

SELF  HELP

INTERNATIONAL

2017

IMPACT REPORT



Alleviating Hunger by Helping People Help Themselves Since 1959





MESSAGE *from the* EXECUTIVE DIRECTOR

Friends,

We've all heard the saying, "Give a man a fish, and he'll eat for a day. Teach a man to fish and he'll eat for a lifetime." But even the best trained fishers struggle without a fishing pole. To truly feed their families for a lifetime, men and women must not only know how to fish, but be able to afford the fishing pole.

Your support of our mission in 2017 ensured that Self-Help could offer families both training and the financial resources to put that training into action. Together, we left more than 55,000 people better off in 2017 than they were in 2016.

It's hard to believe that \$8 can change a life. Yet that's what we saw in 2017: every \$8 invested meant one more person drinking clean water, or one more girl getting after school support, or one more boy getting a healthy daily breakfast, or one more mother accessing training and micro-loans, or one more farmer learning how to increase yields and better feed his family.

Your investment created opportunities for grandmothers like Felicia to earn their own income. Thanks to the combination of financial literacy training and access to micro-loans – and a lot of determination and hard work – Felicia was finally able to build a quality home for herself and her grandchildren, one where they no longer have to share a single room, and can sleep more comfortably each night.

Your investment in teaching communities like Migdalia's about the importance of clean, safe drinking water, and providing the resources to chlorinate their water system and take ownership for maintaining the system long term, means that 11,000 more people in Nicaragua are leading healthier, more productive lives. Your investment in extending that same water chlorination technology to the sick at San Carlos Hospital is reducing patient infections and improving recovery times every day.

By extending practical training in enterprises such as mushroom production and rabbit rearing with starter loans of mushroom bags or breeding stock, youth groups, individuals, and even inmates at Amanfrom Prison Camp now have marketable skills and the materials to get started. Many of the prisoners lacked a plan for how they would provide for their families once released, yet your support has created opportunities for self-employment.

Your investments gave Fatima something to eat at the start of each school day so she could pay attention to her first grade lessons and have a strong foundation for her education without the distraction of hunger pains, and at the same time offered training in improved agriculture and input loans to her parents, Abdullai and Fatia, so they would be able to meet her nutritional needs long term.

Your investments gave hope to families in despair, and created opportunities for families ready to help themselves. If not for your gift, they would still be waiting for those opportunities. Yet today, they're not only surviving, they're thriving – because of you. This report features stories of just a few of those families. We hope you take joy in knowing that you've made such a lasting difference!

Thank you for choosing Self-Help International as your partner in impact in 2017. It is truly an honor to work with you to alleviate hunger by helping people help themselves.

Nora Tobin,
Executive Director

Mission:

Alleviating Hunger by Helping People Help Themselves

The production of this impact report
was made possible through a
generous anonymous donation.

THEY'RE MORE THAN PROGRAMS,
THEY'RE **PEOPLE.**



761 WOMEN & GIRLS JOINED OUR PROGRAM AND EMPOWERED THEMSELVES



743 PEOPLE PARTICIPATED IN AGRICULTURAL AND ENTREPRENEURSHIP TRAINING SESSIONS



715 CHILDREN RECEIVED A NUTRITIOUS BREAKFAST EVERY DAY OF THE SCHOOL YEAR



11,090 RESIDENTS OF RURAL COMMUNITIES
&
41,681 HOSPITAL PATIENTS GAINED ACCESS TO CLEAN WATER



1,700+ IOWANS LEARNED ABOUT GLOBAL POVERTY



Self-Help's mission is to alleviate hunger by helping people help themselves. Our locally-hired team of skilled professionals serves rural communities in Ghana, West Africa, and Nicaragua, Central America, to improve quality of life with dignity.



WHO WE ARE

Iowans helping feed the world. Founded by Vern Schield in Waverly, IA in 1959, Self-Help initially manufactured and shipped small "Self-Helper" tractors to subsistence farmers in 48 countries. In 1989, in collaboration with Nobel Peace Prize Laureate Dr. Norman Borlaug, Self-Help shifted its focus to sustainable development programs centered on local community leadership. Our services to farm families pair education and trainings with access to the resources necessary to put that knowledge into action.

EMPOWERING WOMEN & GIRLS



FEATURED STORY: BUILDING A BETTER FOUNDATION FOR HER FAMILY

Felicia was born and raised in Kwaso, in the Ashanti Region of Ghana. She is sixty-five years old, a widow, and a mother of seven children. As a participant in the Micro-Credit Program, Felicia is mostly engaged in palm oil production and trade.

