The International Food & Beverage Alliance

Highlights of Our Progress 2008-2013

Founded in 2008, the International Food & Beverage Alliance (IFBA), is a group of eleven companies — The Coca-Cola Company, Ferrero, General Mills, Grupo Bimbo, Kellogg's, Mars, McDonald's, Mondelēz International, Nestlé, PepsiCo and Unilever — who share a common goal of helping people around the world achieve balanced diets and healthy, active lifestyles.

May 2013 marks the fifth anniversary of the public commitments our CEOs made to the World Health Organization (WHO) in support of the implementation of the 2004 *Global Strategy on Diet, Physical Activity and Health*. The last five years have been notable for the substantial and positive progress our members have made, individually and collectively, in advancing the goals of that strategy.

We have been leading our industry in efforts to reformulate and develop new products that support the goal of improving diets; to provide nutrition information to consumers; to restrict how and what we advertise to children; to promote balanced diets and healthy lifestyles in the workplace and in communities around the world; and to support public-private partnerships. Outlined below are a few highlights of our achievements.

In addition to acting on our commitments, we have also lent our expertise in the technical aspects of product reformulation, consumer understanding and communication to support WHO strategies. At the invitation of WHO and its regional offices, we have been engaging since 2002 on an informal basis in a variety of dialogues and consultations including the 2004 *Global Strategy on Diet, Physical Activity and Health*, the 2010 *Recommendations on the Marketing of Foods and Non-alcoholic Beverages to Children*, sodium reduction strategies and the WHO *Global Action Plan to Prevent and Control Noncommunicable Diseases 2013-2020*. We are also pleased to serve on the steering group of the SaltSmart Consortium, a multistakeholder initiative of the Pan American Forum for Action on NCDs, tasked with designing and implementing a common, stepwise approach to dietary salt reduction in the Americas.

Recognizing the urgent need to address the global burden of NCDs and to strengthen multistakeholder actions, in 2011 we participated in consultations and hearings convened by CARICOM, WHO and the UN to provide input into the preparatory process for the September 2011 High-level Meeting of the General Assembly on the Prevention and Control of NCDs. We convened two panel discussions featuring thought leaders from government, public health and academia discussing the complexities surrounding NCDs in developing countries, and exploring the challenges and benefits of multistakeholder collaboration to address this global problem. At the High-level Meeting, we publicly committed to continuing to do our part to address NCDs and called for greater global collaboration among all stakeholders. We welcomed the adoption of the *Political Declaration of the High-level Meeting on the Prevention and Control of Non-communicable Diseases* and were pleased that it recognized that an effective response requires "a whole-of-society effort" and the important contribution the private sector can make to these efforts. The industry actions called for in paragraph 44 of the *Political Declaration* are the very actions we have been taking voluntarily on a global basis.



Over the last five years, we have also grown our membership - welcoming more food manufacturers and moving beyond the manufacturing sector to include the quick-serve restaurant industry. And we extended our reach - Food Industry Asia (FIA) was formed in 2010 on the same principles as IFBA. In 2011, the Consumer Goods Forum, a collaboration of more than 400 retailers, manufacturers and service providers across 70 countries, adopted resolutions on nutrition and health based on the IFBA commitments.

Transparency and accountability underpin our commitments and we report annually and publicly on our progress. Our annual reports are available on the IFBA website. For the past five years, we have engaged a third party to independently monitor and report on our global commitment on responsible marketing to children. We continually strive for improvement in all we do. In 2012 and 2013 we hosted two stakeholder forums to solicit input on our progress and our reporting. IFBA's 2012 Progress Report reflected suggestions from those forums.

We believe our commitments and actions to date demonstrate our dedication to do our part as an industry in addressing global public health challenges. We are proud of our work and achievements to date, but recognize there is more to do. But, we cannot do it alone. We believe that collaborative multisectoral actions represent one of the most cost-effective ways to address public health challenges.

Indeed, our experience has shown that working together, we can make a difference. We have learned that by including the private sector we can add valuable perspectives; help achieve scale; open the possibility of innovative finance mechanisms where public institutions are able to leverage private capital; provide leadership to encourage participation in this agenda and bring together different skill sets that, hopefully, deliver a better more effective outcome.

