

Poverty is a vicious cycle. Those born into poverty are smart and hardworking, yet they often do not have the opportunity to create the lives they deserve.

When a child is born into poverty, she grows without knowing the joys of a full stomach.

If she is fortunate enough to go to school, hunger pangs make it hard to concentrate.

If she gets sick, medicine is too expensive to obtain.

If her clothes rip, there is no money to replace them.

If she cannot continue her education, she'll have fewer options for work.

When she is of age, she marries and begins having children, and the cycle continues.

## WE KNOW SEVERAL FACTORS CONTRIBUTE TO POVERTY. THAT'S WHY OUR APPROACH IS MULTI-FACETED.

We do *not just* give animals.

We connect farmers to resources and support.

We train them on proper animal care.

We teach them to grow crops without hurting the environment.

We help them sell their goods.

We help them get loans.

We teach that women are as strong as men.

We provide clean water with irrigation systems and wells.

We make sure families have money to send all their children to school.

We encourage families to pass on their knowledge and gifts to others in the community.

How we help varies by project, but our goal is to ensure families can meet all their needs.



By working with individuals, we help them tap into the potential within. It's a process that changes us, them, their families and communities.

**WE'RE BREAKING THE CYCLE, ONCE AND FOR ALL.**

## GET INVOLVED

### MAKE A DONATION

[Heifer.org/Catalog](https://Heifer.org/Catalog)

### PLAN A FUNDRAISER

[Heifer.org/Fundraise](https://Heifer.org/Fundraise)

### DOWNLOAD RESOURCES

[Heifer.org/Schools](https://Heifer.org/Schools)

[Heifer.org/Faith](https://Heifer.org/Faith)

### VISIT US

[Heifer.org/Visit](https://Heifer.org/Visit)

### FOLLOW US



**HEIFER INTERNATIONAL** is qualified as a charitable organization under Section 501 (c)(3) of the Internal Revenue Code. Contributions to Heifer International are tax-deductible to the extent permitted by law.

1 WORLD AVENUE, LITTLE ROCK, AR 72202, USA

888.5HUNGER (888.548.6437) | [HEIFER.ORG](https://HEIFER.ORG)

© Heifer International | 20-MCH-EH62



69.RPGEBR19

  
**HEIFER**<sup>®</sup>  
INTERNATIONAL

# BREAKING THE CYCLE OF POVERTY



## OUR MISSION

We're on a mission to end hunger and poverty in a sustainable way by supporting and investing alongside local farmers and their communities.

## OUR WORK

For more than 75 years, we've helped more than 36.7 million families build sustainable farming businesses to support their families. We know that having a secure source of income can be truly transformational for farmers and their communities.

Our work has always focused on farming, because we believe ending poverty begins with agriculture. Cows, goats, chickens and seeds can provide nutritious milk, meat, eggs, food, fodder and so much more for communities living in hunger and poverty.

And with the right training and support, families will be able to take these assets and support their families in ways that allow them to thrive.

## OUR GOAL

Our goal is to increase incomes so families can afford nutritious food, shelter, clean water, access to health care and a safe environment to raise their children without worrying when unexpected needs arise.

# WHERE WE WORK

Total number of families assisted since Heifer began operations in 1944:

# 36.7 M

## AMERICAS

Ecuador / Guatemala / Haiti  
Honduras / Mexico / Nicaragua  
United States

## AFRICA

Ethiopia / Ghana / Kenya / Malawi  
Rwanda / Senegal / Tanzania / Uganda  
Zambia / Zimbabwe

## ASIA

Bangladesh / Cambodia / India / Nepal



## LOOKING FORWARD

To strengthen our impact, we have closely aligned our work with the United Nations' Sustainable Development Goals. When we work together toward a common goal, we can reach that goal even sooner.

1 NO POVERTY



2 ZERO HUNGER



5 GENDER EQUALITY



6 CLEAN WATER AND SANITATION



8 DECENT WORK AND ECONOMIC GROWTH



10 REDUCED INEQUALITIES



13 CLIMATE ACTION



15 LIFE ON LAND



16 PEACE, JUSTICE AND STRONG INSTITUTIONS



17 PARTNERSHIPS FOR THE GOALS