Ten years ago, after her husband fell sick and quickly passed, Felicia found ways to support her family by working as a tailor. She patched up old and torn clothes for a small fee. "Life was hard," she said. Her sister, Olivia, introduced her to Self-Help's Micro-Credit Program in 2010. After joining the program, she received her first loan of GHC 100 (\$25 USD). Her businesses have continued to do well, and based on her creditworthiness, she was recently issued a loan of GHC 850 (\$212.50 USD). Her payments are always on time, and she puts her savings away for her children's education.

She's proud that all seven of her children have gone through secondary education. One of her sons is an electrician and another son is a teacher. The remaining five are all traders. All her children are independent and self-sufficient. "Though, I would have loved to see all of them in much bigger positions, I am happy they are independent and fending for themselves," Felicia tells Self-Help. She continued, saying,

"If I had joined the program earlier, my finances would have been better and could have provided them with a higher quality education."

Even though Felicia doesn't mind sharing her home with her extended family, she complains of congestion as she and her six grandchildren share a single room (with all of her savings having been put towards educational costs, the quality of her housing wasn't something she could worry about before). In 2017, recognizing that her children were self-sufficient and working towards their own goals, Felicia decided it was finally time to build a house of her own.

With much hard work and determination, Felicia has been able to save money and build her credit with a local bank. Currently, she is constructing a two-bedroom house, which is in the roofing stage. She has been able to do this with the aid of micro-loans and profits from her business. She has successfully purchased slabs of wood to roof her home and intends to purchase roofing sheets and bags of cement with part of her next loan and savings.

As soon as Felicia's house is completed, she will move from her family's house (her current residence) into her own house with her six grandchildren. In a recent interview with Self-Help's Ghana staff, Felicia tells them, "I couldn't imagine my life today without the Self-Help Micro-Credit Program. I appreciate the efforts of the donors globally towards making my life and that of my family beautiful!"

Teen Girls Club motto: "Girls stand for education, empowerment, and fairness!"

Read more about empowering women and girls by visiting selfhelpinternational.org/empowering-women-girls



2017 IN REVIEW:

\$110,000 IN MICROLOANS ISSUED TO:

633 WOMEN

FROM **31** COMMUNITIES IMPROVING QUALITY OF LIFE FOR THEM AND THEIR FAMILIES

HOSTED MORE THAN **90** TRAINING SESSIONS IN LITERACY, NUMERACY, ENTREPRENEURSHIP, BAKING, HAIRDRESSING, AND WOMEN'S HEALTH

NICARAGUA HIGHLIGHT

BUILT **8** IMPROVED STOVES AND **6** OVENS IMPROVING RESPIRATORY HEALTH, REDUCING SMOKE INHALATION, AND REDUCING FIREWOOD CONSUMPTION BY **70** PERCENT

GHANA HIGHLIGHT

128 GIRLS FROM **3** RURAL VILLAGES PARTICIPATED IN THE TEENS CLUB WHERE THEY ACCESSED EXTRA TUTORING, SCIENCE-BASED FIELD TRIPS, AND WOMEN'S HEALTH EDUCATION



Felicia



Felicia in front of her new home.

Update as of June 2018:

Felicia has successfully roofed her house. She also purchased bags of cement and sand to mould building blocks. She intends to continue with her building project with her next loan by adding plaster. Then, the home will be ready to move in.

FEATURED STORY:

TWO SISTERS MAKING A DIFFERENCE: THE KEY TO SUCCESS

by Yolanda Fletes Rosales,
Nicaragua Micro-Credit Officer

Sisters Gema, 24, and Cristina, 27, are two of the twenty-five women who live in the community of Ochomogo, in Rivas, Nicaragua currently participating in Self-Help's Micro-Credit Program. They began their journey with Self-Help two years ago when they completed all the training sessions to join our Micro-Credit Program. Each woman then qualified to receive a loan of \$50 (USD). The sisters pooled their resources and purchased 35 pieces of jewelry and now operate a quite profitable jewelry business.

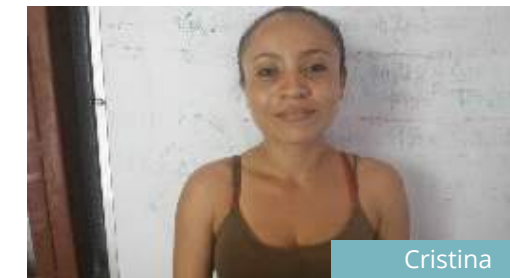
Either Gema or Cristina travels to Managua to buy the jewelry, which they then sell in their local community. They buy and sell women's and men's necklaces, bracelets, wristwatches, rings, and hair accessories for women and girls in different colors, sizes and designs. All of the products are made using steel or plastic materials. They prefer to buy in bulk because they get lower prices per piece and only one of the sisters travels at a time to keep the transportation costs low.

