



ANIMAL CRACKERS

A RESOURCE FOR CHILDREN AND YOUTH MINISTRIES

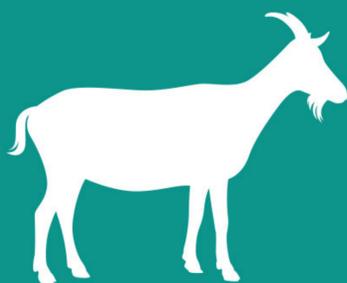
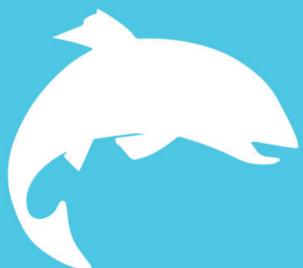
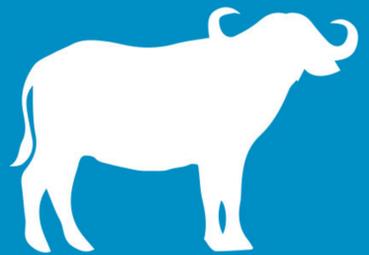
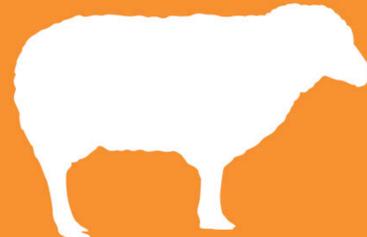
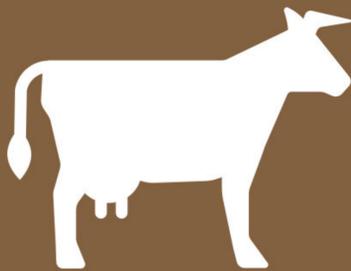


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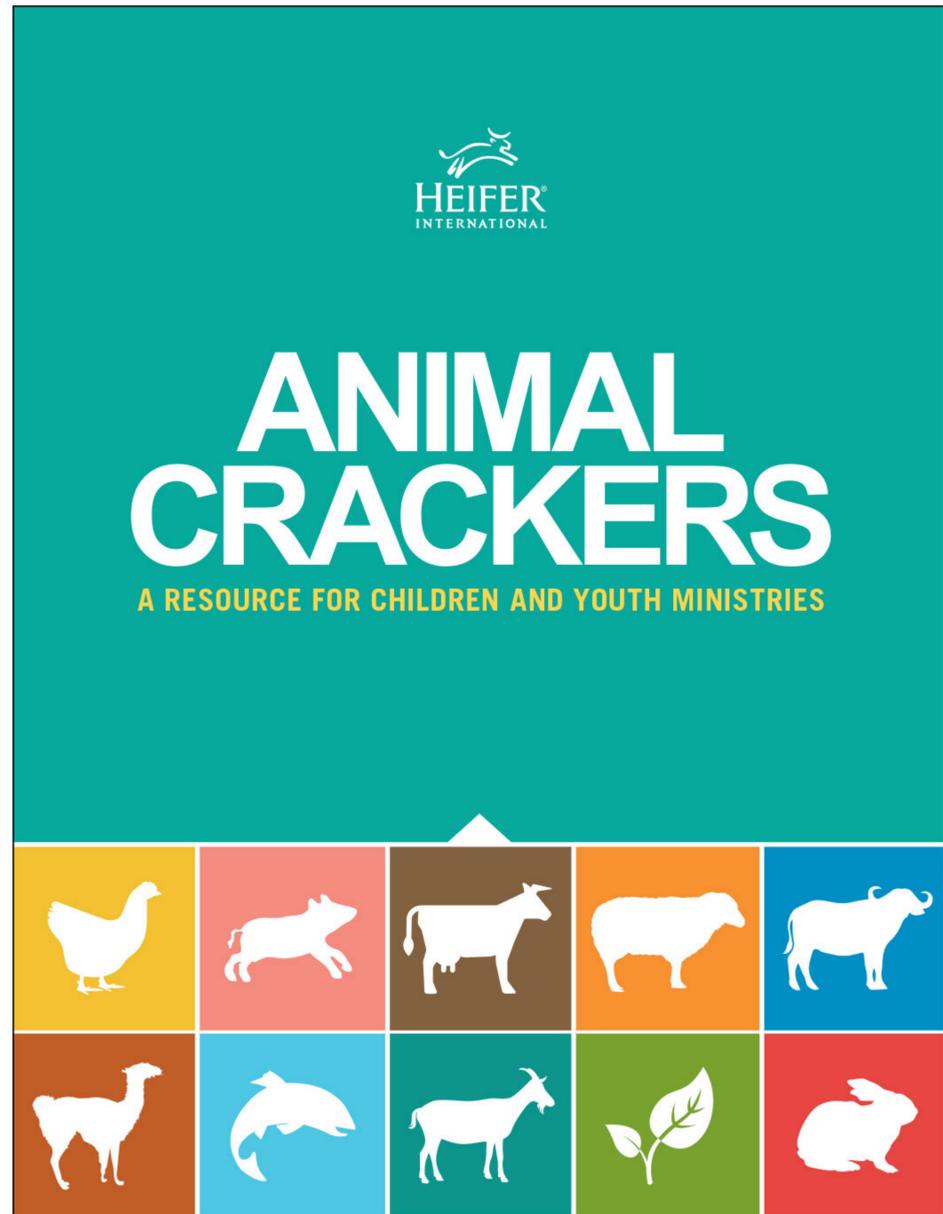
ABOUT ANIMAL CRACKERS

What's this book about?

This book is an educational resource to help children and youth see themselves as part of the global family and gain a deeper appreciation for the ways Heifer International helps people, animals and plants live in harmony as God's good creation. It also includes a number of fundraising ideas to support our work alongside families and communities to improve their income, nutrition and standard of living.

How can I use this resource?

- With children and youth, separately or together
- As a source for facts, stories, pictures and activities about Heifer animals and other inputs
- To interpret the mission of Heifer International



Ask the
animals and
they will
teach you.

Job 12:7

Come
and take
refuge in
my shade.

Judges 9:15

QUESTIONS ABOUT HEIFER



What's so special about Heifer's approach to world hunger?

Heifer is unique among nonprofit organizations working around the world. What sets us apart is our model. We only enter communities upon invitation. We train project participants extensively on a host of topics that range from animal husbandry to gender equity.

But what really sets us apart is our strategy of Passing on the Gift®, whereby each family passes on animals, knowledge and other inputs to their neighbors in need. This practice turns recipients into donors and provides a profound sense of accomplishment. Through Passing on the Gift, the impact of the original gift is doubled, at minimum, proving that small actions lead to big results. This approach has evolved for more than seven decades.



The critical element in project communities is the energizing spark that motivates and empowers families to take action. To make true transformative change possible, we help communities direct their own development and take advantage of resources offered by government agencies and other organizations involved in development work.

We are committed to ending hunger and poverty while caring for the Earth. And we are committed to living our core values as a coherent, unified and strong organization dedicated to providing deep, profound and sustainable impact through all of our programs and projects.



How did you get started?

Dan West, a farmer and youth leader, was a relief worker during the Spanish Civil War in the 1930s. While passing out powdered milk to children on both sides of the conflict, he grieved when the supply of milk ran out with children still waiting in line.

He reasoned that these people needed “not a cup, but a cow.”

He challenged his farmer friends at home to send heifers. Because he believed that everyone who receives should also experience the dignity of giving, West came up with the idea of Passing on the Gift. Every family who receives a Heifer animal, he insisted, should pass on one of their animal’s offspring to someone else in need.



When I give to Heifer, where does my money go?

We use your gift where it can do the most good by combining it with the gifts of others to help transform entire communities. To help the greatest number of families move toward self-reliance, we do not use our limited resources to track gift animals from donation to distribution. Instead, your gift supports the entire Heifer mission. Each year, our unique community development model assists millions of families with gifts of animals and training. And, because you are helping Heifer fight hunger and poverty, your gift is tax deductible.

\$20
Flock



Chickens

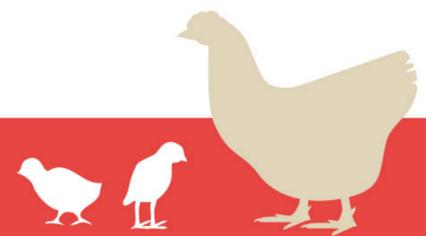
▶ PLUCKY PRODUCERS

There are more chickens in the world than any other species of bird. For good reason, too; the fact that a single chicken can lay up to 200 eggs a year makes them a continuous source of a power food.

How are eggs power food? Eggs are:

- A great source of protein
- Good for healthy brain function
- A good source of choline, which helps reduce birth defects

CHICKENS PROVIDE: Money, Manure, Meat, Motivation



CHICKEN CHECKLIST

Many families around the world want Heifer chicks because they give protein-rich eggs or meat to eat or sell. They adapt well to different climates and don't take up a lot of space. Inexpensive to feed, chickens round out their diet by pecking at bugs, weeds and seeds. And they improve the ground by scratching up the soil with their sharp beaks and claws and fertilizing it with their droppings.

