



FH SWITZERLAND
FOOD FOR THE HUNGRY



For a Christmas of solidarity!

**Together, we can continue to change the lives of families in Africa's Great Lakes.
Many thanks for your support!**

Anastase Mawanda (left) and the group of farmers he trains in the Bwira region of Rwanda. Together, they are learning how to improve their harvests using agroecological techniques. FH Switzerland supports them.

December 2023



**Your donation
in good hands.**

Through its actions, FH Switzerland supports rural families suffering from hunger in Burundi, Rwanda, Uganda and the Democratic Republic of Congo. Together, we can continue to change the lives of the poor by offering them access to water for better health, animals and agricultural training to improve their harvests, and support to help them regain hope.



Thanks to our goat, we have manure!

«Our family received a goat. It helps us produce manure. And thanks to the farming techniques I've learned, I produce double what I used to, without spending a lot of money. I prepare organic pesticides and liquid fertilizers.» Grégoire (Burundi)

**With
40
francs**

you can give a family a goat, for example.

Receiving a goat changes a family's life. Their nourishing milk is given to the children and supplements their diet. The manure improves harvests. When the animal gives birth, the kid is given to another family in the village, creating a chain of solidarity.

Photo: Goats, like the ones families receive.



**With
60
francs**

you can help build a borehole, for example.

Clean water on my doorstep!

«It's a miracle for me that I no longer have to walk 2 kilometers to fetch water! Our children can go to school regularly, because they no longer have to look for water far from home. We're all healthier, thanks to sufficient water to maintain good hygiene.»

Athalie (Rwanda)

Access to drinking water is crucial to good health. We are committed to access to water and sanitation. We finance the construction of boreholes and the creation of water supply networks by collecting spring water.

Photo: Athalie's son Jean fetches water from the new water point.



**With
150
francs**

you enable us to finance a week's training in agro-ecology for a farmer.

My agricultural production has improved.

«Through FH, I learned how to improve my production using agroecological practices. With the sale of the bananas I produced, I was able to buy two goats. I'm proud of my life, I feel that I'm important in my family, because today, I manage to meet the needs of my family.» Gervais (Burundi)

Our agricultural projects provide farmers with the skills they need to become self-sufficient and resilient. We are committed to sustainable agriculture that respects the environment. This enables farmers to cultivate restored land that produces abundant, healthy harvests.
Photo: Gervais dans sa plantation de bananes.



**With
30
francs**

You help, for example, a woman by providing her with agricultural seeds (beans, corn and manioc).

I regained my self-confidence.

«I opened a small shop. I have a good clientele and my contribution to the household income has become significant. Everyone comes to buy from me, and the presence of others doesn't bother me like it used to. This project has enabled me to detach myself from my past and rediscover my place in my home and community.» Fortunée (Congo RDC)

Congo RDC - We support groups of women who are survivors of violence, so that they can support each other, develop a small business, improve their agricultural production and thus regain hope for their future.
Photo: A group of women supported by FH will be able to start up a goat farm.