The cost per piece varied from \$1 to \$4 based on the size, style, and material. After factoring in all of the costs, they set the sale price based on the quality of the product and customer demand, usually \$7.30 - \$8.30 per piece. Even after factoring in all expenses associated with their business and repaying their initial loans, the two women earned a net profit of \$116 USD from the initial loan. This margin of profit motivated them to continue the business and they applied for two more loans from Self-Help. By the time they applied for their third loan of \$100 each, they were well known in their community and many were requesting and purchasing their products. They hope to one day sell enough of their jewelry that everyone in their community is wearing their products.

Cristina is no stranger to hard work and is creative in finding ways to make ends meet. Until she can earn a living selling jewelry full time, Cristina will continue working other jobs to cover additional family expenses. Her work as a customer service representative has also



Gema



Cristina

provided her with the opportunity to sell her jewelry to her coworkers. Sometimes she offers the jewelry to them on credit, allowing them to pay her back later once they receive their paychecks. She also sells Nicaraguan fast food on the weekends.

While Cristina is busy at work, Gema is studying Psychology at the University of Rivas. She is in her last year and plans to use the profits from her jewelry business to pay her education fees. She dreams of becoming a business professional who will expand her business beyond her community in order to improve her quality of life. Cristina also dreams of expanding her business in the future, and knows that she will have to work hard to improve her business in order to achieve her goals.

Though their business is good, the sisters continue to live in their mother's house along with their grandparents and two nephews (7 and 9 years old) and use their income to help support the rest of their family. Their older sister traveled to Costa Rica in search of work, but is not able to send enough money to cover her children's expenses, so Gema and Cristina contribute financially and care for their nephews, so they too can receive an education and have more opportunities.

"We are very grateful to Self-Help International and the Micro-Credit Program for giving us the chance to participate in the program, and for supporting us with low interest-rate loans. We want to thank you for the training sessions on business management and much more."

They said that with the help of God and the Self-Help Micro-Credit Program, they are able to handle their business and be self-sufficient. As of today, they no longer need loans from Self-Help to support their businesses. They are self-financing.

They hope that other women have the same opportunity that they had to become members of the program.

"We want to thank the Self-Help staff and donors for supporting us and for helping the women of Nicaragua to become fighters and entrepreneurs."

IMPROVING AGRICULTURE & SUPPORTING ENTREPRENEURSHIP



FEATURED STORY: HATCHING NEW IDEAS: THE YOUNG ENTREPRENEUR FROM LA RAMPLA

*by Jorge Campos Solis,
Nicaragua Country Director*

Demand for training sessions at the Fred Strohbehn Training Center in Nicaragua continues to grow! The first training session of 2017 was held to introduce the Micro-Credit Program to interested women in the area. Nine children sat alongside their mothers, swinging their feet back and forth throughout the training session. Many mothers bring their children with them because they don't have anyone else to watch their children at home.

Seeing the children sitting there sparked a new idea. We asked the women what they thought of a pilot project to engage their children in raising chickens. It would give the children ownership, provide a source of income for the families, and enable mothers and children to experiment to see first-hand the value of quality protein maize (QPM) consumption for growth and development. The women were excited and enthusiastic!

We launched the two-month pilot program in early February to ensure the birds would be ready for market by Easter. Parents active in our Micro-Credit and Ag Training Programs brought their children, grandchildren, nephews, nieces, and cousins to the training center to register for the program. Micro-Credit Program officer Yolanda Fletes and I taught them how to raise chickens at home, including how to properly feed them with QPM seed and how to generate additional income for the family by selling them when they are fully grown. Each child developed a brief business plan that included the product they were raising, the expected selling price, the potential market for their product, the actions needed to produce it, the expected time period, and the desired results.

I was taken aback by the initiative displayed by one 12-year-old boy, Carlos, when he boasted that he had already built a big shelter for more chickens than necessary now in preparation to grow his business in the future. Carlos, whose father is active in Self-Help's Ag Training Program, said he could help his father plant and harvest the QPM so that he could feed the chicks with better seed. He told us, "I think I will take good care of my chicks and then I will sell them. When I sell them, I will use that money to buy more chicks. Then, I can buy myself things and not have to ask my parents for money. I can also save for school." He went on to say, "I know my father is part of this organization, and so is our family now, but I feel closer to you because I get to work with you myself. Thank you."

