



*He who feeds a stranger and a tired traveler with joy attains infinite religious merit.*

Mahabharata XIII.7.7

*There is none other who does greater good than the one who removes the hunger of those in a difficult situation, helpless, weak and disturbed.*

Mahabharata XIII.59.11

*You should by all means reach out to those who are suffering because they are not able to support their family, and are yet hesitant to ask for help.*

Mahabharata XIII.59.12

*Giving to the poor is true charity. All other giving expects a recompense.*

Tirukural 221

*The Divinities rejoice in that when somebody's happiness owes to another's sacrifice given voluntarily.*

Maha Narayan Upanishad IV, 78

*Give. Give with faith. Do not give without faith. Give with sensitivity. Give with a feeling of abundance. Give with right understanding.*

Taittiriya Upanishad

*Acts of sacrifice, charity and austerity should not be abandoned, but should be performed because sacrifice, charity and austerity are the purifiers of the wise.*

Bhagavad Gita 10.05

*Relieving the ravaging hunger of the poor is the most secure use of a rich man's wealth.*

Tirukural 226

*The fiery scourge called hunger never touches the man who shares his daily meal with others.*

Tirukural 227