To make the most of chickens' natural habits, some project participants keep their chickens in movable pens. In Asia, others build the chicken house over the fishpond, so that their droppings fertilize the underwater algae that fish like to eat. Newly hatched chicks are good travelers because they can go for 72 hours without food and water. In six months, the young hens (pullets) are ready to lay eggs themselves.

CHICKEN ACTIVITIES

Compose a Prayer

Give thanks that God is like a mother bird (Deuteronomy 32:11–12) who cares for her young (Matthew 23:37). Through Heifer, we, too, can demonstrate our care for all members of God's family.

Brain Teaser

One egg produces one hen that can lay around 400 eggs during her lifetime; half the eggs (200) will be cocks and half will be hens. If the 200 hens each lay 400 eggs in their lifetime (80,000), and half are given to adults, how many eggs are there to provide hungry children with nutritious, protein-rich food?

Answer: 40,000

Rooster Riddle

Which came first—the chicken or the egg?

Answer: According to the Bible (Genesis 1:20), the chicken. We agree, and usually supply chicks to families who may not have equipment to incubate hatching eggs.

What Else Can We Do?

- Do a chicken dance (step, step, dip, wiggle)
- Make chicken soup, deviled eggs or egg salad sandwiches
- See who can think of the most dishes you can make with eggs
- Run an egg and spoon race
- Make chicken masks from paper plates, construction paper and yarn
- Play "Fox in the Hen House" (hide and seek)

Test Your Knowledge

1. A group of baby chickens is called a _____.
2. Chickens wear a _____ on top of their head.
3. Chicken _____ makes you feel better when you're sick.
4. People in _____ began raising chickens around 1400 B.C.
5. The _____ part inside an egg provides food for the developing chick.

Answers: 1. brood 2. comb 3. soup 4. China 5. yellow (yolk)

LIFESPAN

6-7 years

WEIGHT

8 pounds

GESTATION

21 days

FUN FACT

Chicken eggs come in different colors, including white, brown, green, pink and blue.



TRADITIONAL PROVERBS

It's one thing to cackle, it's another thing to lay an egg.

(Ecuador)

However full the house, the hen finds a corner to lay eggs.

(Sierra Leone)



COWS

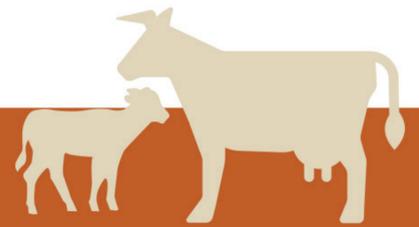
\$500
Share:
\$50

▶ GENTLE GIANTS

Sure, cows are big animals, but they're giants in other ways, too. They are key animals in the history of farming, and the first animals that we gave were three cows named Faith, Hope and Charity.

Some other cow facts you may not know:

- "Heifers" are young female cows that haven't calved yet
- Cows have excellent vision—almost a 360-degree panoramic view
- Cows can get up if they're pushed over (sorry, would-be cow tippers!)



COWS PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



COW CHRONICLE

Cows are a sign of wealth in many countries, and moving cows to seasonal pasture and water has been a way of life for nomads since earliest times. Heifer dairy cows, though, are usually zero-grazed: kept in a fenced area with fodder carried to them. That way, they don't wander, risking injury and disease. Dairy cows are bred to give milk and can give four or more gallons every day. Heifer project participants value them highly as suppliers of nourishing protein, so children grow strong and healthy. Families can sell extra milk, butter, cheese or yogurt to provide a steady income. They sell calves after the first heifer (young female cow) is passed on to another family in need. Heifer teaches farmers to plant special grasses and trees with leaves cows like to eat. These plants hold water in the soil, improving its quality. Cow manure is valuable because it is an excellent crop fertilizer. Some cattle pull plows or other heavy loads.

LIFESPAN

20 years

WEIGHT

1,400 pounds

GESTATION

9-10 months

FUN FACT

A heifer is a young female cow that hasn't had a calf yet.

COW ACTIVITIES

Compose a Prayer

Cows are symbols of blessing (Deuteronomy 7:13) and well-being (Leviticus 3:1). Heifer cows bless families and build peace in communities.

Cow Riddle

Do you know which animals were given in the first Heifer project?

Answer: Why COWS, of course! Seventeen cows were given to malnourished families in Puerto Rico in 1944. Learn more about the cowboys who accompanied them at www.heifer.org/worldark

Test Your Knowledge

1. A group of cows is called a _____.
2. Cows, bulls, steers, heifers, calves and oxen are all _____.
3. Cows swallow and chew their food _____.
4. Methane gas for cooking and lighting comes from cow _____.
5. The first Heifer cow helped hungry people in Puerto Rico in _____.

Answers: 1. herd 2. cattle 3. twice (They are ruminants who chew cud.) 4. manure 5. 1944

TRADITIONAL PROVERBS

I have a cow in the sky, but I cannot drink her milk.

(Ethiopia)

The cow is as good as the pasture in which she grazes.

(Ethiopia)

Wear a Cow Face

YOUNG CHILDREN

Use face paint to paint cow faces directly on children's faces. Cows have big eyelashes and broad noses.

OLDER CHILDREN

Materials: Children's plastic sun visors, large wiggle eyes from a crafts store, construction paper, glue, black paint (optional)

Method:

1. Glue two wiggle eyes to top center of visor.
2. Cut two spoon-like shapes from paper, position them pointing down like ears and glue one on each side of visor.
3. Cut two large banana shapes from paper; glue these "horns," pointing outward, to the underside of visor's bill.
4. Cut two small banana shapes from paper and glue to visor's rim as nostrils.
5. Paint black patches on white plastic visors (optional).

What Else Can We Do?

- Hold an "I Can Moo Louder than You!" contest
- Make butter: Shake chilled whipping cream in a covered glass jar for 10 minutes
- Bring cowhide and cow novelty items for Show and Tell
- List all the foods you can make with milk
- Whip up milkshakes or smoothies with your favorite flavors.
- Act out the Bible story of Pharaoh's dream about cows (Genesis 41:14-45)

TEACH A MAN TO



Fish

\$300
Share:
\$30

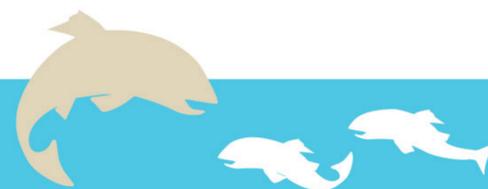


What do you think fish have in common with trees? You can count their age by the number of growth rings on their scales. The act of farming fish and other aquatic creatures is known as aquaculture.

The consumption of fish is growing, and:

- Today people eat, on average, four times as much fish as they did in the 1950s
- Fish is low-calorie and high-protein
- The high omega-3 fatty acid content means that eating fish can reduce the risk of some diseases

FISH PROVIDE: Money, Meat, Motivation



FISH FINDINGS

Next to agriculture, fishing is the world's most important food source. At least 100 billion pounds of fish are caught every year, and the demand continues to grow. Heifer project participants grow fish in freshwater ponds they build themselves. They feed them crop residue, such as rice husks, and they often build rabbit hutches or chicken houses over water so the droppings will help grow pond algae for fish to eat. Project participants catch their fish—often tilapia—with nets rather than fishing poles. When served with rice and vegetables, one fish is enough for a family meal with none left over—important where there is no refrigeration. Families can also sell fish to their neighbors. With a 40 x 50-foot pond stocked with Heifer fingerlings (fish under one year old), a family can earn six to eight times as much as they can with a rice crop. Aquaculture is small-scale, self-sustainable farming that helps provide a satisfying quality of life.

FISH ACTIVITIES

Compose a Prayer

Are we giving the world's children a stone when they ask for a fish (Matthew 7:10)? Jesus told his disciples to fish on the other side of the boat (John 21:1–9). How might we need to change our life habits, so there is plenty of food for everyone?

Test Your Knowledge

1. If you have a backbone, gills and _____ blood, you are a fish.
2. A group of fish is called a _____.
3. Aquaculture is (a) underwater etiquette (b) aftershave (c) fish farming.
4. Fish help control malaria and yellow fever by eating _____ eggs.
5. Do fish lay eggs?

Answers: 1. cold 2. school 3. fish farming
4. mosquito 5. Yes

Fish Riddle

Why do people say, "That's fishy!" when something sounds suspicious?

Answer: Because it sounds too good to be true (smells bad). But it is true that a Heifer fish pond can supply more than a family's protein needs.

What Else Can We Do?

- Draw a fish tank with fish in it
- Invite a fisherman to demonstrate how to catch and clean a fish
- See how many different fish you can name
- Find out why the fish is a symbol for the church
- Sponsor a swim contest—for all ages and abilities
- Blow up balloons, add fins, scales, eyes with markers; add a tissue paper tail
- Read Psalm 8 out loud together
- Cut sponges in fish shapes, dip in tempera paint and print on art or rice paper
- Watch *Finding Nemo*

Make a Fish Mobile

Materials: Coat hanger, sewing thread and needle, colored paper strips (at least 6 inches x 1 inch wide), sequins

Method:

1. Make a slit at least an inch from both ends of each paper strip.
2. Fold each strip in half and insert one slit into the other to make a fish.
3. Suspend a sequin (fish eye) from a length of thread to fit inside the fish shape and stitch thread to inside top of fish's head.
4. Tie free end of thread for each fish to each end of coat hanger. Suspend each fish at different levels.