Ten days later, the chicks were delivered along with their initial QPM feed to the families who participated in the training. During the first three weeks, all the chicks received the same starter ration. Then during the last four weeks of the trial, the children were randomly assigned one of four types of feed

Kimberling helps her big brother raise hens

Read more about improving agriculture by visiting
selfhelpinternational.org/improving-agriculture



rations for their chicks, though they didn't know which they received. Two rations contained QPM corn, one was supplemented with soybean meal, and one had no supplemental protein. The other two rations contained conventional corn, again, one with soybean meal as a protein supplement and one without. SHI staff weighed all the chicks weekly throughout the seven weeks to track growth.

I think I will take good care of my chicks and then I will sell them. When I sell them, I will use that money to buy more chicks. Then, I can buy myself things and not have to ask my parents for money. I can also save for school.

- Carlos, 12 years old, La Rampla, Nicaragua

At the end, the verdict was clear: although the birds fed non-QPM + soy had the highest weight, after factoring in the cost of feed, the profit margin for the QPM-fed birds was the highest, making QPM-only feed the most economical choice. See the final results in the table on page 13.

By taking an evidence-based approach, families were able to see for themselves the difference QPM feed makes. The next phase of the project will include using profits from the first stage to purchase a larger number of chicks. Engaging children in addition to parents resulted in a 33% increase in training session participation. We are encouraged by Carlos's spirit and we look forward to engaging more young, innovative entrepreneurs like him.



2017 IN REVIEW:

GHANA

26

PEOPLE PARTICIPATED IN AGRONOMIC TRAINING SESSIONS



138

INDIVIDUALS TRAINED IN PRODUCTION & IMPROVED CULTIVATION PRACTICES



42

EDUCATED IN RABBIT & MUSHROOM PRODUCTION

NICARAGUA

157

PEOPLE TRAINED ON QUALITY PROTEIN MAIZE (QPM)



537

PEOPLE PARTICIPATED IN LEADERSHIP & TRAINING SESSIONS



Results of Self-Help International Broiler Chick Project, 2017

(all values in Cordobas. 1 US\$ = 30 Cordobas)

Ration	A	B	C	D
Corn in ration	Non-QPM	Non-QPM	QPM	QPM
Soy meal in ration	No	Yes	Yes	No
Ending live weight, kg./bird	5.46	6.05	5.38	5.77
Value of birds per kg.	\$77.00	\$77.00	\$77.00	\$77.00
Total value per bird	<u>\$420.42</u>	<u>\$465.85</u>	<u>\$414.26</u>	<u>\$444.29</u>
Purchase cost per bird	20.00	20.00	20.00	20.00
Feed cost per bird	292.50	320.85	317.85	292.50
Vaccinations cost per bird	<u>3.43</u>	<u>3.43</u>	<u>3.43</u>	<u>3.43</u>
Total cost per bird	\$315.93	\$344.28	\$341.28	\$315.93
Profit per bird	\$104.49	\$121.57	\$72.98	\$128.36
Profit per bird, US\$	\$3.48	\$4.05	\$2.43	\$4.28

FEATURED STORY:

HOPE FOR THE INCARCERATED

by Paul-Simon Anane, Training Center Manager

Amanfrom Prison Camp is a minimum security prison for convicts who have less than a year to complete their sentences. In September 2016, Self-Help's training center team worked with Ghana Prison Service to train some of the inmates and officers at the Amanfrom Prison Camp on mushroom production and rabbit rearing to ensure inmates would have marketable skills to help them reintegrate into society after being released from prison. "Many inmates have developed an interest in rabbit rearing and decided to create rabbit rearing businesses when released," said Francis, the Chief Superintendent of the Ghana Prisons Service and the Officer-in-Charge of the Amanfrom Prison Camp.

"Many inmates have developed an interest in rabbit rearing and decided to create rabbit rearing businesses when released."

After the training, we gave the camp three rabbits (one male and two females), to raise and breed so those trained get hands-on experience. We returned

to the camp in June 2017 to monitor the progress of the animals and provide post-training technical support. By that time, the camp had a total of twenty-eight rabbits: ten males and eighteen females. Both prisoners and officers are eager to continue rearing rabbits, especially the officers like Francis who are close to the age of mandatory retirement and seeking future opportunities for self-employment. Given the fast pace of rabbit reproduction, the camp lacked enough space to house them all, so we helped the camp construct labor-saving hutches.

