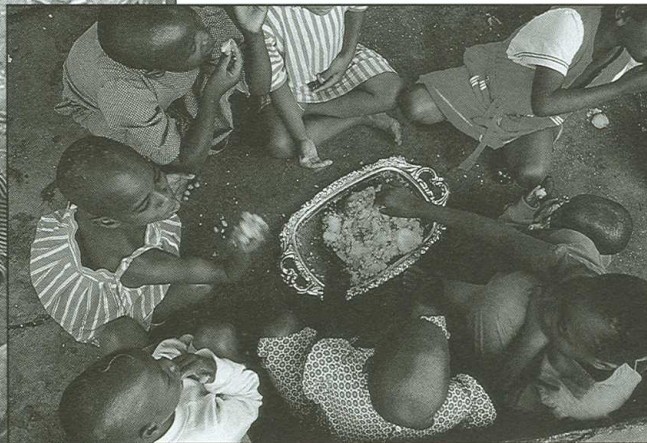
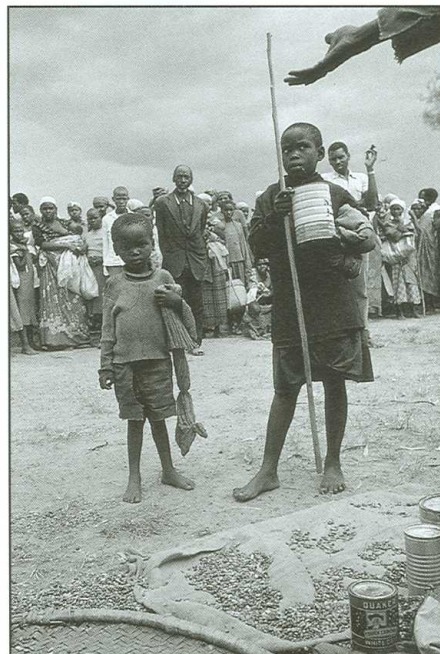




A. Nogues/SYGMA



Reza/GAMMA



Noel Quidu/GAMMA

In 1992: • 350,000 people displaced by the war • 28,800 tonnes of food distributed by the ICRC • 1,799 detainees visited by ICRC delegates

**One day at a time.** Poor nutrition almost always claims its first victims among the under-fives. The ICRC made an extensive survey in November 1992 among displaced children in Rwanda and found alarming levels of malnutrition. Although the immediate needs are for daily meals like this, the food handouts alone don't help the situation in the long term. That is why the ICRC has also drawn up plans to ensure that people returning to their land get the seeds and tools that are absolutely essential for starting over again.

**A matter of pride.** Relief distributions can often make the victims of conflicts uneasy. Already perturbed by the losses they've suffered, they feel apprehensive about accepting charity from the outside. This psychological barrier cannot be overlooked. Before ICRC field workers hand out relief supplies they always explain exactly what the ICRC is and how the distribution should proceed, with the help of an interpreter if need be. This not only avoids any possible chaos but also reassures the victims about why they are entitled to the assistance.