TRADITIONAL PROVERBS

A big fish is caught with big bait.
(Sierra Leone)

A bird's strength is in its feathers; a fish's strength is in its scales.
(Indonesia)

LIFESPAN
10-20 years

WEIGHT
Average 2 pounds

GESTATION
5 days

FUN FACT
Tilapia are native to Africa.

\$120
Share:
\$10

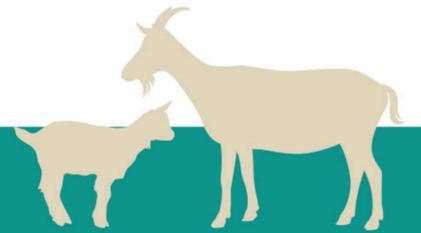
Goats ▶ **SCRAPPY SURVIVORS**



A goat is one tough animal. Goats can survive in almost any climate, due in part to their open-minded approach to eating: almost anything goes. Legend has it that a goat herder in Ethiopia discovered coffee after noticing his goats' high-energy frolicking after eating berries from certain plants.

These curious animals are:

- A great source of protein
- Good for healthy brain function
- A good source of choline, which helps reduce birth defects



GOATS PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



GOAT GRAPEVINE

People around the world love goats—for good reason. Goats do well on rocky, unproductive land, browsing on weeds and brush other animals can't eat. They produce rich, nutritious milk—usually one gallon a day—that can be made into cheese and yogurt. Goat milk is often prescribed for children who can't digest cow milk. Heifer project participants usually keep their goats in roomy zero-grazing pens and carry fodder and water to them. That way, goats' sharp hooves won't damage fragile terrain, and they don't risk injury and disease. Since goats are hardy and adapt well to different climates, the only shelter they need is protection from rain, wind and cold. With a Heifer goat, a family can expect two kids a year. After passing on a female kid to another family in need, the offspring they keep can be an ongoing source of income for school fees, medicine, clothing and home improvement.

LIFESPAN

8-15 years

WEIGHT

230 pounds

GESTATION

6 months

FUN FACT

Goats discovered coffee beans.

GOAT ACTIVITIES

Compose a Prayer

Mountain goats and all animals are attuned to the pulse of life on this planet as God intends (Job 39:1–4). How can we show respect for God’s good creation and humbly join the dance (Psalm 147:7–11)?

Easiest Goat Ever

Materials: Two clothespins, one craft stick, half a pipe cleaner, spray paint

Method:

1. For body and legs, clip a craft stick between two clothespins. Leave about two inches of the stick protruding at one end.
2. To make the horns, twist half a pipe cleaner around the stick, an inch from protruding end, and curl ends. Apply spray paint all over.
3. Add your own touches: consider a ribbon or bell around the goat’s neck, a turned-up tail, wiggly eyes or a child’s name.

Play Goat Tag

In a large room or outdoor area, scatter carpet squares or flattened cardboard boxes. Assign one person the role of Goat and the rest of the players are Kids. The Kids leap or run from square to square. The Goat can only tag them while they’re on the ground or in the air. Once tagged, a Kid becomes a Goat, until no Kids are left.

Brain Teaser

If a goat produces four quarts of milk a day for 250 days, how much milk will a project family have to feed the baby goat, provide nutrition for themselves and sell for income?

Hint: Four quarts = one gallon

Answer: One ton...that’s 250 gallons of milk!

Test Your Knowledge

1. We call them Billy and Nanny, but, really, they are a buck and a _____.
2. The long, silky hair of the Angora goat produces _____ yarn.
3. Do goats eat tin cans?
4. Since goats are ruminants, they chew their _____ like cows.
5. Heifer goats are the (a) most or (b) least requested animal by donors.

Answers: 1. doe 2. mohair 3. no, but they might nibble on the label out of curiosity 4. cud 5. most

What Else Can We Do?

- Examine goat products like Moroccan leather, cashmere sweaters and mohair scarves
- Read about the jealous brother who wanted a goat feast (Luke 15:25–32)
- Sample goat cheeses (chevre) on apple or pear slices with pine nuts
- Find out why we say we handle difficult things and people “with kid gloves”
- Make a goat sock puppet with button eyes, yarn beard and felt ears
- Have a goat sound contest

TRADITIONAL PROVERBS

Don’t approach a goat from the front, a horse from the back, or a fool from any side.

(Israel)

Because someone has injured your goat, don’t go out and kill his ox.

(Kenya)

\$150
Share:
\$20



Llamas

► HARDY HIGHLANDERS

Few animals can thrive in the harsh conditions of the Andean highlands, but llamas and their alpaca cousins are uniquely suited to the task. Their dense, soft wool keeps them warm, and they like to eat scrub vegetation that other grazers wouldn't touch.

Llamas and alpacas:

- Are gentle on soil, thanks to their padded hooves
- Spit and neck-wrestle each other to establish pecking orders
- Are sometimes used as guard animals for other livestock



LLAMAS PROVIDE: Milk, Money, Manure, Muscle, Material, Motivation



TRADITIONAL PROVERBS

Progress should not gallop like a horse, but move at the pace of the people like a llama.

(Bolivia)

LLAMA LESSONS

Domesticated and selectively bred for their gentle nature and fine fiber by the Incas 6,000 years ago, llamas are intelligent, serene creatures. Sometimes called "camels of the clouds," they are essential to indigenous people in the high plains of Bolivia, Ecuador and Peru. They are sure-footed in rocky, steep places; and their thick coats protect them from harsh weather. Llamas require little water and browse on twigs, moss and brush; and their unique feet are kind to fragile terrain, making them easier on the environment than other livestock. Baby llamas run with the herd an hour after birth and double their weight in the first month. In Bolivia, llamas are the subject of indigenous people's songs, dances and stories. Heifer is helping to upgrade their stock, thus preserving their culture. Besides being hardy pack animals, llamas supply wool, hide, rope, candle fat and manure pellets for fuel. They easily carry loads one-third their weight over long distances. With intelligence and sharp vision, llamas are excellent guards for sheep and cattle.

LLAMA ACTIVITIES

Compose a Prayer

Be glad that all things on Earth are created to live in joy and harmony (Psalm 32:11). Ask that the small steps we take to reconcile animals, land and people may bring us closer to the heart of God (Psalm 104).

Wool Weaving

Materials: Four 36-inch-long pieces of yarn, four drinking straws, one ball of yarn, several pieces of cardboard

Method:

1. Divide yarn into pairs and thread one piece of yarn through each straw.
2. Divide straws with yarn into pairs and knot each pair together.
3. Loop over doorknob or hook.
4. To anchor, wrap yarn ends around slit in cardboard.
5. Wind ball of yarn onto cardboard shuttle.
6. Weave over and under straws until straws are covered.
7. Push weaving away from you; pull straws toward you.
8. Repeat steps 6 and 7 until your weaved yarn is long enough to make a belt.
9. Unknot ends of yarn hanging on doorknob or hook to remove straws. Re-knot ends of yarn and wear your new belt!

LIFESPAN	⋮	WEIGHT	⋮	GESTATION
15-30 years	⋮	300-450 pounds	⋮	1 year

FUN FACT

Llamas spit to establish the pecking order in the herd.

Make a Poncho

Children in many Latin American countries wear colored woven or knitted ponchos in natural llama wool colors of brown, black, grey and buff.

Materials: Squares of cotton fabric in cream or bright colors (36 inches, or to fit children), brown and black marking pens, scissors

Method:

1. Cut a square fabric.
2. Fold in half into a triangle shape.
3. Make a right-angle slit in the center of the fold for head opening.
4. If a plain color is used, use black and brown markers to draw a border design and llama silhouettes.
5. Use scissors to create fringe on the edges.

What Else Can We Do?

- Hike the nearest mountain trail or trek to the local park
- Llamas spit when annoyed. Hold a bubble-blowing contest
- Use cardboard looms to weave "blankets"
- Draw a llama

Test Your Knowledge

1. A baby llama is called a (a) creole (b) cria (c) cry baby.
2. Smaller cousins of llamas with finer wool are vicunas and _____.
3. Llamas settle disputes by spitting. True or False?
4. As modified ruminants, llamas chew their _____ like cattle.
5. Llamas provide cultural identity to the indigenous people in _____.

Answers: 1. cria 2. alpacas 3. true 4. cud 5. Bolivia

THAT'LL DO ▶

Pig

\$120
Share:
\$10

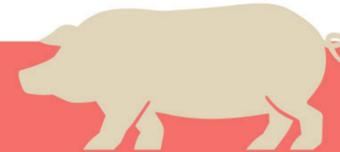


Pigs are useful for more than just making bacon. Because of their foraging abilities and excellent sense of smell, they are used to find truffles in many European countries. Sometimes their bristly hair is used to make brushes.

