



FH SWITZERLAND
FOOD FOR THE HUNGRY



Annual Report 2022

Who we are

FH Switzerland supports impoverished rural families in Africa's Great Lakes region (Burundi, Rwanda, Uganda, Congo DRC). As pioneers in agroecology, we have been working for the past ten years with communities, leaders and families to develop a form of agriculture and livestock farming that meets their needs for food security and the transformation of food systems.



FH Switzerland in 2022:

- supported more than **20,000 farming families**
- Through **17 projects**
- in **4 countries**

FH Switzerland is a Geneva-based association founded in 1996, with a branch in German-speaking Switzerland. FH Switzerland is part of the international Food for the Hungry (FH) network, and a member of the Fédération genevoise de coopération (FGC) and the Interaction umbrella organization.

Pictures

Left: The FH Switzerland committee and office team - from left to right: Sharon Bentzen, Daniel Hahling, Edmond Granges, Patrick Fuchsloch, Roger Zürcher, Ariane Ninck-Lehmann, Robertine Sanvura.

Missing: Loubna Elhadri, Karina Ripamonti and Françoise André.

Right: Banana nursery run by a farmers' cooperative in Rwanda, demonstration of the manufacture of a biological repellent.

Cover: Harvesting maize in the commune of Kabarore in northern Burundi. These farmers have benefited from training in agro-ecology and the installation of an irrigation system through an FH project.



This report presents a project for each of our intervention countries: Burundi, Uganda, Democratic Republic of Congo (DRC) and Rwanda. To find out more about our activities, please visit our website: fh-switzerland.org.



Gratitude despite challenges

Patrick Fuchsloch, president, and Daniel Hahling, director

The year 2022 also began with the pandemic, which fortunately subsided during the spring. Goodbye masks, social distances, video-conferencing sessions and all those measures which, however justified, caused a fair amount of disruption to our private and professional relationships. Our congratulations go to the small administrative team at FH Suisse, who showed great resilience during this troubled period to keep our organization running.

During the year, we continued to face many challenges in advancing our development aid

projects in the African countries we support. **The "Learning 360" program, with the support of the Interaction/SDC umbrella organization, ran at full speed, and enabled us to significantly increase the budgets sent "into the field".** On the other hand, this also meant more external fund-raising and administration. FH Switzerland could not have done all this work, which required countless hours of hard work and countless telephone calls and e-mails with our African partners, without the small team at our Geneva office and our antenna in Egnach, who worked tirelessly to en-

sure the smooth running of all the administrative machinery required for these actions. Our sincere thanks to all of them.

Our immense gratitude goes, once again, to our loyal donors, whether large or small, churches or foundations, private or institutional*; without them, we could not have undertaken anything to improve the living conditions of the populations of the disadvantaged regions of the Great Lakes in Africa.

* Fédération Genevoise de Coopération (FGC), Interaction/The Swiss Agency for Development and Cooperation (SDC).



CAN AGROECOLOGY IMPROVE FOOD SECURITY AND NUTRITION?

The farmers are gathered in a field in the Bwira region of Rwanda (Western Province), where a model farmer is teaching her learners how to make a plant extract from Tephrosia, a plant that repels pests such as caterpillars, and at the same time acts as a liquid fertilizer.

Food, health and environment

Today, we are increasingly aware that our food production system is not sustainable. In environmental terms, soil fertility is declining. On the food front, part of the world's population is suffering from hunger, while obesity is on the rise in other parts of the world. Faced with these facts, we need to take a global, interdependent approach to food, human health and the environment. **To achieve a world without hunger, while taking care of the planet's natural resources, a holistic approach is essential. This is what agroecology is all about.**

Agroecology is at last a science, a set of practices and a social movement and it takes into account the entire food system, from production to consumption.

As a science, agroecology is based on local knowledge, which it links to scientific knowledge.

As a practice, agroecology is based on ecological principles. Soil health, reduction of external inputs and recycling are at its heart.

As a social movement, agroecology also requires commitment, a political struggle to challenge and transform society's power structures.

As pioneers of agroecology, we have been working for over ten years with farmers in the Great Lakes region of Africa to develop a form of agriculture and livestock farming that is both productive and sustainable for the environment and future generations.

Training in agro-ecological agriculture helps to reduce food insecurity, as shown by the visits we make to the model farmers in our program. In addition to the visible effects of visiting the families (children are well fed, the house is repaired, diversification of production is developing, etc.) we have been able to collect data showing that crop yields have increased, mainly thanks to the organic fertilizers used. **Corn yields measured in the 4 countries where we work have doubled, from 1.2 t to 2.4 t per hectare. This is only the beginning, but it's already a success, given the situation of eroded and depleted land. It's a long-term task, but one that is possible.**

The application of agro-ecological practices remains modest, but it is making progress. Extension and advisory services for farmers are crucial if they are to be extended. Depending on the region, these may exist or be almost non-existent, and we can make up for this shortcoming thanks to FH collaborators who live among the farmers and who are sometimes food producers themselves.