Since there are so many rabbits, the officers are able to give a few of them out as gifts to inmates upon their release so that they may establish their own rabbit-rearing business. This gift allows former inmates to remain engaged in a productive activity that will generate income and allow them to care for their families.

Rabbits serve not only as a business opportunity, but also an opportunity to improve diets. The increased protein consumption from rabbits generally improves inmate health and lowers medication costs. "We are grateful to Self-Help International for opening our eyes to this project. It will help improve the protein content and quality of meals served at our prison," Francis added.

Isaac with an officer at a prisoner's camp



FEATURED STORY:

TRIAL PLOTS ENHANCE SCHOOL FEEDING PROGRAM

by Isaac Paul, Training Center Volunteer

In January 2017, I packed my bags and flew to Ghana, West Africa with Self-Help to work with farmers to help them better feed their families. The farmers that Self-Help works with here in Ghana are not so different from the farmers back home in Iowa: they are hardworking stewards of the land, seeking to provide for their children in the best way they can.

The farmers Self-Help works with here in Ghana are not so different from the farmers back home in Iowa: they're hardworking stewards of the land, seeking to provide for their children in the best way they can.

One of my favorite experiences has been planting demonstration plots in the village of Bedaabout near the local school. Demonstration plots are used to display best practices to local farmers in an effort to help them grow more food. By intercropping and utilizing cover crops, farmers are able to increase

land efficiency and food production, control weeds, decrease evaporation, enrich the soil, and reduce runoff and erosion. Quality Protein Maize (QPM) mines the soil and does not add nutrients. But legume crops like mucuna, cowpea (black-eyed pea), and groundnut (peanuts) can be intercropped to effectively fix nitrogen in the soil in addition to providing food to eat.

In addition to serving as a learning tool for local farmers, demonstration plots supply food to local schools which use the QPM, as well as the cover crops from the plots, to provide a daily nutrient-dense breakfast porridge for their students.

Self-Help's sustainable community development model works not only to ensure that children are fed for the day in school, but also that their parents are able to provide for them at home for years to come. Today, their parents are growing more food and more nutritious food than previously possible. Through demonstrating and implementing these improved practices, we are alleviating hunger by helping people help themselves.

A team effort to plant the plots.



ENDING MALNUTRITION



FEATURED STORY:

ONE LESS WORRY FOR CHARITY

By Jesse Jackson Sarkodie, School Feeding Program Officer

Dorothy, 10, and Candy, 5, are in Class 2 and Kindergarten 1 at the Ama Badu D/A Primary School, where Self-Help has established a school feeding program. Their father, Ofori, was a carpenter and would make stools that their mother, Charity, would sell. Because it was so difficult for the family to get by on that income, Ofori left Ghana in February 2016 in search of employment opportunities to better provide for his family.

“Ofori took good care of us until he decided to travel to Mali,” Charity said. “For the first six months after he travelled, he sent us money. But then I lost touch with him. I haven’t heard from him in nearly two years.” Not knowing what may have happened to Ofori, Charity can’t help but imagine the worst.

With Charity left to support her family all on her own, Dorothy and Candy’s educational futures were at risk. “My only source of income was from the sale of the stools, so when my husband left I was doing virtually nothing that could earn money for my family. I was feeding my children from my mother’s purse.”

The Ama Badu School Feeding Program means that Charity doesn’t have to worry about what her daughters will eat in the morning or how she will afford it. She knows they will receive a nutritious QPM porridge breakfast every day at school.

I met Charity at a meeting organized for the women of Ama Badu, where she heard our staff emphasize the need for parents to work hard to send their children, especially daughters, to school. She decided to start her own business selling food at the Ama Badu D/A School. She said, “Prior to the meeting all I was looking forward to was getting money from someone to buy and sell clothing. I never thought of starting a small business like this because I did not know it could be of great assistance to my family.”

Meeting Self-Help has brought something big to my family. It has really taught me the value of useful advice; help comes in many ways apart from money. The advice from SHI has indeed brought joy to my life.

- Charity

“Until that meeting with Self-Help, I had decided that Dorothy would not go back to school the next academic term, but I had a change of mind.” Charity told me that after hearing from Self-Help at Ama Badu, she began to support herself independently, motivated to keep her daughters in school.