Pigs are great investments for farmers. They:

- Live a long time (10-15 years) and are super low-maintenance
- Don't need much land and can thrive on crop and garden scraps
- Provide manure to fertilize crops
- Can have 16 or more piglets a year

PIGS PROVIDE: Money, Manure, Meat, Material, Motivation



PIG PORTRAIT

Even though some cultures don't eat pork, pigs are still among the world's most popular animals. There's a good reason: pigs (or hogs) are highly efficient meat producers. One mother pig (sow) usually produces two litters of 10 babies a year. Weighing only three pounds at birth, at six months pigs may weigh 200 pounds and are ready for market.

Traditional pigs require more food to achieve fewer results than crossbred pigs. Heifer families that raise pigs often find they can double their income. And there are plenty of offspring to pass on to others in need. The pigs are kept in clean, shady pens and fed carefully. They do not compete with humans for food and can even eat some vegetable waste. In return, they produce manure to enrich vegetable gardens, body-building protein meat to supplement a rice or beans diet, and money for income.

PIG ACTIVITIES

Compose a Prayer

Romans 14:17–19 reminds us that we can be peacemakers through the everyday choices we make. We need God’s help to see when we are enjoying the good life at the expense of others (Hosea 12:6–8).

Prepare Popcorn Pigs

Materials: Popcorn, 1¼ cup sugar, ½ cup light corn syrup, ½ cup water, pink food coloring, 3 teaspoons butter, wax paper, candy thermometer, gumdrops, toothpicks

Method:

1. Pop corn; keep warm.
2. Mix sugar, corn syrup, water, food coloring and butter until dissolved.
3. Cook without stirring until 270 degrees.
4. Pour syrup over warm popcorn; form egg-shaped balls by hand.
5. When dry, attach gumdrop eyes, nose and ears; make legs and tail with toothpicks.

Test Your Knowledge

1. Pigs wallow in mud to (a) make a mess (b) cool off (c) find food.
2. What kind of hogs do you see on the highway?
3. Baby pigs can gain over 100 pounds in three months. True or False?
4. A group of pigs born one at a time is called a _____.
5. Income from the sale of _____ shoat (young male) can double a family’s income in Ecuador.

Answers: 1. cool off 2. road hogs 3. true 4. litter 5. one

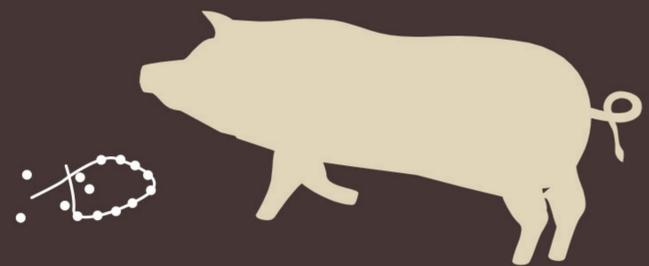
What Else Can We Do?

- Make piggy banks at home and bring to Show and Tell
- Wear a pig snout: small paper cup secured with elastic around your head
- Advertise your pig project by asking teens to give preschoolers piggyback rides
- Grunt a song tune and see if your friends can guess it
- Sample ham cubes, ham salad and cocktail wieners on crackers

BIBLE PROVERB

Do not throw your pearls before swine, or they will trample them underfoot and turn and maul you.

(Matthew 7:6)



LIFESPAN

6-9 years

WEIGHT

150-200 pounds

GESTATION

4 months

FUN FACT

Pigs are omnivores that eat everything from roots to reptiles.

RASCALLY ▶

Rabbits

\$60
Share:
\$10



Often appearing in folklore as a solitary trickster, rabbits actually live in groups. They make their homes in underground holes called burrows, and the group of burrows that forms a rabbit community is called a warren.

Rabbits are an exceptional addition for farms too, and:

- Are very easy to maintain because they don't need much space
- Require little to no medical care
- Thrive on grass and scraps from the field or kitchen
- Provide nutrient-rich fertilizer
- Can have up to 50 babies, also called kits, a year

RABBITS PROVIDE: Money, Manure, Meat, Material, Motivation



RABBIT REPORT

Some families don't have land for larger animals or time to manage them. Rabbits can be kept beside the house, or on the back porch out of rain and wind. All they need is a shady, uncrowded hutch off the ground, with straw or a box for the doe to make her nest. Rabbits can eat readily available garden and vegetable scraps, so they aren't costly to raise. In return, Heifer rabbits supply families with high-protein, low-fat meat in the right amount for homes that don't have refrigerators. Best of all, since rabbits reproduce so fast—approximately 30 offspring a year—there's a steady supply of nutrition and income. Heifer provides project participants with a buck and two does. Since a doe produces a litter after only 31 days of pregnancy, and she can have four litters of eight to 10 a year, families benefit in a short time. Besides meat, they can give fur, hide and nitrogen-rich manure to enrich vegetable gardens or fish farms, and extra income for children's schoolbooks and uniforms.

RABBIT ACTIVITIES

Compose a Prayer

Give thanks for gentle creatures of peace like rabbits that have their place in the balance of nature. Pray for wisdom to work within God's purpose for the planet, not against it (Isaiah 40:27–31).

Make Thumbprint Bunny Cards

Many Heifer project participants have never had the opportunity to learn to read and write. They sign their Passing on the Gift® contracts with a thumbprint. Give thanks for education and write a note to someone telling about your rabbit fundraising project.

Materials: Blank folded note card and envelope, pencil, ink stamp pad or tempera paint, fine-point colored pens, colored pencils

Method:

1. Sketch background scene lightly with pencil on front of card.
2. Shade in background with colored pencils.
3. Make a paint or ink thumbprint for each bunny in your picture.
4. Add ears, whiskers, eyes and tail with pen.

Play Rabbit-Squat Tag

In the wild, a rabbit that senses danger freezes in tall grass until it is safe to dart for cover. In this game, Coyote (Tiger, Fox, Cougar, Eagle or any other predator) chases Rabbits. If in danger of being caught, a Rabbit squats and says, "Rabbit Squat!" and cannot be tagged. Rabbits get three squats per game. When caught, Rabbit becomes Coyote.

Test Your Knowledge

1. A male rabbit is a buck, a female is a doe and a baby rabbit is a _____.
2. Rabbits are ready for market at _____ months.
3. The longer the ears, the better the rabbit. True or False?
4. Rabbits' front teeth never stop growing. True or False?
5. Heifer rabbits are valued as a source of food and _____.

Answers: 1. kit 2. six 3. true, because they help keep the rabbit cool. 4. true 5. income

TRADITIONAL PROVERBS

Slow and steady wins the race.

(Aesop)

If you chase two rabbits, you will not catch either one.

(Russia)

What Else Can We Do?

- Play hide and seek
- Snack on "rabbit food," like carrots, lettuce, and celery
- Rabbits have sharp hearing. Whisper your Bible verse from ear to ear
- Make rabbit tracks: left hand down; right hand down; both feet jump ahead
- Some rabbits can leap 10 feet. Have a long-jump contest

LIFESPAN

5-7 years

WEIGHT

8 pounds

GESTATION

1 month

FUN FACT

A bunch of rabbits is called a warren.

\$120
Share:
\$10

Sheep ► WOOLY WANDERERS



Pastoralism has been fundamental to many civilizations, due in part to the flock behavior of sheep. Their tendency to follow and congregate closely with other members of the herd makes keeping large groups together in unfenced pastures possible.

As key animals in human history, sheep:

- Were among the first animals to be domesticated around 10,000 B.C.
- Are prominent symbols in mythology, religion and even nursery rhymes
- Marked one of the most famous modern scientific milestones when Dolly the sheep became the first mammal cloned from an adult cell in 1996

SHEEP PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



SHEEP SKETCH

Able to adapt to cold, rocky mountains or hot, dry plains, sheep have supplied people with fleece and skins for 12,000 years. Today, people around the world value sheep's wool to make knitted and woven clothing that is warm in winter and cool in summer. Sheep are ruminants, which means they can digest roughage, and they don't need a lot of water. They have two or three lambs a year, which are ready for market in about five months. Heifer project participants limit the amount of grazing their sheep do, rotating their pastures or keeping them in roomy grazing pens part of the time and carrying specially grown fodder to them. Most families raise sheep for wool, but some raise them for meat. Many value sheep manure to fertilize their vegetable gardens.

SHEEP ACTIVITIES

Compose a Prayer

Give thanks that God cares for us like a shepherd (Isaiah 40:11) and for the promise that those with a gentle spirit will possess the Earth (Matthew 5:1-10).

Make a Sheep Card

Materials: Index card, black marker, glue, 120 cotton balls

Method:

1. Draw sheep outline on index card.
2. Color head and legs black.
3. Glue one cotton ball to the sheep's back for each dollar you raise for your sheep project.

Follow the Leader Game

One child is the Sheepdog; one is the Alpha Sheep (leader); the rest are Sheep. The flock lines up behind the leader with an arm's length space between each one. Following in line, they imitate the leader, who may hop, strut, jump, somersault, etc. When the Sheepdog barks, "Turn!" the flock does so; last one in line is leader.

