SELF HELP INTERNATIONAL

IOWA ADVANCE SPECIAL #229: SELF-HELP INTERNATIONAL

Our mission:

To alleviate hunger by helping people help themselves.

Our knowledgeable local staff in Ghana and Nicaragua:

•Partner with communities to implement sustainable projects that alleviate hunger by reducing poverty and improving well-being
•Train farmers in agricultural practices to increase yields and introduce locally-appropriate post-harvest storage
•Promote corn production using Quality Protein Maize (QPM)
•Improve children's diets by providing a daily breakfast porridge made from QPM that is grown on-site by local farmers
•Teach young adults how to start up rural enterprises to create local jobs
•Empower women with the business training and access to micro-loans they need to increase income and achieve self-sufficiency
•Install water chlorination systems that provide clean, safe drinking water

How you can help:

•Feed a child in Ghana by sponsoring a daily breakfast for a year for $55
•Empower a mother to better provide for her family by sponsoring her introductory micro-loan for $50, or any of her successive loans up to $500.
•Support a young entreprenuer with the ongoing education for $20 or more.
•Improve quality of life by sponsoring clean water for a village for $1,500

207 20th St. Ste. A NW • Waverly, Iowa 50677 • 319-352-4040
information@selfhelpinternational.org • www.selfhelpinternational.org

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SELF HELP INTERNATIONAL

Leaving a Legacy: The gift that keeps on giving.

Who We Are

Self-Help International is dedicated to alleviating hunger by helping people help themselves. Though our means of carrying out this mission has shifted over the decades, the mission itself has never wavered since Vern Schield founded Self-Help in Waverly, Iowa in 1959.

What We Do

We alleviate hunger by assisting the rural poor, small scale farmers and related enterprises in developing countries to become self-reliant in meeting the needs of familiesand communities through training, education, leadership development, and other forms of assistance.

Sustainable Development

Accessing Clean Water

Partnering with Community Water and Sanitation Committees (CAPS) to improve public health through community-scale water chlorination systems so families can lead healthier, more productive lives

Empowering Women and Girls

Offering women micro-loans and training to generate income to meet their families' needs, and supporting girls' education through Teen Girls Clubs

Ending Malnutrition

Establishing school farms and feeding programs to ensure children start the day hunger-free, and offering targeted nutritional support during the first 1,000 days of life

Training Youth

Addressing youth unemployment through practical training on low-land use agro-enterprises such as poultry, rabbitry, grasscutter, and mushroom production

Improving Agriculture

Helping farmers grow more and better food to nourish their families and communities through practical, hands-on training sessions and demonstration plots

Donate online by visiting:
www.selfhelpinternational.org/donate

or:

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