It's thanks to your support that the farmers accompanied by FH employees can learn and improve their farming and their daily lives.

TESTIMONY

Marie-Rosine (48) lives in the village of Kabuye in eastern Rwanda. She earns her living from farming. After some very difficult times, her daily life has improved considerably in recent years. She tells us about her journey.



"Women need to have confidence in themselves!"

"Despite my efforts, we didn't have a good harvest. I live alone with my 3 children (aged 25, 18 and 13).

We had enough to eat, but I couldn't meet my family's other needs. It was really hard, I was working a lot and I felt lonely and unhappy. I couldn't afford health insurance or school supplies. Buying clothes, shoes, soap, all that was difficult.

Since I took part in the FH* training courses, I've changed the way I farm. I use compost as a natural fertilizer, I mulch my fields, I follow the calendar for preparing the fields, planting and harvesting. I've also set up a kitchen garden for growing vegetables.

My corn harvest has increased enormously with the push-pull technique: today, I harvest 100 kg whereas before, I used to harvest 20 kg on the same plot!**

I'm also part of a savings group.

The support I've received from FH has greatly improved my family life. I can now buy school supplies for my children and pay for health insurance for the family. My harvests have increased thanks to my new way of farming. Our diet has diversified with the addition of vegetables from my small garden.

The progress I've seen in my life has made me realize that I'm capable of changing my situation. Women must have confidence

in themselves! We have the resources to change things for the better. We need to change our mentality and stop relying solely on our husbands. I encourage my children to finish high school and go to university.

My wish for the future is that my family continues to live in peace. This is the condition for us to continue to develop as families, but also as a community."

* Among the training courses given: minimum tillage of farmland, the use and manufacture of organic fertilizers, mulching to conserve soil moisture, agroforestry, plant associations, combining agriculture and livestock farming.

** "Push-pull" is a pest control technique used to protect corn. This method involves planting Desmodium, a leguminous plant, between the rows of maize. Its scent repels pests and its ability to fix nitrogen in the soil improves fertility. At the same time, elephant grass is planted along the edges of the fields. This attracts webworms, which lay their eggs in the grass. But the larvae can't develop there, as elephant grass produces a sticky liquid that traps the parasite. With no need for costly chemical products harmful to health and soil, corn is protected and yields increased.



BURUNDI

EDUCATION

Community development in Ntembe

FH Switzerland supports 255 families (around 2,000 people) in Ntembe, in northern Burundi (Kirundo province), to improve food security for the inhabitants. The project's main activities are:

- Agricultural training, including the production of compost and biological repellents, mulching and seed multiplication.
- Setting up vegetable gardens, thanks to the training and seeds received.
- Training in the natural protection of corn fields, using the "push-pull" technique (see definition on previous page).
- Protection against erosion: construction of terraces and planting of cover grasses and trees to retain soil.
- Formation of 5 savings and credit groups (125 families).

TESTIMONIAL

"I saw that some of my neighbors were getting together and learning new farming techniques. One of my neighbors advised me to join them. We received seeds from FH. From then on, I started to produce more. My income increased, enabling me to provide for my family. Recently, I sold my cabbage crop and was able to buy a goat. Now I'm self-sufficient!"

Emelyne lives in Ntembe with her husband and their 9 children, 7 girls and 2 boys.



RWANDA



AGRICULTURE

Agroecology in Bwira

This project aims to promote agroecology in south-western Rwanda, in a region where we had not previously worked. Farmers have extremely limited areas in which to cultivate, and the soils are in need of fertility restoration.

The project has three main objectives:

- Increasing the agricultural production of poor households.
- Diversification of income-generating opportunities for households involved in associations.
- Strengthening the associations' capacity to access the market.

KEY PROJECT FIGURES

1'100

people benefit from this project.

100

farmers have been trained in agroecological techniques.

TESTIMONIAL

"Thanks to the farmers' association I belong to, great changes have taken place in my life: together, we've learned new farming techniques and shared our experiences. Before, I was on my own. Today, I'm motivated by the dynamism of the young people in our group. Thanks to what I've learned, I've been able to increase my production. Eating twice a day is no longer a miracle! I feel happy and motivated."

Pelagie (59) is a member of a farmers' association supported by FH. She has been the head of the family since her husband died 27 years ago, and has two grown-up children.



