needs

Cisco accepts unsolicited applications to the Global Impact Cash Grant program. Our online application process is open year-round; therefore, your organization may begin the application process at any time. Please note that all grant applications must be

submitted using our online grant application tool. We do not accept applications submitted via postal mail or email attachment.

For more information or to apply, visit: <http://bit.ly/16eNaRk>

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### (Accepting Grant Inquiries) Ford Foundation

The Ford Foundation is committed to achieving lasting change that transforms people's lives. Through our grant making, we support innovative thinkers, leaders and organizations that are working to reduce poverty and injustice and to promote democratic values, free expression and human achievement. When making grants, we think about long-term strategies, knowing that lasting social change requires decades of effort. And because our mission is broad and our resources are limited, we carefully target our support so it can be used most effectively and leverage the greatest amount of impact.

#### What We Don't Fund:

As described above, we take varied approaches to our work, but there are a number of areas frequently inquired about that we do not support. We do not award undergraduate scholarships or make grants for personal needs or business assistance. We also do not fund health care, vehicle purchase, student loan repayment or inventions. Except for limited grant making through our Good Neighbor Committee to local institutions located near the foundation's New York headquarters and 10 regional offices, we also do not generally support after-school programs, athletic leagues, orphanages or elder care.

To begin the grant application process, thoroughly review the foundation's initiatives. In addition to providing an overview of our grant-making priorities, each initiative, as well as each region, includes detailed "For Grant Seekers" information; this is the most current guide to the type of work and organizations we fund.

For more information or to apply, visit: <http://bit.ly/16Sch3B>

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### **Welcome to our new subscribers this week!**

ONG IDEAL International, West Africa

Project Child Malawi, Malawi

The Galene Centre, South Africa

Double Eradication of Poverty and HIV/AIDS in Zambia (DEPHIVS Zambia), Zambia

Organization of Local Communities Against Poverty (OLCAP), Kenya

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As part of the Firelight Foundation's Capacity Building Program, Firelight provides "Newsflashes" to share relevant resources and information with our active grantee-partners via weekly emails and via post on a monthly basis. We hope that by facilitating access to information for grassroots, community-focused organizations, programming for children and families, as well as organizational development, is enhanced. Past editions of the Firelight Newsflash can be found on our website:

<http://www.firelightfoundation.org/resources/newsflash/>.

We welcome your comments, feedback and ideas for upcoming Newsflashes at

[newsletter@firelightfoundation.org](mailto:newsletter@firelightfoundation.org).

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