Looking forward, we will build on our successes. We will continue to innovate, creating products that support the goals of helping consumers achieve healthy, balanced diets; to provide fact-based nutrition information to help consumers make informed dietary decisions; restrict the marketing of foods high in fat, sugar and salt to children and promote healthier lifestyles and increased physical activities. And we will continue to look for opportunities to broaden and strengthen our relations with WHO, governments and civil society as we work towards a truly collaborative effort to advance the goals of public health.



Product Composition & Availability

Objective: Continue to reformulate products and develop new products that support the goal of improving diets.

Progress: We are working to make our products more nutritious while ensuring we meet the taste and convenience needs expected of our consumers.

Since 2004, we have been steadily reducing or removing key ingredients of public health concern – salt, sugar, saturated fats and trans fat – and increasing beneficial ingredients – fibre, whole grains, fruits and vegetables and low-fat dairy. We are fortifying commonly consumed products with vitamins and minerals to address micronutrient deficiencies. We are reducing calories by offering smaller portion sizes and providing portion guidance.

The progress we have made is substantial – reformulating and developing thousands of products with improved nutrition – and our work continues. A few examples:

- The Coca-Cola Company serves more than 4,000 beverage options around the world that fit a range of lifestyles, including 1,000 low- or no-calorie products in 2008, 5% of its product offerings were low- or no-calorie.
- Ferrero has long been committed to providing consumers with the best taste satisfaction and the most reasonable and acceptable energy content per portion. More than 70% in volume of Ferrero's products marketed around the world during 2011-2012 are presented in portions with less than 100 Kcal and more than 95% in portions with less than 150 Kcal. Furthermore, since many years ago Ferrero has adopted manufacturing processes which avoid any use of hydrogenated fats in its products.
- General Mills has improved the health profile of 73% of its U.S. retail sales volume since 2005 by adding whole grains, fibre and calcium, and reducing calories, sugar, sodium and trans fat.
- Grupo Bimbo has eliminated trans fat from its total product portfolio. Since 2008, saturated fat has been reduced in 3% of its total product portfolio. Saturated fat has been reduced by 25% in leading sweet baked goods brands and by 15% in leading salty snack brands.

- Kellogg reduced the average amount of sodium per serving in ready-to-eat cereals by 18% between 2007 and 2012. In 2008, Kellogg committed to reduce sugars in many of its global cereals advertised to children to 12 g or less per portion. Today, all products marketed to children under 12 globally have 12 g of sugar or less per serving.
- Mars has reduced sodium levels in its products globally by an average of 25% (from a 2007 baseline). Mars is committed to its chocolate products not exceeding 250 calories per portion. At the end of 2013, more than 95% of its chocolate products in Europe met that target.
- In the last year in the U.S. McDonald's introduced more than 410 million cups of vegetables and more than 200 million cups of fruit to its customers. Apples are now available in Happy Meals in 29 countries; carrot sticks are offered in 23 countries and corn cups are offered in 13 countries.



- Mondelēz International has reduced saturated fat by 50% since 2009 across the Belvita Crunchy Biscuit range; and by 45% in the Prince Biscuit across Europe. Trans fats have been greatly reduced – and in most cases eliminated, from products worldwide.
- Worldwide, Nestlé provided more than 167 billion servings of nutritious and fortified foods and beverages in 2013, including products to prepare family meals, dairy products, powdered beverages or cereals for children, up from 150 billion in 2012.
- In 2013, PepsiCo removed approximately 402,000 metric tons of added sugars from its total beverage portfolio in North America (compared to its 2006 baseline). 595 beverages currently meet internal nutritional guidelines, representing 40% of the U.S. beverage portfolio's sales volume.
- Prior to 2010, Unilever had already significantly reduced salt levels in its products. The company's goal is to reduce the salt level further to help consumers meet the recommended 5 grams of salt per day based on globally recognized dietary guidelines.

In addition to these individual company efforts, IFBA members have also worked in collaboration with governments and NGOs around the world on a variety of reformulation initiatives, including trans fat, sodium, sugar and calorie reduction initiatives, aimed at reducing the burden of obesity and NCDs and helping consumers to achieve a healthy diet. A few examples:

- Cooperation Agreement on the Development of Local Actions for Promoting Healthy Lifestyles (Brazil): The food industry, including IFBA members, entered into a cooperation agreement with the Ministry of Health to reduce key nutrients in industrialized products and establish goals for sugar, sodium, saturated and trans fat reductions. The first phase (completed in 2010) focused on trans fat elimination and resulted in the removal of 23 tonnes of industrially produced trans fat from the food supply. The next phase is focused on sodium reduction and it is expected the resulting food products will have 30 percent less sodium by 2020.
- PAHO (the Americas): IFBA is part of PAHO's "SaltSmart Consortium", launched in 2012 by The Pan American Forum for Action on NCDs (PAFNCD), a multi-stakeholder collaborative, supporting efforts to reduce salt consumption and promote healthier diets across the Americas. Stakeholders have committed to implement a common, stepwise approach to dietary salt reduction in the Americas by fostering collaboration among governments, civil society and industry with the aim of realizing PAHO's goal of reducing salt intake to less than 5 g per person per day by 2020.
- The Healthy Weight Commitment (U.S.A.): Founded in 2009, the Healthy Weight Commitment Foundation (HWCF) is aimed at helping families and schools reduce obesity especially childhood obesity by 2015. HWCF promotes ways to help people achieve a healthy weight through energy balance calories in and calories out. HWCF members, including IFBA companies, voluntarily pledged to collectively remove 1.5 trillion calories from their products (against a 2007 baseline) by the end of 2015. That goal was reached at the end of 2012 three years ahead of schedule.



• The Public Health Responsibility Deal (U.K.): IFBA members have joined The Public Health Responsibility Deal (PHRD) —a voluntary scheme of the U.K. government to tackle rising obesity rates. Participants submit plans for salt and calorie reductions; tans fat elimination; out-of-home calorie labelling; for healthier staff restaurants); and community and workplace physical activity. Between 2001 and 2011, adult daily intakes of salt had been reduced by 15 percent. Each IFBA member participating in the initiative had met its respective salt reduction target for 2012. Members also achieved their goal of removing trans fat from partially hydrogenated oils meeting the trans fat elimination target set by the PHRD.

Nutrition Information to Consumers

Objective: Provide clear, fact-based nutrition information.

Progress: Helping consumers make informed and healthy choices is a key element of our 2008 commitment in support of WHO's 2004 *Global Strategy on Diet, Physical Activity and Health*.

Fact and science-based labelling systems provide meaningful and understandable nutrition information that can help consumers make dietary decisions that meet their individual nutritional needs, particularly when coupled with effective consumer education.

In November 2010, IFBA strengthened its 2008 commitment by adopting a global approach to nutrition labelling which focuses on providing consumers with nutrition information that is objective, fact- and science-based and that emphasizes the importance of the overall diet and encourages physical activity.

Today, all members have improved the labelling on their packaging to provide clear, simple information to help consumers make choices for a nutritionally balanced diet. At a global level, IFBA members are committed to providing nutrition information per serving and/or per 100 grams for the key nutrients of public health interest – calories, total fat, saturated fats, carbohydrates, total sugars and sodium/salt. To provide information on how a product contributes to an overall diet, members are also in the process of adding the percentage that each nutrient provides of the recommended daily amount (expressed as Daily Intake (DI), Daily Value (DV) or Guideline Daily Amount (GDA).

To help consumers quickly and easily compare products while shopping, IFBA members are also voluntarily adding GDAs on the front-of-pack (FOP) and implementing voluntary FOP labelling systems, supported by consumer education campaigns, around the world. To date, standardized FOP labels have been introduced in Mexico ("Checa y Elige") and the U.S.A. ("Facts Up Front"), and industry has collaborated with governments to launch FOP labelling systems in Malaysia and the Philippines. In 2012, members adopted a harmonized GDA labelling system across the EU.

Nutrition information, recipes, personalized diet plans and tips and tools on how to lead a healthy lifestyle are available through member company websites, social media apps, help lines and through other channels.



Responsible Marketing to Children

Objective: Extend responsible advertising and marketing initiatives to children globally.

Progress: Recognizing that attitudinal and behavioural changes must accompany product changes, IFBA companies made responsible marketing and advertising to children a critical part of their effort to promote balanced diets and healthy lifestyles.

In early 2009, members formally adopted the IFBA Global Policy on Advertising and Marketing Communications to Children (the IFBA Global Policy). This policy, which is in line with the 2010 WHO Set of Recommendations on the Marketing of Foods and Non-alcoholic Beverages to Children, sets out the criteria for advertising and marketing communications that are paid for, or controlled by, IFBA companies in every country where they market their products. Members commit either to only advertise better-for-you products to children under 12 years of age or not to advertise at all to children under 12. Companies use specific nutrition criteria, based on accepted scientific evidence and/or national and international dietary guidelines to determine which of their products are suitable for advertising to children.