UGANDA



AGRICULTURE AND HEALTH

Agro-ecological transition in Karamoja

The Karamoja region in north-eastern Uganda is one of the poorest in the world. Malnutrition rates are very high, and an estimated 61% of the population lives in absolute poverty. For decades, the area has been the scene of violent conflicts. **Food insecurity, internal conflicts between Karamoja communities as well as those with communities in neighboring countries (Kenya and Sudan) and climatic challenges - droughts, floods - make this a particularly vulnerable region.**

Faced with prolonged dry spells and dwindling water sources, farmers are forced to move in search of water, food and pasture.

The population lives mainly from agriculture (sorghum, maize and beans), livestock breeding and the sale of livestock products

The project supports farmers in developing a form of agriculture that is both productive and sustainable.

Photo: meeting of a saving group.

KEY RESULTS

Clean water for 500 households

2 new boreholes built in Nachata and Kanaryon.

Support for the Nangoletaba savings group

This group of 30 young people, mostly women, meets weekly to save together and support each other with loans. FH has helped them set up the group and continues to support them through agricultural training.

Easier irrigation for vegetable production

In the Lokales region, 30 women have joined forces to produce tomatoes, eggplants, onions, carrots and cabbage for their own consumption and for sale. Their fields are located near one of the region's few perennial rivers. In addition to agricultural training, FH has also supported them by installing a reservoir and a solar pump, enabling them to draw water to facilitate watering.

Emergency: food distribution

Following the persistent drought and the resulting food crisis, FH distributed food to 1,440 households in response to the famine in December 2022.

CONGO



AGRICULTURE

Extension of agroecological practices in South Kivu

Food insecurity is a major problem in the province of South Kivu in the Democratic Republic of Congo (DRC,), **where 64% of households are food insecure.**

With this project, FH Suisse is continuing and expanding on previous activities in the same region: 120 farmers were helped to improve their food security and sovereignty. **They in turn passed on their know-how to others, reaching a total of over 1,500 farmers trained in agroecological practices. In all, the indirect beneficiaries, who include members of the farmers' families, represent some 10,000 people** The aim is also to involve women and young people more closely in agricultural production, in particular by raising awareness and providing training in primary and secondary schools through the installation of gardens.

TESTIMONIAL

"Our field is on a slope. For a long time now, we haven't harvested more than 30 kg of manioc in this whole area. Our family went hungry. But since I learned how to take good care of the land, protect it and nurture it, things have changed. I've learned how to contour and cover the soil. Nowadays, everyone wonders why our plants do so well. I tell them it's the power of knowledge that produces such effects!"

Serge (pictured above)

MAIN RESULTS

120

demonstration fields were established on farmers' training plots.

80

students from 4 pilot schools are involved in the project. Gardens have been set up for awareness-raising and training in agroecological practices.

225

goats have been donated to project partners. The combination of agriculture and livestock farming produces the organic matter needed to make compost.



Events

Below is a retrospective of the events we attended in 2022.

In French-speaking Switzerland

March 24, 2022 - HEPIA, Geneva. "The challenges of agroecology: Pierre Rabhi from infusion to dissemination".

Participation in a conference-debate on Pierre Rabhi's legacy. Practitioners and teachers shared their experiences of caring for the land in Switzerland, France and West Africa, inspired by this farmer-philosopher of agroecology.

April 30, 2022. "Speed meeting du bénévolat", Geneva

We met many people interested in getting involved in international cooperation as volunteers.

We'd love to hear from you! If you'd like to get involved, please contact us!

October 14-16, 2022 - World Food Day and Agroecology Festival, Geneva

14.10 - HEPIA campus, Lullier

Informative conference-debate on agroecology in Africa, France and Switzerland.

15.10 - Fête du quartier des Vergers, Meyrin

Stand at the neighborhood festival. An opportunity to introduce new people to our projects and how they can get involved.

16.10 - Mamajah Gardens, Loëx

A wonderful sunny day to meet up and celebrate World Food Day, with musical entertainment, shows, workshops for young and old, a round table on microfarming and a meal around the fire.

In German-speaking Switzerland

December 2022 - Christmas market, Horn church (canton of Thurgau)

In a joint effort, the municipality, school and Catholic and Protestant churches of Horn have joined forces to support our new health project in Uganda until 2024. This project will improve the equipment of the Karita health center (Karamoja region) and thus provide better care for patients. Our warmest thanks to the commune of Horn for its solidarity and commitment!

