OUR MISSION

WE WORK WITH COMMUNITIES TO END HUNGER AND POVERTY WHILE CARING FOR THE EARTH.
GOAL

By 2020, help 4 million families achieve living incomes
“Not a cup, but a cow.”

-Dan West
WHERE WE WORK

We work in about 30 countries around the world.

**EUROPE**
- Armenia
- Romania
- Ukraine

**AMERICAS**
- Bolivia
- Ecuador
- Guatemala
- Haiti
- Honduras
- Mexico
- Nicaragua
- Peru
- United States

**AFRICA**
- Ghana
- Kenya
- Malawi
- Rwanda
- Senegal
- Tanzania
- Uganda
- Zambia
- Zimbabwe

**ASIA**
- Bangladesh
- Cambodia
- China
- India
- Nepal
- Philippines
- Vietnam

UPDATED-OCTOBER 2016
OUR THEORY OF CHANGE

GOAL: IMPROVED GLOBAL SUSTAINABLE LIVELIHOODS

Increase Income and Assets
- Total income
- Total expenditures
- Total savings
- Assets (like livestock)

Food Security and Nutrition
- Project-related production
- Food sources
- Food expenditure
- Dietary diversity score
- Adequate access to water
- Adequate access to hygienic sanitation facilities

Environment
- Implementation of agroecological practices
- Waste management practices
- Water protection and management practices
- Energy management practices

Women’s Empowerment
- Control
- Decision-making power
- Participation

Social Capital
- Collective action
- Social inclusion
- Community organization
- Equality of access to utilities and services
- Solidarity and cooperation
- Passing on the Gift

VALUES-BASED HOLISTIC COMMUNITY DEVELOPMENT
OUR 12 CORNERSTONES

At the heart of everything we do, these values drive us toward lasting change

- PASSING ON THE GIFT
- ACCOUNTABILITY
- SHARING & CARING
- SUSTAINABILITY & SELF-RELIANCE
- IMPROVED ANIMAL & RESOURCE MANAGEMENT
- NUTRITION & INCOME
- GENDER & FAMILY FOCUS
- GENUINE NEED & JUSTICE
- IMPROVING THE ENVIRONMENT
- FULL PARTICIPATION
- TRAINING, EDUCATION & COMMUNICATION
- SPIRITUALITY
FOOD SECURITY AND NUTRITION

Ensuring that people of the world have enough to eat is our primary mission. Permanently solving the problems of hunger and poverty requires a comprehensive, holistic approach that provides livestock along with other resources and training to help families feed themselves.
PLACING LIVESTOCK WITH FAMILIES

Livestock is central in our strategy for achieving food security and proper nutrition.

We train and support farmers in all aspects of improved animal husbandry, including:

• Veterinary care

• Increased animal production through improved feeding, housing, breed selection and artificial insemination
ESTABLISHING HOMESTEAD FARMS AND GARDENS

We provide resources and training on agricultural techniques that help farmers increase production, resulting in more diverse foods.

Resources such as:
- Seeds
- Equipment

Training in:
- Knowledge of nutrition of local food
- Zero-grazing
- Crop rotation

Foods rich in iron and vitamins—meats, eggs, fish, whole-grain bread and legumes—are then readily available to more families.
Access to clean water is not only non-negotiable for healthy people, but it’s also essential for healthy livestock and productive fields.

Good sanitation prevents dangerous diseases that result from poor waste management.

Today, it is not unusual for our work to include:

• Drilling boreholes
• Digging wells
• Setting up filtration systems
• Training in improved sanitation
A healthy natural environment is necessary to enable sustainable development. We improve the environment by promoting agroecological practices and natural resource management.
Agroecology is the science behind sustainable agriculture. We train farmers to:

- Plant trees to improve air quality and hold topsoil in place to sustain moisture and nutrients
- Compost livestock manure, rebuilding soils in an organic and sustainable way
- Use intercropping techniques and plant fodder crops that can improve soil fertility
NATURAL RESOURCE MANAGEMENT

Our projects promote best practices that diminish the negative impacts of agricultural production and processing. We teach project partners to:

- Use renewable energy, such as solar and biogas
- Use cleaner technologies, like improved cooking stoves
- Employ wastewater treatment and treadle pumps to manage and conserve water
- Practice zero-grazing with their livestock
HOW WE MULTIPLY OUR IMPACT

PASSING ON THE GIFT

We believe that every action—like the donation of an animal—leads to bigger results that multiply our impact around the world.
START MAKING A DIFFERENCE TODAY

Fundraise
- Give Heifer
- Faith programs
- Read to Feed
- Team Heifer

Friend-raise
- Educate
- Volunteer
- Share us on Social Media:
  #HeiferInternational

Learn more at Heifer.org
IT ALL ADDS UP

What started with the donation of 17 cows has grown into something much bigger that has the power to change the world.

- Nearly 795 MILLION people around the world don’t have enough food to eat
- Nearly 31 MILLION families Heifer has helped lift out of hunger and poverty
- More than 155 MILLION people since 1944
TOGETHER,
WE HAVE POWER OVER
HUNGER AND POVERTY