




FH SWITZERLAND
FOOD FOR THE HUNGRY

For a Christmas of solidarity!

With your donation, farming families in the Great Lakes region of Africa can continue to improve their living conditions. Thank you very much for your support!

December 2022



*Clean water without
walking for miles!*

*"With the water pipeline that has been built in our village, we now have access to clean water close to our homes. We pay a small fee for each 20 liter can. The users' committee takes care of the maintenance of the installation, using the money collected."
Justine, farmer, Burundi*

*With 50 francs,
it contributes to the extension of 3 meters of
pipeline to expand the water supply in Burundi.*

*With 100 francs,
you participate, for example, in the construction
of a borehole in Uganda in the Amudat region.*

Access to water is crucial for our beneficiaries and their families who live in areas where climate change is having a severe impact on them. We are committed to providing access to clean drinking water and sanitation. The donations go to the construction of boreholes and the creation of water networks through the collection of spring water.



*I have learned a lot and
my crops are flourishing!*

*With 40 francs,
you offer, for example,
a goat to a family.*

"I have learned new farming techniques that allow me to control pests naturally. As an experienced farmer, the field in front of my house enables me to teach and share my knowledge of these new techniques to my neighboring farmers. By sharing this knowledge, we improve our crops and grow together."

Amanie, farmer, Rwanda

*With 150 francs,
you allow us for example to
finance a week of training
in agroecology for a farmer.*

Our agricultural projects provide beneficiaries with skills that lead to self-reliance and resilience.

We are committed to sustainable agriculture. This allows farmers to cultivate restored land that produces abundant and healthy crops.

Children can go to school now!

"With the new building built by FH, we were able to open a classroom for young children. They did not go to school because the existing school is too far from their homes. I tell them stories through the books we have here, teach them writing and we sing together!"
Betty, teacher, Uganda

With 20 francs,
you offer, for example, 4 books to a school.

With 55 francs,
you help us, for example, to ensure a child's access to school for a year (uniform and school materials).



Education allows children to develop their potential and gives them a good start in life.

We are committed to providing access to education. We support the further education of farmers, but also the basic education of children, especially those from disadvantaged families.



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