Now, Charity’s household is food-secure and her business is doing quite well. Because of the School Feeding Program, Candy and Dorothy are well fed, and Charity doesn’t need to choose between buying food and paying for school. “Meeting Self-Help has brought something big to my family. It has really taught me the value of useful advice; help comes in many ways apart from money. The advice from SHI has indeed brought joy to my family.”

Read more about ending child malnutrition by visiting selfhelpinternational.org/ending-malnutrition



2017 IN REVIEW:

GHANA

715 CHILDREN FROM

9 SCHOOLS

WERE FED
A DAILY BREAKFAST
WITH
QUALITY PROTEIN
MAIZE

9 SCHOOLS
RECEIVED
HYGIENE
EDUCATION



Candy with her mother and sister



Dorothy and Candy in their uniforms



Children line up to receive breakfast

FEATURED STORY:

THE TRANSITION OF ABDULLAI'S FAMILY

By Jesse Jackson Sarkodie, School Feeding Program Officer

In their quest for a better life, Abdullai, 35, his wife Fatia, 29, and their three children - Sule, 4, Fatima, 6, and Ibrahim, 8 - left their native town of Dibasonye in the Upper East Region of Ghana to settle in Fankamawe in the Ashanti Region. The Upper East region is one of the poorest regions in Ghana where people live on less than \$1 daily.

In 2015, Abdullai lost all of his income when a fire destroyed his crops. It became nearly impossible for him to provide for his family and he was eventually forced to relocate to Fankamawe, where Abdullai's brother assured him that he would find a job as a farm labourer or herdsman. Abdullai tells Self-Help, "Life here in Fankamawe has not been easy but there is hope that if I work hard, I will provide a better future for my children."

"Life here in Fankamawe has not been easy but there is hope that if I work hard I will provide a better future for my children."

He continues, "When we first arrived at Fankamawe, I would wake up in the early morning with my wife and travel from one house to another in search of anyone who needed laborers on their farms." At the time, sending their children to school was not a priority for Abdullai and Fatia, as their primary focus was finding a way to feed their family.

Now, their situation has changed: Abdullai and Fatia are both beneficiaries of the SHI Quality Protein Maize (QPM) Program, receiving agronomic training and subsidies to cultivate up to an acre of QPM. A portion of the maize produced by the farmers in the QPM Program is used to prepare breakfast for the school children enrolled in the SHI School Feeding Program.

Sule, Ibrahim, and Fatima are now in school and both parents are happy. Fatia told Self-Help International, "It is a great relief that the school feeds the children breakfast. It makes life easier for us, the poor parents."

The Feeding Program tracks the weight and height of each child in the program periodically. When Fatima's weight was first taken, she was severely underweight. After several months on QPM breakfast porridge from the school, Fatima's height and weight have improved.

When SHI last visited the family, Fatia was pregnant in her third trimester and was on her way to the farm in the morning. She confided in SHI, "This pregnancy was unintentional. After Sule, I decided not to become pregnant again to be able to take good care of my three children."

Though Fatia says she never intended to get pregnant for the fourth time, she and her husband maintain that they are financially stable and their family is living well. "We are ready for our fourth child," they told SHI, "Our problem of food insecurity is over after joining the SHI QPM Program."



Fatia working to provide for her family's future



Fatima excited to go to school early



Fatima enjoying her breakfast



Abdullai working as a herdsman

ACCESSING CLEAN WATER



FEATURED STORY:
**41,000 RECEIVE CLEAN WATER AT
SAN CARLOS HOSPITAL**
*by Orlando Montiel Salas,
Nicaragua Clean Water Program Officer*

The municipality of San Carlos is the capital of the region of Rio San Juan, Nicaragua. Within this territory is the city of San Carlos, which contains one of the major hospitals for the region. The hospital is responsible for all 4 municipalities that make up the department— San Juan de Nicaragua, El Castillo, San Carlos, and San Miguelito, Morrito.

According to statistical information provided by the hospital, approximately 49,700 patients will have visited the hospital by the end of this year. In just January and February alone, 2,671 men and 5,616 women have visited. Their ages range between less than 1 year to 60 years and over.

The hospital has more than 250 employees working in the areas of medical care, statistics, administration, cleaning, and cooking. They also have staff who are tasked with ensuring the water provided by the storage tanks is received through the potable water distribution network of the company ENACAL of San Carlos.

However, water supplied to the hospital lacked the chlorine concentration at a level adequate enough to disinfect and purify all of it for the amount of individuals served— and did not guarantee that it was completely safe for consumption. This was a very obvious problem for the hospital administration and authorities, which led them to look for solutions to improve water quality.