Yarn Toss Game

The group sits in a circle on the floor. Gently toss a ball of yarn across the circle, retaining one end. The recipient does the same, until everyone holds some yarn and the circle is joined in a yarn web. Use the exercise to talk about all the ways people depend on one another and on the environment for life.

TRADITIONAL PROVERB

Beware the wolf in sheep's clothing.
(Matthew 7:15)

Test Your Knowledge

1. A male sheep is a ram, and a baby sheep is a lamb; what is a female sheep?
2. For hundreds of years people wrote on special sheepskin, called _____.
3. What is the oily substance that keeps sheep dry and softens your hands?
4. How many toes does a sheep have?
5. A sheep can yield up to _____ pounds of wool a clip. (a) 10 (b) 14 (c) 18

Answers: 1. ewe 2. parchment 3. lanolin
4. two on each foot 5. 18

What Else Can We Do?

- Top lamb-shaped cookies with marshmallow frosting
- Display examples of things made with wool, felt or sheepskin
- Smooth on some lanolin (the oil in sheep's wool) hand cream
- Tell a Bible story about sheep: Genesis 30:25-43 or Luke 15:1-7
- Make a sheep craft using paper plates and cotton balls
- Sheep have good memories. Tap into your "sheep memory" to memorize Bible verses

LIFESPAN	:	WEIGHT	:	GESTATION
8 years	:	90-450 pounds	:	4½ months

FUN FACT

Sheep were among the first animals to be domesticated by humans around 10,000 B.C.



\$250
Share:
\$25

Water Buffalo

▶ POWERFUL PROVIDERS



Water buffalo are sturdy draft animals that help farmers plow fields and carry heavy loads to market. Unlike mechanical tractors, they don't need fuel to run or mechanics to fix broken parts.

Water buffalo are:

- Producers of milk, which is used to make mozzarella cheese, the perfect topping on pizza
- Sometimes confused with the aggressive African buffalo, but they are biologically only distantly related
- Happy as long as they have a water source to lounge in

WATER BUFFALO PROVIDE: Milk, Money, Manure, Meat, Muscle, Material, Motivation



BUFFALO BRIEFING

Six-feet tall with wide, sweptback horns, water buffalo are awesome to behold. They are usually gentle when domesticated, though, and rural people throughout Asia value them as family members. With their great strength, water buffalo can plow muddy fields for planting rice and are surprisingly nimble on terraced mountain plots. With a water buffalo, farmers can plant four times as much as when they plow by hand. After the harvest, water buffalo can pull loaded wagons to market. They also give rich milk for the family to drink and sell. Water buffalo produce valuable manure for fuel and fertilizer. And with a calf born every other year, Heifer project participants can expect a steady increase in income after they have passed on the gift to another family in need.

LIFESPAN	⋮	WEIGHT	⋮	GESTATION
15-25 years	⋮	2,000 pounds	⋮	9-11 months

FUN FACT

Known as the "living tractor of the East" in Asia and relied upon for plowing and transportation.



WATER BUFFALO ACTIVITIES

Compose a Prayer

The Law (Leviticus 19:10–11), the Prophets (Isaiah 3:15) and the Letters (1 John 3:17–18) take hunger seriously. Pray for grace to live the words of our beliefs in actions that help others.

Mini English Muffin Pizza (12 servings, 30 minutes)

Ingredients: 12 ounce package of English muffins, split; 14 ounce can of pizza sauce; 8 ounce package of shredded mozzarella cheese; 8 ounce package of sliced pepperoni (optional)

Directions:

1. Pre-heat oven to 350° F (or 175° C).
2. Arrange English muffin halves, cut-side up, on a baking sheet.
3. Spoon 1 to 2 tablespoons of pizza sauce onto each English muffin; top with cheese.
4. Bake in pre-heated oven until cheese is melted (about 10 minutes). Let cool before eating.

What Else Can We Do?

- Sponsor a swim party: wash, wade and wallow like water buffalo
- Find out who “Buffalo Gal” was and why there’s a city named Buffalo
- Wear a water buffalo head: cut eyes in a brown paper grocery sack, add features
- Sing “The Water Buffalo Song” from *VeggieTales 25 Favorite Silly Songs CD*
- Water buffalo are strong. Figure out how heavy a load they can carry

TRADITIONAL PROVERB

The last buffalo into the water hole gets the dirty water. **(Vietnam)**

Wallowing Water Buffalo Doorstop

Materials: Paper milk carton, sand or kitty litter, black and blue acrylic paint, paint brushes, blue glitter, paper scraps, glue, marker

Method:

1. Cut milk carton in half; fill bottom half with sand and spread glue over outside; place carton top over bottom.
2. Glue or staple top opening of milk carton closed; cut crescent-shaped horns and spoon-shaped ears in one piece; attach to top.
3. Water: draw wavy line around doorstop, three inches from the bottom; paint blue below line; add glitter waves.
4. Buffalo head: paint black above water line; cut out leaf-shaped eyes and nostrils, and glue onto head.
5. Make signs with slogans (ideas: Water Buffalo Open Doors to Better Life! Heifer Water Buffalo Stop Hunger!)
6. Place doorstops around the building where your group meets.

Test Your Knowledge

1. American bison have more ribs than river or water buffalo. True or False?
2. The small Philippines buffalo is a _____.
(a) caracal (b) caribou (c) carabao
3. Buffalo cannot swim; they sink in the water. True or False?
4. Heifer provides buffalo to these continents: (a) Asia (b) Africa (c) Australia
5. Buffalo have two wide, flat _____ on each hoof, to help them walk in mud.

Answers: 1. true; bison have 14 pairs and water buffalo have 13 2. carabao 3. false 4. Asia and Africa 5. toes

Tree Seedlings

▶ WONDERS OF THE WORLD

\$60
Share:
\$10



Trees are some of the largest and oldest organisms in existence. The tallest tree, a redwood that has been named Hyperion, is 379 feet tall. The oldest tree, a bristlecone pine called Methuselah, is nearly 5,000 years old.

As a keystone of our ecosystem, trees:

- Remove carbon dioxide from the air
- Reduce soil erosion
- Provide habitats for wildlife
- Provide food and material and medicine for people
- Moderate the climate

TREES PROVIDE: Money, Material, Motivation



TREE TEACHINGS

Trees give off oxygen and breathe in carbon dioxide—the opposite of animals and people—making them essential to life on Earth. Their roots hold the soil together, preventing landslides. They act as windbreaks and help hold water in the ground and moisture in the air. People and animals throughout the world enjoy the leaves, fruits and nuts trees produce, and people turn to trees for many natural and chemical products, including medicines. But demand for wood for construction and fuel has greatly reduced the number of the world's trees. So has an increasing need for crop and pasture land.

Heifer project participants prepare for their animal's arrival by planting fast-growing trees that put nitrogen from the atmosphere into the soil. Leaf mulch improves crops. And they no longer have to travel long distances to diminishing natural forests to gather wood for fuel and fencing.

TREE SEEDLING ACTIVITIES

Compose a Prayer

Give thanks that trees are given to sustain our life (Genesis 1:29–30); pray that we may help right the wrong of wanton destruction and that we may join trees in rejoicing in God's presence (Psalm 96).

Test Your Knowledge

1. The world's tallest and oldest trees are found in _____.
2. A tree feeds on _____ made by its leaves.
3. Trees provide flowers, fruit, fences, furniture, firewood and _____.
4. In scripture, judge _____ tried cases under a palm tree. (a) Deborah (b) Delilah (c) Dorcas
5. Some trees enrich the soil by putting helium into it from the air. True or False?

Answers: 1. California 2. sap 3. fodder 4. Deborah (Judges 4:4) 5. false; they put nitrogen into soil.

What Else Can We Do?

- Trace around real leaves to make construction paper nametags
- Roll pinecones in peanut butter and sunflower seeds for birds
- Snack on nuts and cubed fruits, served on wooded toothpicks
- Make leaf prints: paint leaf, place between two sheets of paper, press gently
- Read *The Giving Tree* by Shel Silverstein

Make Leaf Sun Catchers

Materials: Clear contact paper, several different types of leaves, scissors

Method:

1. Cut long rectangles of contact paper. The rectangles should measure about 6 x 20 inches.
2. Fold contact paper rectangle in half (leave backing on) and crease to make a rectangle that is 10 inches long.
3. Peel the backing off half the contact paper, stopping at the crease.
4. Arrange leaves on the sticky side. Then peel off the rest of the backing and seal the leaves together.
5. Cut off any sticky edges and display in a window.

LIFESPAN

100 years

HEIGHT

3-80 Feet

FUN FACT

Trees are one of the longest living organisms on Earth.



TRADITIONAL PROVERBS

Don't look for an apple under a poplar tree.
(Slovakia)

When a dead tree falls, it carries a live one with it.
(Kenya)

Irrigation

TAPPING THE POSSIBILITIES



\$150

Millions of people around the world still lack access to clean drinking water. In the impoverished communities where we are working, many of the homes lack running water, and some families do not even have a well nearby. Instead, they must spend each day fetching water. This is often a chore left to the children—especially girls—leaving no time for school.