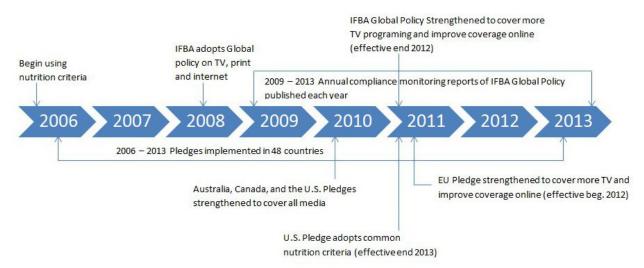
In 2010, we extended this work by adding a global schools policy. IFBA members committed, at a minimum, not to engage in any commercial communications to students related to food and beverage products in primary schools, except where specifically requested by, or agreed with, the school administration for educational purposes.

In 2011, the policy was strengthened to cover more television programming and to improve coverage in the online world with full implementation by the end of 2012. The policy now applies when 35 percent or more of the audience is under 12 years of age, which represents a strengthening of the commitment from the original 50 percent audience level; and to all marketing communications on television, in print and on company-owned websites in addition to third-party websites.

In 2008, we committed to promote the "best practice" model on marketing to children and undertook to expand the marketing pledge programme, which had then been launched in several countries, including Australia, Canada, the EU, Thailand and the U.S.A., into other countries. Through regional and national pledges, based on the core tenets of the IFBA Global Policy, we have worked to encourage regional and local food companies that are not members of IFBA to join in these pledges and improve the types of products advertised to children and to promote balanced diets and healthy, active lifestyles. By the end of 2013, responsible marketing pledges had been implemented in 48 countries worldwide.



The Journey



Transparent monitoring and reporting systems are essential to underlining the effectiveness of any self-regulatory system. Each year since 2009, IFBA has engaged Accenture Media Management, a leading global provider of media auditing services, to independently monitor and report on members' compliance with the IFBA Global Policy. Over the past five years, Accenture has found that the compliance rate for television advertising has been above 86% in every market analyzed, and 100% for print and internet advertising.

In addition to monitoring compliance, we have also measured the change in the overall nature and balance of members' food and beverage TV advertising to children. Year after year independent data has shown a shift towards the promotion of healthy choices:

- In the EU, a review of advertisements aired in children's programmes shows a very substantial reduction in children's exposure to advertising for products that do not meet nutrition criteria an average reduction of 82% in the five years since we made these commitments.
- In the U.S., a review of advertisements aired during children's programming in 2012 found that 75% of pledge participants' ads were for foods containing fruit, vegetables or whole grains. More than 80% of the ads were for food containing fruit, vegetables, non/low-fat dairy, whole grains, or at least a "good source" of what the 2010 U.S. Dietary Guidelines for Americans call "nutrients of concern" calcium, fibre, potassium and vitamin D.
- In Canada, a spot check on children's TV advertising in 2012 showed that 86% were for "better-for-you" products.

The voluntary actions by IFBA companies have been welcomed by regulators in Europe and the U.S.A. as effective in improving the nutrition of foods marketed to children.



Promotion of Physical Activity and Healthy Lifestyles

Objective: Raise awareness on balanced diets and increased levels of physical activity.

Progress: IFBA members have a long and successful history of collaboration with public authorities, public health professionals and other stakeholders – at the global, regional, national and community level - in programmes aimed at increasing the understanding of the role nutrition, eating habits and physical activity plays in a healthy life.

We support school-based programmes to raise nutrition, health and wellness awareness of school-age children and help teachers and families to promote healthy eating and active living in children. We support community-based programmes and targeted marketing and education campaigns that raise awareness, and encourage consumers to adopt healthy habits and physical activity. We sponsor sporting and other athletic events and activities promoting physical activity among children and young people. These programmes number in the hundreds and span the globe. A few examples:

- EPODE and EIN (Global): With more than 20 years of experience and a rigorous scientific evaluation, the EPODE (Together Let's Prevent Childhood Obesity) methodology developed in France has been recognized by the international scientific community as innovative in tackling the problem of childhood obesity. Today, more than 25 large school community programmes are running in more than 500 cities and towns impacting more than 156 million people around the world. EPODE's methodology is based on community based interventions aimed at changing the environment and behaviors of children, families and local stakeholders with the ultimate goal of promoting healthy lifestyles in families in a sustainable manner. IFBA members, Mars, Nestlé and Unilever, are sponsors of the EPODE methodology and support programmes in a number of European countries through the EPODE European Network (EEN). The Coca-Cola Company and Nestlé are founding global private partners for the Epode International Network (EIN).
- Copa Coca-Cola (Global): The Coca-Cola Company has been a proud sponsor of grassroots football around the world for 25 years and is also a strong supporter of regional and global professional soccer tournaments including the FIFA World Cup. The Coca-Cola Company began supporting grassroots soccer tournaments in Africa in the late 1980s and expanded its programme under the name "Copa Coca-Cola" in 1998, when this global initiative was formally launched in Mexico. With an objective to become the largest and most inclusive football grassroots programme in the world, bringing teens into sports and contributing to more active and healthy lifestyles for young people, at the end of 2012, Copa Coca-Cola had been launched in more than 60 countries.
- **Kinder + Sport (Global):** Kinder + Sport project was launched in 2005 in Italy by Ferrero, with a mission to promote and support healthy lifestyles among children and young generations through the encouragement of everyday sports and physical activity. The project is built on a partnership model collaborations are established with national and International Sports Federations, Olympic Committees and Sports Centers to promote physical activity, organize sports events and supply sports equipment in order to help kids to "move" and practice more sports. In 2013, the project reached approximately 12 million children (6-18 years of age) across Europe. The project is also active in China, Hong Kong, Korea, Mexico, Russia and Taiwan.



- Champions for Healthy Kids (U.S.A.): This programme is a grassroots approach to help improve the nutrition and physical fitness behaviours of America's youth. Since 2002, Champions for Healthy Kids has distributed more than USD 5 million in grants to non-profit organizations reaching over one million youth across the United States. The programme is a partnership between the General Mills Foundation, the Academy of Nutrition and Dietetics Foundation and the President's Council on Physical Fitness, Sports and Nutrition.
- Futbolito Bimbo (Mexico): Grupo Bimbo has been sponsoring Futbolito Bimbo the Bimbo Mini Soccer tournament for more than 50 years. This event, which has become a tradition in Mexico, aims to encourage a healthy lifestyle and promote values such as teamwork, camaraderie and healthy competition. Bimbo Mini Soccer involves 41,000 boys and girls and 5,000 games 3,546 teams from 2,320 schools from 43 cities in 32 states of Mexico. In 2013, for the first time the event included a six-day camp designed for the winners of each of the eight participating regions.
- Mission Nutrition® (Canada): This educational programme was created by Kellogg, to promote healthy eating, active living and positive self-esteem in children from kindergarten to grade eight. First launched in 1997, Mission Nutrition® has been developed by Canadian dietitians, with input from teachers and leading experts in physical activity, psychology and health education. The programme includes resources for teachers to use in the classroom and also provides information and activities for parents to help families and caregivers adopt healthy lifestyle behaviours at home.
- Schwer mobil (Germany): For decades, Mars has been actively involved in sports and supporting sports programmes. In Germany, the company is supporting "Schwer mobil" (heavy movers) a joint project by sport clubs in North Rhine-Westphalia. Special nutrition and exercise programmes for overweight children are being offered in selected clubs to motivate children to change their nutritional behaviour and demonstrate that being active can be fun.
- Health in Action (Northeast Brazil): In January 2010, Mondelēz International partnered with INMED Partnerships for Children (INMED) to deliver a school-based health and nutrition program to youth in Northeast Brazil. Health in Action, reaches 675,000 people including over 160,000 school children (ages 5 − 14) who learn about the importance of good nutrition, physical activity, basic hygiene and sanitation. To date, the programme has improved nutritional intake − 100 percent of participating schools have either large scale full gardens or smaller container or suspended gardens that are managed by the children; improved BMI among 65 percent of children, with one third achieving normal BMI; decreased anaemia with average anaemia rates reduced from one in five children to one in ten children; decreased parasitic infections by up to 85 percent; and increased awareness and understanding of good nutrition and active lifestyles among children by 21 percent.
- **Get Active (India):** In 2006, PepsiCo partnered with the Swashrit Society, Hriday and the Indian Dietetic Association to launch the *Get Active* project, a school-based edutainment program with a central objective "to build awareness among school children on the importance of balanced nutrition, micronutrients and regular physical activity for a healthy lifestyle." Since its launch Get Active has reached more than 1.2 million children in 477 schools in 12 cities across India.