In August of 2016, the San Carlos hospital management staff contacted us to discuss the water quality issue they were having. We decided we would need to have a meeting with several leaders and the administration of the hospital. The meeting resulted in the decision to carry out a technical inspection of the water system and then to install one of Self-Help's CTI-8 chlorinators.

The Self-Help International Clean Water Program in Nicaragua, in coordination with the management of San Carlos Hospital, installed five CTI-8 manual chlorinators which currently guarantee the quality and safety of water within the hospital's facilities. The first chlorinator was installed on January 19, 2017 in a 5,000-liter tank supplying the maternity and neo-natal wards. The people who will directly begin to benefit from this each year are the hospital's 471 newborns and 3,436 pregnant and postpartum women. The last of the five chlorination systems was installed on

March 18, 2017. The five chlorination systems cover the hospital's pediatrics, general medicine and orthopedics, maternity, surgery, and emergency centers.

In April, the systems were tested for monitoring and evaluation. The results showed that the chlorination systems had successfully eliminated the problem of poor water quality in the Hospital de San Carlos. The Country Program Director and I provided educational talks to nursing staff, maintenance staff, cleaning staff, laboratory staff, administrators, doctors and directors of the hospital, regarding the use, management, and maintenance of the CTI-8 manual chlorinator. We hoped to expand the knowledge about the importance of reliable and clean water and demonstrate the sustainability of the chlorinator equipment. They needed to understand why the correct amount of chlorine was so vital.

The Director of the hospital told Self-Help International staff, "Now we have a good perception of the quality of the water that we have, and I feel happy because before it was a headache to talk about the quality of the water in this hospital - people criticized us on this subject, but we can say at any moment and in any meeting, we have water of good quality and safe for the population we serve. Now people who visit the hospital of San Carlos for consultations, appointments, emergencies, or hospital admission of any kind are sure to take and use the drinking water inside the hospital."

Since the installation of the five chlorination systems, we can now say with confidence that the hospital and its 41,000 yearly visitors will have safe water to meet all of their many needs.

Community leaders must be able to maintain the system long term, both technically and financially. I'm confident that CAPS leaders across southern Nicaragua are now better equipped to provide their communities with clean water in a financially sustainable manner. ”

**—Orlando Montiel Salas,
Clean Water Program Officer**

Bayardo (red hat) overseeing the set-up of the CTI-8 chlorination system

Read more about providing access to clean water by visiting selfhelpinternational.org/accessing-clean-water



FEATURED STORY:
NOBODY LIKES DIARRHEA (SERIOUSLY)

by Orlando Montiel Salas,
Nicaragua Clean Water Program Officer

After a sweltering day spent working on a farm, Julio heads home longing for a cool drink of water. The water that runs from his kitchen tap is brown and contaminated, but he is exhausted and dehydrated: what choice does he have? For as long as anyone can remember in Jacinto Baca, the water has not been safe to drink and the people have been plagued with diarrhea for something as simple as quenching their thirst. In this rural agricultural community in northern Nicaragua, 145 houses are occupied by 1,053 people.

Migdalia María Obando, a licensed nurse and the head of the Health Clinic, has raised her two children in Jacinto Baca. A lifelong community member, she has personally witnessed and experienced the illnesses that come with consuming unsanitized water. In the past, people were expected to sanitize their own water, which they did not always do, so diarrhea and stomach issues persisted. They had grown so accustomed to living with the symptoms of contaminated water that they downplayed their health issues until the Ministry of Health examined and presented the high levels of

contamination in the water, showing them just how risky it was to consume it.

Now, the water is chlorinated before it reaches the homes, so the water is clean and ready to drink as it exits the faucet. Migdalia says this change, thanks to the installation of the CTI-8 water chlorination device, has made all the difference: "As health workers, we have observed the importance of the CTI-8. Before there were many people sick with diarrhea, mainly children... now that we are using the chlorinator, the cases of diarrhea have decreased." The inhabitants are educated on the benefits of the CTI-8 and pay a small "water fee" to maintain the device and ensure that they will have clean water each month.

The plumber in charge of maintenance of the CTI-8 is Bayardo Antonio Hernández, who, like Migdalia, is raising his two children in Jacinto Baca and has witnessed their suffering after drinking contaminated water. In the past, stomach problems were often blamed on the heat. After the Ministry of Health's

testing and the installation of the CTI-8, the stomach pains and diarrhea have practically disappeared. Both Migdalia and Bayardo lived with the flawed water system in Jacinto Baca for over 30 years, so they are more than familiar with the problems it caused.