We help families install treadle pumps that:

- Maximize the number of growing seasons
- Save water and allow them to expand the types of crops on their land
- Are cheaper than using motorized pumps, and more efficient than using buckets to fetch water

DID YOU KNOW? Approximately 844 million people lack access to clean water—that's more than two times the population of the United States.

SOURCE: WORLD HEALTH ORGANIZATION DRINKING WATER FACT SHEET 2018



WONDER OF WATER

Water is a basic necessity of life for people, animals and crops. It is a main part of sanitation and healthful food preparation. Yet it is estimated approximately 844 million people worldwide are without access to clean water.

In the communities where Heifer works, many of the homes lack running water, and some families do not have a well nearby. Instead, they must spend hours each day fetching water. Carrying water is a chore often left to the children—especially girls—leaving no time for school. Some families must buy purified water to drink, which places additional strain on lean budgets. This is one burden we can easily lift by helping communities install water pumps. Families in Heifer projects learn to prevent contamination of water sources through good sanitation practices and use of organic fertilizer. They are also trained in farming methods that conserve water and use plants to prevent erosion and soil run-off into streams or lakes.

WATER ACTIVITIES

Compose a Prayer

Water is considered a blessing (Psalm 65:9–10) and a symbol of eternal life (John 4:14). Heifer projects that focus on water quality and water access help families to improve their lives and livelihoods.

Make a Rainstick

Materials: Paper towel tubes or wrapping paper rolls, construction paper circles (cut to be larger than the end of the cardboard tubes), masking tape, aluminum foil, art supplies for decoration, a mixture of any of the following: dried beans, popcorn kernels, small noodles, dried rice, small gravel

Method:

1. Seal up one end of the tube with the paper circle, folding the edges around the tube. Use masking tape to seal securely.
2. Cut a piece of aluminum foil about one and a half times as long as your tube and approximately 6 inches wide. Roll this into a "snake."
3. Curl the foil into a tight spiral and poke the spiral into the tube.
4. Pour your mixture of dried beans, popcorn kernels, etc., into the tube until it is one-tenth full.
5. Seal up the other end of the tube with another paper circle and masking tape.
6. From a vertical position, turn your tube over. Does it sound like rain?

You can experiment until you get the sound you like the best—add or subtract the bean mixture, make another foil spiral and add it into the tube.

What Else Can We Do?

- Talk about your church's baptism rituals and the role of water
- Make water music: Fill various sizes of glasses or glass jars with different amounts of water. Strike with pencils to hear how it sounds
- Make a list of all the ways you use water in a day
- Look for all the different places water is mentioned in the Bible
- Turn off the water! Look for ways to conserve while brushing teeth and doing other everyday activities

Test Your Knowledge

1. Approximately _____ percent of all water on Earth is salt water.
2. Approximately _____ percent of all fresh water (not salt water) on Earth is frozen.
3. Around _____ percent of all fresh water (not salt water) is underground (in shallow and deep underground basins, swamp water, soil moisture).
4. Only _____ percent of fresh water (not salt water) is in lakes and rivers.

Answers: 1. 97.5 percent 2. 70 percent
3. 30 percent 4. 0.3 percent

FUN FACT

Water for irrigation can come from wells, rivers, canals, lakes, ponds and reservoirs.



TRADITIONAL PROVERBS

Filthy water cannot get washed.
(West African)

The frog does not drink up the pond in which he lives.
(Native American)



HEIFER[®]
INTERNATIONAL

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Llamas

► HARDY HIGHLANDERS

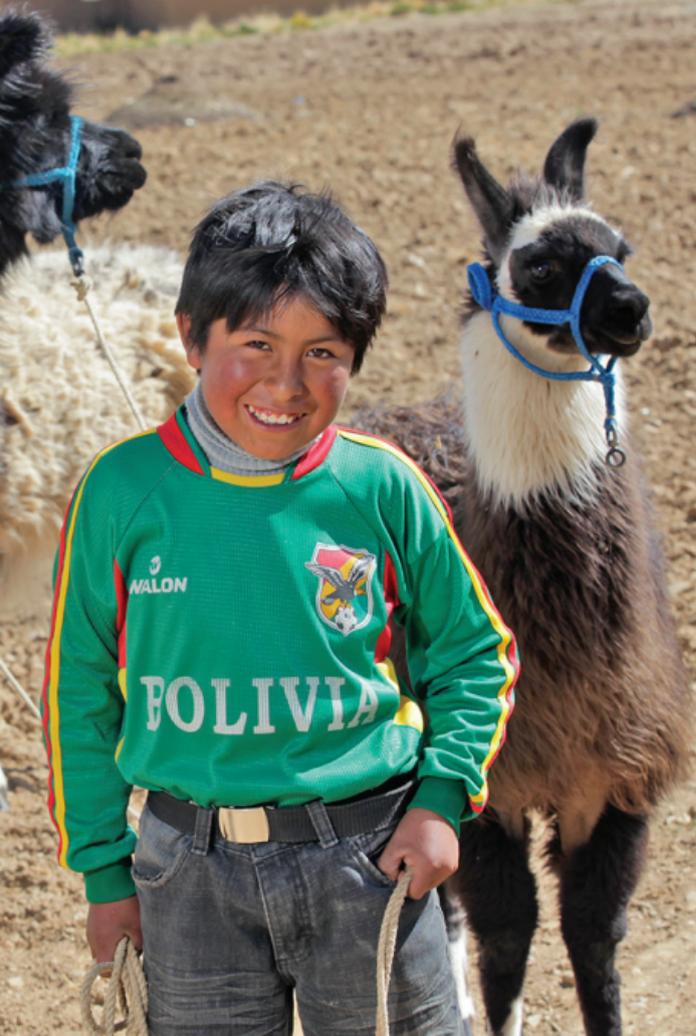
Few animals can thrive in the harsh conditions of the Andean highlands, but llamas and their alpaca cousins are uniquely suited to the task. Their dense, soft wool keeps them warm, and they like to eat scrub vegetation that other grazers wouldn't touch.

Llamas and alpacas:

- Are gentle on soil thanks to their padded hooves
- Spit and neck-wrestle each other to establish pecking orders
- Are sometimes used as guard animals for other livestock

LLAMAS PROVIDE: Milk, Money, Manure, Muscle, Material, Motivation





Llama wool is prized around the world for being dense, warm and softer than sheep wool—making it possible for our project families to earn a steady living by either selling the wool or making clothes and blankets. Alpaca fiber is considered one of the finest in the world, along with cashmere, angora and camel hair.

Omar Pachani lives in the isolated village of Pacharia high in the Bolivian Andes. Before receiving the gift of llamas, Omar's parents feared for his future. But now they are able to use the valuable wool from their llamas to earn income. Plus, they learned that by adding llama manure to their soil, they were able to double the size of their potatoes and increase the output of their fields by 150 percent. That means more food for Omar and his siblings to eat and more income from potato sales.

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Goats



SCRAPPY SURVIVORS



A goat is one tough animal. Goats can survive in almost any climate, due in part to their open-minded approach to eating: almost anything goes. Legend has it that a goat herder in Ethiopia discovered coffee after noticing his goats' high-energy frolicking after eating berries from certain plants.

These curious animals:

- Can climb steep cliffs and even trees
- Have horizontal pupils
- Can provide up to a gallon of milk every day

GOATS PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



In the tiny village of Kaphadyani, Malawi, children like Elizabeth Bisai once faced a bleak future.

In fact, before we started a dairy goat project, Elizabeth's parents could only manage to earn about \$250 a year growing corn and tobacco. *"I couldn't grow enough to feed my family,"* said Elizabeth's mother, recalling how emaciated and malnourished the children were.

Now that they have a goat, they not only have a ready supply of nutritious milk, but goat manure has boosted the fertility of their farm and, in turn, their health. Plus, there is now enough income to send Elizabeth and her siblings to school—a key to breaking this family's cycle of poverty.

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COWS



GENTLE GIANTS



Sure, cows are big animals, but they're giants in other ways, too. They are key animals in the history of farming, and the first animals that we gave were three cows named Faith, Hope and Charity.

Some other cow facts you may not know:

- Young female cows that haven't calved yet are known as "heifers"
- Cows have excellent vision—almost a 360-degree panoramic view
- Cows can totally get up if they're pushed over (sorry, would-be cow tipplers!)

COWS PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



Oscar Kpesese lives in the village of Dodowa in Ghana. Before his parents joined a dairy project, Oscar's family was very poor and suffered from chronic health problems due to poor nutrition.

Then Oscar's family received the gift of a heifer and training in its care. Now they have nearly a gallon of milk to drink every day. Plus, by using manure to fertilize the crops, their harvests are much more abundant.

As a result, the family's income is up 200 percent and they are almost entirely self-sufficient. Best of all, they have already helped another family in need by Passing on the Gift® of a calf.

