



FH SWITZERLAND
FOOD FOR THE HUNGRY

**Women, essential actors in the fight
against hunger**

NEWSLETTER - SPRING 2022



"I have been farming this field for a long time, but I never had good crops. Since I participated in the FH trainings, I understand that the earth needs to be nourished so that it can produce better crops. In our language, we have an expression that says that in order for a friendship to be lasting, there has to be give and take. It is the same with the earth. I now know what it needs, and I am able to give back what is necessary. The compost I made will nourish the earth. I think the earth will be grateful, and I will expect good harvests!"

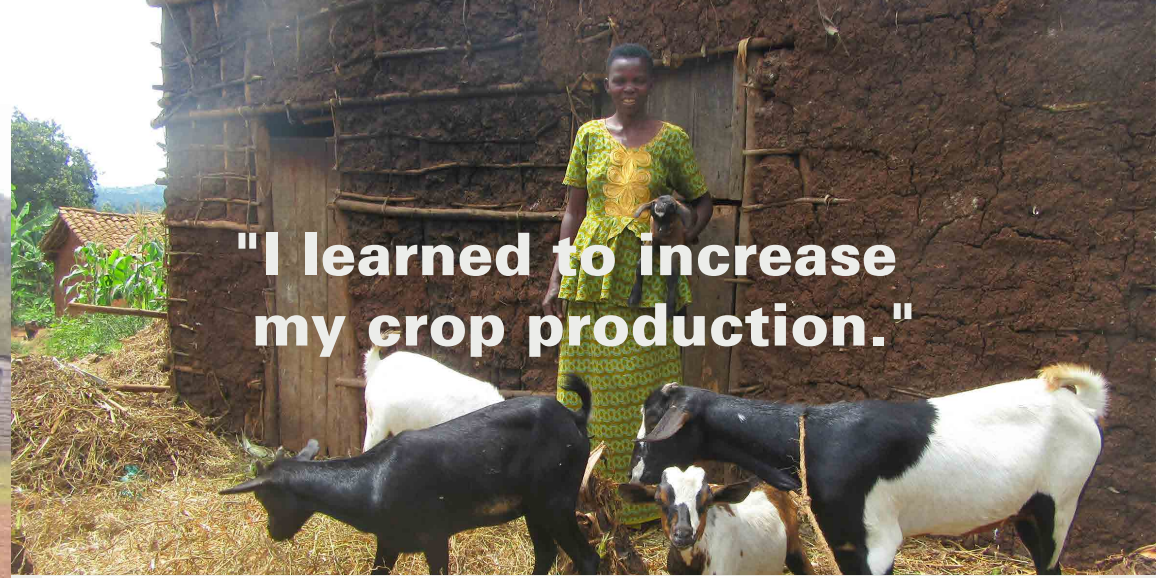
Marie-Claire (53) lives in the village of Mufa in South Kivu (Congo DRC). She is one of the 1078 beneficiaries of our agroecological extension project.

"When I give, I receive in return."

Key Facts*

- If women farmers had the same access to resources as men, the number of hungry people in the world could be reduced by up to 150 million due to the gain in productivity.
- Women reinvest up to 90% of their earnings back into their households – that is money spent on nutrition, food, healthcare, school, and income-generating activities - helping to break the cycle of intergenerational poverty.

*FAO, Food and Agriculture Organization of the United Nations.



"I learned to increase my crop production."

"Our life was hard. Our small plot of land was our only source of livelihood, and our crop productions were small. To meet medical emergencies and pay for the children's schooling, we were forced to sell part of our meager crops. We only ate rice and beans; we had nothing else.

By participating in the training programs given by FH, our daily life has changed a lot. I expanded my knowledge and I learned how to increase production on my small plot. Today, I produce twice as much as before, thanks to new farming techniques - for example, the use of organic manure and the combination of crops. Our diet has diversified, and we eat a variety of vegetables due to the vegetable garden we have installed. We have received good viable seeds. In addition, we have received a goat that has produced offspring. I now am able to feed my children well and they can go to school regularly. When we harvest our crops, we can sell some of it to buy food that we do not produce and we keep the other part for our consumption."

Marie Grace (40), a mother of 6, lives in Kiyonza in northern Burundi. She participates in FH's community development program.



The dominating role of women in agriculture

Women represent 70% of the agricultural workforce and are therefore the pillars of agricultural production and food security. However, they suffer from numerous inequalities and their difficulty to access resources (land, supplies, training, etc.). Through our projects in the Great Lakes region of Africa, we fight against these injustices and support the important role of women in agriculture.

Together, let us continue our support to women farmers!

Your contribution of 50.-- CHF allows us to offer 5 hens to a woman farmer.

Your contribution of 70.-- CHF allows us to give cassava cuttings to 2 model farmers.

Your contribution of 150.-- CHF allows us to finance a week of training in agroecology for a woman farmer.

Thank you very much for your support. It is life changing for a community!

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