FINANCIAL REPORT 2022

Operating account 2022 (in CHF)

INCOME	2022	%
Public contributions		
SDC (via Interaction)	268'633	21,6%
Geneva Federation of Cooperation (FGC)	474'456	38,2%
Other donations		
Foundations, churches, companies	112'000	9%
Private donations	135'524	10,9%
Non affected donations and membership fees	247'805	20%
Other income	3'426	0,3%
TOTAL REVENUES	1'241'844	100%

EXPENSES	2022	%
Project expenses	1'005'316	82,9%
Fundraising, communication	99'353	8,2%
Administrative expenses	108'303	8,9%
TOTAL EXPENSES	1'212'972	100%

Result before change in funds 26'033

Change in funds 10'278

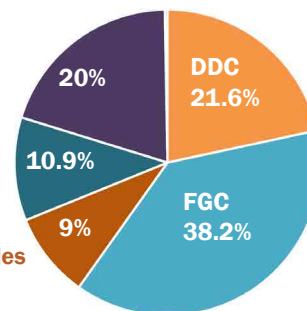
RESULT FOR THE YEAR 36'311

Source of funds

Non affected donations and membership fees

Affected private donations

Foundations, churches, companies

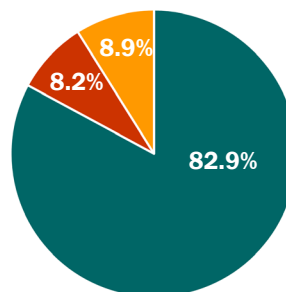


Distribution of expenses

Projects

Fundraising and communication

Administration



Distribution in accordance with the ZEWO standard.

FINANCIAL REPORT 2022

Balance sheet as of December 31, 2021 (in CHF)

ASSETS	2022	%
Liquid assets	376'680	93%
Other short term assets	11'796	3%
Accrued assets	-	0%
Total current assets	388'476	96%
Tangible fixed assets	5'403	1%
Financial fixed assets	9'458	3%
Total fixed assets	14'861	4%
TOTAL ASSETS	403'337	100%

LIABILITIES	2022	%
Debts for purchase of services	2'449	0,6%
Other short term debts	10'224	2,6%
Accrued liabilities	25'173	6,2%
Total short term liabilities	37'846	9,4%
Fund capital	243'797	60,4%
Association's capital	121'694	30,2%
TOTAL LIABILITIES	403'337	100%

In 2022, we received slightly fewer earmarked donations following adjustments to the "Cultivating the agroecological transition" program. But thanks to the increase in unrestricted donations, we were able, with similar operating expenses, to close the year with a useful profit to top up the necessary reserves.

FH Switzerland is Zewo-certified, attesting to the efficient use of donations in accordance with the association's aims and financial resources.

The accounting system complies with Swiss Gaap RPC 21 standards.

They are audited by CRF REVISION SA, 1260 Nyon.

The full financial report is available on our website:

www.fh-switzerland.org

How can you support our actions?

Make a donation

By making a donation, you can make a real difference to families in need.

Make regular donations (sponsor)

- You offer long-term, targeted help to vulnerable families.
- You receive an annual report depending on the country chosen (Burundi, Rwanda, Uganda).
- All donations to FH Switzerland are tax-deductible.

Pay now with
TWINT!

Scan the QR code with the
TWINT app

Confirm amount and
payment



Become a member of the association

As a member, you can attend our general meeting and participate in the life and decisions of the association.

Annual membership fee:

- Individual membership 100.-
- Youth membership (under 25) 40.-
- Family membership 150.-

Volunteering

Do you have a bit of time and want to get involved in our association?

We need support in a number of areas:
envelope stuffing, translations, copywriting and proofreading, event preparation, project management assistance.

We need you!

Please do not hesitate to contact us:
info@fhsuisse.org



One of our projects in Rwanda

Tofu production

Having been trained in the cultivation of soya (a plant rich in protein, from which oil can also be extracted), the women farmers of Gatunda in Rwanda now produce tofu, which is sold in the small store belonging to the cooperative. Thanks to the processing of their agricultural products, the farmers enjoy higher margins than if they sold only their unprocessed produce.

Many thanks to our loyal partners!

2022, you have once again answered the call, in solidarity with our beneficiaries in the South. We're very grateful!

Once again, we were delighted by the encouraging results and testimonials from the field.

Like everywhere else, climate change is having an impact on the harvests and living conditions of the rural families we support.

However, their situation is improving, thanks to the greater resilience acquired through the projects you support.


Our thanks go to all of you - individuals, companies, foundations, churches, the Fédération Genevoise de Coopération (FGC), the Swiss Agency for Development and Cooperation (SDC) through our umbrella organization Interaction - who believe in our projects.

In these times of growing uncertainty, your loyalty is a great and much-appreciated gift.



FEDERATION
GENEVOISE
DE COOPERATION
Mettons le monde en mouvement

INTERACTION
Gemeinsam mehr bewirken
Plus loin ensemble

 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Agency for Development
and Cooperation SDC

Avenue Louis Casati 81 | 1216 Geneva - Cointrin | Phone: +41 (0)22 755 35 75 | www.fh-switzerland.org | info@fhsuisse.org

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Your donation
in good hands.