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Sheep



WOOLY WANDERERS

Pastoralism has been fundamental to many civilizations, due in part to the flock behavior of sheep. Their tendency to follow and congregate closely with other members of the herd make keeping large groups together in unfenced pastures possible.

As key animals in human history, sheep:

- Were among the first animals to be domesticated around 10,000 B.C.
- Are prominent symbols in mythology, religion and even nursery rhymes
- Marked one of the most famous modern scientific milestones when Dolly the sheep became the first mammal cloned from an adult cell in 1996

SHEEP PROVIDE: Milk, Money, Manure, Meat, Material, Motivation



Sheep provide families with high-quality wool, and their milk is rich and nutritious.

Tening Thiaw lives in Ndiomgore, Senegal, where her family once struggled to survive from one day to the next. Everything began to change for them when they received the gift of sheep.

Their sheep are now producing a lot of manure which Tening's father has been able to use on his fields to improve the soil. In fact, their harvests have increased by 1,000 percent in some cases.

As a result, Tening's father says, *"Now we don't feel hungry anymore. Now we can really have three meals a day for the whole year, which wasn't the case before."*

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69.RUIISHP15



Chickens

▶ PLUCKY PRODUCERS



With a population of more than 24 billion, there are more chickens in the world than any other species of bird. For good reason, too; the fact that a single chicken can lay up to 200 eggs a year makes them an ongoing source of a power food.

How are eggs power food? Eating eggs is:

- A great source of protein
- Good for healthy brain function
- A good source of choline, which helps reduce birth defects

CHICKENS PROVIDE: Money, Manure, Meat, Motivation



In the village of Dalarik, Armenia, where Marietta Zakaryan lives, there are very few opportunities for young people. After graduation from the village school, Marietta wants to attend the police academy. It is expensive, but she has a plan.

As part of one of our special projects to engage young people, Marietta received a small loan, which she used to purchase 15 hens. They provide eggs that she is able to sell to local shops. After just one year, Marietta earned enough profit to pay back her loan and Pass on the Gift soon after. She reinvested her profits in 15 more chicks and expects to save enough by next year to pay for the police academy. *"At some point she became the most reliable supplier of eggs, so all the neighbors started buying from her,"* says Marietta's grandmother proudly.

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69.RUICHK15



Honeybees

▶ **BUSY BODIES**



The practice of collecting honey dates back to the Stone Age. Archaeologists have found pots of honey in ancient Egyptian tombs and were startled to find the honey unspoiled and perfectly preserved, proving honey's indefinite shelf life.

Honey isn't the only thing bees are good for. Bees are key pollinators, and:

- Single colonies can potentially double local fruit and vegetable yields
- Many crops wouldn't exist or would be dramatically reduced if bees weren't around, like apples, almonds and onions

BEES PROVIDE: Money, Material, Motivation



Feliciano Martin is a smallholder coffee farmer in Guatemala. With only a small, one-acre farm, she has been barely able to support her 2-year-old daughter, Sandy.

Heifer provided Feliciano with bees, a box, a hive, plus training and equipment for beekeeping. The bees help pollinate her coffee trees so they are more productive—in fact, she is expecting her coffee production to increase by about 10 percent next year. Of course, the bees also provide honey that she can sell for additional income.

Feliciano collected 60 pounds of honey and next year she plans to double the number of hives she owns so she can complete her promise to Pass on the Gift.

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Water Buffalo

▶ **POWERFUL PROVIDERS**



Water buffalo are sturdy draft animals that help farmers plow fields and carry heavy loads to market. Unlike mechanical tractors, they don't need fuel to run or mechanics to fix broken parts.

Water buffalo are:

- Often referred to as "living tractors"
- Sometimes confused with the aggressive African buffalo, but they are biologically only distantly related
- Happy as long as they have a water source to lounge in

WATER BUFFALO PROVIDE: Milk, Money, Manure, Meat, Muscle, Material, Motivation



A farmer can plant four times more rice with a water buffalo than by hand—generating income to use for clothing, medicine, school and home improvements.

When Rocky Carag was born, his family was chronically hungry. The average daily income for families in his village in the Philippines was \$1.13. So when his mother was given the opportunity to receive the gift of a water buffalo and training in its care, she was overwhelmed with relief.

With a water buffalo to provide milk and draft power to help plow the fields, Rocky's parents have dramatically increased their income. They have built a sturdy new house and invested in their future by adding a pig to their growing farm.

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69.RUIIWTB15



Ducks

▶ FLY TOGETHER



You may know that baby ducks are ducklings and male ducks are drakes, but did you know that a group of ducks is called a paddling? Ducks can paddle around all day in water and stay dry because of their specialized feather structure and a waxy coating on their outer feathers. Even when a duck dives underwater, its downy under layer of feathers stays completely dry.

Ducks are a great benefit for smallholder farmers. They:

- Produce bigger eggs than chickens
- Are great at pest-control, eating pesky gnats, mosquitos and other bugs
- Give great manure for soils

DUCKS PROVIDE: Money, Manure, Meat, Material, Motivation



Son Sinath lives in Dak Sorsor, Cambodia, with her family. *"Before my family's living condition was very poor,"* said Sinath. *"We had food shortages every year."* Her husband had to take a dangerous job searching for and defusing landmines to support his family.

Then the family joined one of our projects, and Sinath received training and animals, including a starter flock of 10 ducks. Now she has 21 ducks—even after selling some of her ducks to buy two pigs. Since then, her family's income has increased significantly, she can afford to send her children to school, and she works as a community literacy facilitator. Sinath has even been able to help another family by Passing on the Gift®. *"I think Passing on the Gift was the best activity in our life. I was so excited and happy that I cried,"* she says.

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69.RUIIDCK15



THAT'LL DO



Pig



Pigs are useful for more than just making bacon. Because of their foraging abilities and excellent sense of smell, they are used to find truffles in many European countries. Sometimes their bristly hair is used to make brushes.

Pigs are great investments for farmers. They can live a long time (10-15 years) and are super low maintenance. They also:

- Don't need much land and can thrive on crop and garden scraps
- Provide manure to fertilize crops
- Can have 16 or more piglets a year

PIGS PROVIDE: Money, Manure, Meat, Material, Motivation



Before she joined one of our pig projects, Constance Ndèye Faye's small farm in Senegal only generated about \$1.18 per day in income and she never seemed to have enough food to feed her family. Now her small farm is thriving. She has 10 pigs and has already completed the requirement to Pass on the Gift of offspring. *"Passing on the Gift® allows everyone to benefit from the project,"* Constance says. *"Now almost all the women have pigs,"* she adds.

Constance's pigs have produced more than 30 piglets which she has been able to sell. Some of the earnings she puts toward food, but much of this new income goes to pay school fees. *"I want my children to succeed so that tomorrow they will be able to manage their family,"* says Constance.

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69.RUIIPIG15



RASCALLY



Rabbits

Often appearing in folklore as a solitary trickster, rabbits actually live in groups. They make their homes in underground holes called burrows, and the group of burrows that forms a rabbit community is called a warren.

Rabbits are an exceptional community builder for farms, too. Rabbits:

- Are very easy to maintain because they don't need much space
- Require little to no medical care
- Thrive on grass and scraps from the field or the kitchen
- Provide a nutrient-rich fertilizer
- Can have up to 80 babies, also called kittens, a year

RABBITS PROVIDE: Money, Manure, Meat, Material, Motivation





Enithe Luxius lives in Haiti, where so many people live in extreme poverty. For Enithe and 100 families in her region, an opportunity came in the form of rabbits and training from one of our projects. The rabbits reproduce rapidly and can be kept in cages high off the ground. They are a great solution for the community.

Enithe keeps a small notebook in which she charts the family tree of her rabbits. The four rabbits supplied to her, which she named Mr. Sedye, Germaine, Jakob and Jacqomy, have already multiplied to 17. *"Any time we finish a cage for one of them we have to build another house because we know it's going to multiply,"* she said. That is a good thing because the more rabbits Enithe has, the more money she can save to buy a house in an area less vulnerable to frequent floods.

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Tree Seedlings



► WONDERS OF THE WORLD

Trees are some of the largest and oldest organisms in existence. The tallest tree, a redwood that has been named Hyperion, is 379-feet tall. The oldest tree, a bristlecone pine called Methuselah, is nearly 5,000-years-old.

As a keystone of our ecosystem, trees:

- Remove carbon dioxide from the air
- Reduce soil erosion
- Provide habitats for wildlife
- Provide food and material and medicine for people
- Moderate the climate

TREES PROVIDE: Money, Material, Motivation



A family with a small orchard or grove can supply its own fodder or firewood, sell fruit or nuts and begin saving to build a new house or pay for a child's education. Plus, tree roots hold together topsoil and lock in moisture and nutrients.

In Honduras, Maria Elsa Castellanos is one of a group of women entrepreneurs who received cashew seedlings as part of one of our projects. Armed with their cashew trees, training on how to prepare and package cashews to be sold, and help connecting to key markets, Maria and the other women have thriving businesses that significantly increase the income of their family farms. Many farmers lost their entire corn harvest in recent droughts, and without the cashew project they would have had little to no income at all.