• Making School Meals More Nutritious (Global): Unilever has established school meal programmes in France, Germany, Poland, Portugal, the Philippines, Thailand and the U.K. Combining best-practice kitchen and menu management with nutritionally-improved recipes for children, the programme provides operators with efficiency gains and inspiration for a varied, nutritious and tastier meal – attracting more children to the school canteen. To examine the effectiveness of the programme, Unilever partnered with the Filipino Food and Nutrition Research Institute (FNRI) to conduct a scientific study in a high school in Manila in the Philippines. The study weighed and calculated the nutritional value of the meals of the students over a ten-week period. Over the first two weeks, the students were served their regular school lunch. Thereafter, they were served the Unilever meals. The study showed that the students consumed significantly more vegetables and fruits when offered the UFS meals, and their energy intake increased by 28 percent; there was an improvement in fat quality with a strong increase in polyunsaturated fat and a decrease in saturated fat; and a strong improvement in the intake of various micronutrients, particularly vitamin A, iron and calcium was also seen.

Supporting our employees to get and remain healthy is an important priority for us and we offer workplace wellness programmes for the 3.5 million people we employ.

Partnerships

Objective: Actively support public-private partnerships that support the WHO's Global Strategy on Diet, Physical Activity and Health.

Progress: IFBA members have worked in public-private partnerships with governments, the academic and scientific communities, NGOs and civil society around the world for many years. The collaborative partnerships we have at global, regional, national and local levels are wide-ranging and include the funding of public health research; trans fat, sodium, sugar and calorie reduction interventions; community and workplace initiatives aimed at promoting nutrition education, physical activity and the adoption of healthy lifestyles; programmes for reducing the prevalence of childhood obesity; projects providing health care in disadvantaged communities and fighting malnutrition; and partnerships that advance the goals of sustainable agriculture, improve the livelihoods of smallholder farmers, and help ensure the world's food supply. A few examples:

EU Platform on Diet, Physical Activity and Health and the High Level Group on Nutrition and Physical Activity (European Union): Led by the European Commission, the Platform provides a forum for European-level organizations including the food industry and consumer protection NGOs, committed to tackling current trends in diet and physical activity. Currently, there are more than 300 commitments undertaken by the Platform's stakeholders, including IFBA members, public health advocates, NGOs, advertisers and the medical profession, ranging from awareness campaigns to consumer actions on the importance of healthy diets and physical activity; to labelling initiatives, such as the commitment of the EU food industry on front-of-pack GDA labelling of food; to the addition by advertisers of nutrition criteria in defining foods not to be advertised to children; to salt reductions strategies.



- McDonald's Clinton Global Initiative (U.S.A.): In 2013, McDonald's, in partnership with the Clinton Foundation and the Alliance for a Healthier Generation, made a commitment to increase customers' access to fruit and vegetables and help families and children to make informed choices in keeping with balanced lifestyles. This commitment applies to McDonald's top 20 markets which represent 85+ percent of global sales, and demonstrates the company's commitment to use its size and scale to help educate, empower and encourage its customers to make informed choices so they can live a balanced and healthy lifestyle. McDonald's worked with the Alliance for a Healthier Generation, founded by the Clinton Foundation and American Heart Association, to develop the comprehensive plan.
- Nestlé Healthy Kids Global Programme (Global): This programme, a partnership among Nestlé, EPODE International Network, the International Association of Athletics Federation and 280 partners including national and local governments, NGOs, Nutrition health institutes and sport federations, is aimed at raising nutrition and health knowledge and promoting physical activity among school-age children around the world. At the end of 2013, the programme had been launched in 68 countries, reaching 6.9 million children. Healthy Kids programmes are based on a multi-partnership approach with expert teams to develop the programmes and local implementing partners. The company believes the success of the programme lies in the quality of the experts who develop the educational materials and curricula to meet the specific needs of local communities.
- Project Laserbeam (Bangladesh and Indonesia): Unilever and Mondelez International are working alongside UN agencies (WFPO, NGOs (CARE, BRAC, Water Aid, Friendship and GAIN) and other private companies in this multistakeholder and multisectoral programme that aims to directly reduce under-nutrition through food and micronutrient intake and indirectly improve nutrition through improved water, sanitation, hygiene, food security and income generation in Bangladesh and Indonesia.

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