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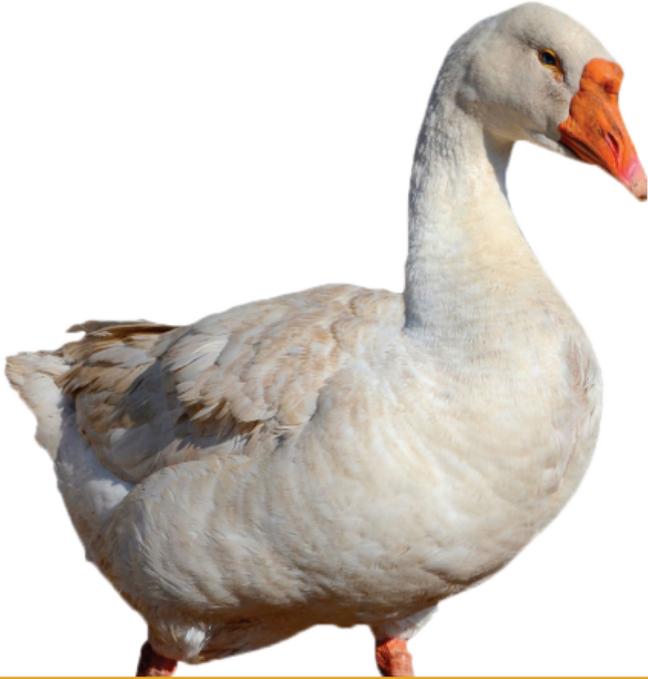
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GOLDEN



Geese



Real geese may not lay literal golden eggs, but like the fable, they are a source of prosperity for those that own a gaggle.

Goose eggs:

- Are the staple in many regions of the world, rather than chicken eggs
- Can be cooked the same way as chicken eggs
- Are much larger (about four times the size) and have a slightly different texture than chicken eggs

GEESE PROVIDE: Money, Meat, Material, Motivation



Dang Hong Thuy and her husband, Nguyen Hong Le, raise geese as part of their integrated farm in Vietnam. Before joining one of our projects they only raised frogs and fish, but now they've expanded to geese, ducks, chickens and even cattle.

Extensive training made it possible for them to expand their business exponentially and care for these animals. Not only do they care for the dietary needs of geese and many other animals, but they also learned how to look out for sickness and give vaccinations. After two years in the project, the family's income increased almost tenfold and they are able to send all three of their children to school.

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TEACH A MAN TO



Fish



What do you think fish have in common with trees? You can count their age by the number of growth rings they have on their scales. The act of farming fish and other aquatic creatures is known as aquaculture.

The consumption of fish is growing, and:

- Today people eat, on average, four times as much fish as they did in the 1950s
- Fish is low-calorie and high-protein
- The high omega-3 fatty acid content means that eating fish can reduce the risk of some diseases

FISH PROVIDE: Money, Meat, Motivation



In Tanzania, after building his first fish ponds, Nicholas Mwakabelele saw his family eating well and getting medical care, his children going to school, his farm growing, and he was able to build a new home for his family. His neighbors soon heard of his success and came to check out his project.

Among these neighbors was Wailos Nzalayaluma, a blind man who begged Nicholas for a meal. Nicholas' answer was one of compassion but not the one Wailos expected; instead of giving Wailos some fish to eat, Nicholas passed on the gift by helping Wailos construct a fish pond of his own and giving him fish fingerlings to start off. Wailos is now able to support himself and save for his family, and Nicholas has gone on to train more than 240 other families in fish farming.

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Irrigation

TAPPING THE POSSIBILITIES

Millions of people around the world still lack access to clean drinking water. In the impoverished communities where we are working, many of the homes lack running water, and some families do not even have a well nearby. Instead, they must spend each day fetching water. This is often a chore left to the children—especially girls—leaving no time for school.

We help families install treadle pumps that:

- Maximize the number of growing seasons
- Save water and allow them to expand the types of crops on their land
- Are cheaper than using motorized pumps, and more efficient than using buckets to fetch water

DID YOU KNOW?

Approximately 663 million people lack access to clean water—that's more than two times the population of the United States.



In Malawi, as in many developing countries, women walk miles to fetch the water and balance water buckets on their heads even as they haul children on their backs. It's women who need water to get the cooking and washing done. It's also women who tend to their children when they fall sick with cholera, or diarrhea, or other waterborne illnesses.

In recent decades as access to water became a challenge for more people, we began dedicating more of our resources to helping people tap the water they need to become self-reliant. One such project has opened access to clean water and future possibilities for Agnes Hedisoni and the whole community of Ndaula. Never before has the community had such a safe, abundant supply of water so close to home.

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Biogas



REUSED REFUSE

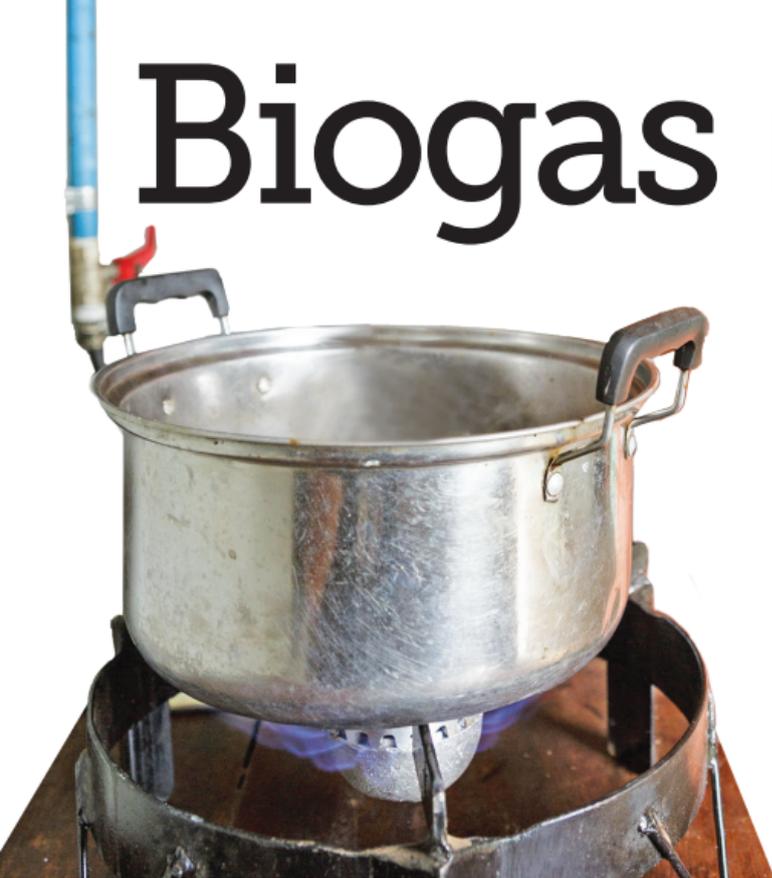
For most families in the places where we work, cooking usually means gathering firewood by hand, which often depletes the soil and robs the environment of its trees. In addition, smoke inhalation in poorly ventilated homes often leads to chronic lung and eye diseases.

A biogas stove is a better option. It will:

- Run off methane gas captured from animal waste
- Burn cleanly, reliably and efficiently
- Be better for the environment, more sustainable and healthier for families feeding their children

DID YOU KNOW?

Smoke from indoor cooking is responsible for an estimated 1.6 million deaths each year.





In Uganda, Zaina Muyobo learned about biogas through a commercial on the radio. Today, not only is she a proud owner of her own biogas digester, but she also works as a biogas promoter in her village. As a promoter, she invites local farmer families to her home for biogas stove demonstrations.

Muyobo credits the bio-slurry, a rich fertilizer that is a byproduct of biogas production, with her success as a coffee farmer. Not only does she sell enough coffee to afford a comfortable lifestyle for her family, but her coffee plants are of such high quality that Uganda's government agency that regulates the coffee industry buys her seeds and has made her a nursery coordinator. When asked her favorite thing about biogas, Muyobo was delighted to share, *"It's free gas! It's free fertilizer! It's free money!"*

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Women's Empowerment



It would be difficult to overstate the importance of empowering women worldwide. Gender inequality consistently puts women at a disadvantage; they simply do not have the same access to resources and opportunities as men.

We work to empower women in a variety of ways, including making sure women:

- Are able to get healthcare
- Have an education
- Make autonomous decisions about their finances

DID YOU KNOW?

When women are in charge of spending decisions, they invest 10 times more than men in improving their family's welfare.



One of our projects in Nepal is to improve nutritional status of participants through gender-focused programs. Women farmers become part of self-help groups and are provided livestock, seeds and saplings, and trainings such as improved animal management and our 12 Cornerstones for Just and Sustainable Development.

One such farmer is Mithu Adhikari, who received one nanny goat through the project. With her new income, Mithu decided to increase the size of her farm by taking out a loan from her new cooperative. It worked, and thanks to the increase in income, Mithu was able to send her two sons to school and build a new house for her family. Mithu's husband doesn't need to look for work elsewhere. He can return home and provide full-time help with the farm.

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