Migdalia notes the benefits of the CTI-8 chlorination device: "Now, we drink water feeling assured and without worry. We have noted a change in our health, and in the records we keep at the Health Clinic we have reached a milestone achievement in the decrease in cases of diarrhea and water-related ailments. We will continue using the CTI-8 to better the health of all community members."

Since the installation, 1,053 residents of Jacinto Baca have received over 45,420 liters of safe drinking water every day.

2017 IN REVIEW:

NICARAGUA

11,090 RESIDENTS
of RURAL COMMUNITIES +

41,681 HOSPITAL PATIENTS
RECEIVED CLEAN WATER

19 NEW CHLORINATORS WERE
INSTALLED BY COMMUNITY MEMBERS

453 ATTENDEES PARTICIPATED
IN TRAINING SESSIONS ON
THE BENEFITS OF CLEAN
WATER AND
CHLORINATION
MANAGEMENT



A crowded waiting room in the San Carlos hospital



SHI staff and Hospital Directors hold a meeting



SHI staff educating visitors about clean water

FEATURED STORY:
FROM IOWA TO INTERNATIONAL

by Nora Tobin,
Executive Director



AWARDS & RECOGNITION

Self-Help launched the Teen Girls Club to support young women at risk of dropping out due to teenage pregnancy. Our objective was for them to stay in school longer by providing them with supplemental learning to improve literacy, have positive role models plus improving self-confidence, reproductive health education, and practical skills development.

Girls who stay in school past grade 7 are less likely to die in childbirth, will have fewer and healthier children, and are more likely to send their children to school. By staying in school longer, girls are able to overcome poverty and contribute significantly to alleviating hunger for themselves and future generations.

When girls in Ghana hit puberty and get their menstrual periods, going to school becomes a challenge due to lack of access to sanitary supplies. Often, girls miss one week of school each month, fall behind, and eventually drop out.

In September 2016, Self-Help International partnered with Days for Girls sewing groups in Des Moines and Cedar Falls, Iowa, and distributed 150 free reusable sanitary kits to young women in three villages in rural Ghana to keep girls in school every day of the month.

Six months later, in February 2017, we followed up with the girls to listen and learn how things were going. Mariatu reported that having the Days for Girls (DFG) kit was saving her money. "Yes," Windolina chimed in, "I used to have to use my lunch money to buy pads. Now I don't need to anymore." Then Kadija and Fridaus and Salamatu and one girl after the next stood up and repeated the same thing: now that they have reusable cloth pads, they get to eat lunch every day - even when they have their periods.

Adisa, a club member from Timeabu, shared, "I no longer stay away from school during that time of the month [due to my period] because I have it covered."

A supervisor of a Teens Club, Alimatu, said, "Providing sanitary towels for my two daughters each month was heavy on my income. Thankfully, that burden is lifted now due to the DFG kits."

It was unanimous: the girls love the kits, and their mothers were clamoring to have kits for themselves too!

Creating enterprises, ensuring sustainability

After hearing from the girls that they liked and were using the Days for Girls feminine hygiene kits, and that their mothers and sisters wanted the kits too, it was time to put our sustainability plan into action. We couldn't have the women dependent on us; they needed to be able to make the feminine hygiene kits themselves.

Iowa's Days for Girls volunteer coordinator, Kay Hertz, trained volunteers and seamstresses extraordinaire, Gail Stelmacher (West Des Moines, Iowa) and Barb Dahlby (Waverly, Iowa), to make the kits. Then Gail and Barb packed up the supplies and training guides and traveled to Ghana to teach nine seamstresses from five villages how to make the kits themselves. The women were eager to learn and paid very close attention every step of the way.

This transfer of knowledge both helped the women expand their existing sewing operations by creating a new product that's already in demand, and ensured that these innovative reusable feminine hygiene kits are available for all women who need them without depending on Self-Help to take the kits over to them.

We want the girls to focus on their education, and to know that men and women can equally do their best wherever they find themselves. We talk about fairness in the sense of gender fairness. Girls should not think of themselves as lower than boys. They are special too and they should feel free to shine wherever they are.

- Victoria Yamson,
Program Manager



What do you like about the Teens Club?



Alleviating hunger: "I used to have to use my lunch money to buy pads. Now I don't need to anymore."
- Windolina



Staying in school: "The Teens Club is helping me stay in school so I can be a lawyer one day!"
- Janet



Learning about STEM careers: "We got to go on a field trip to learn about where our drinking water comes from! I'd never been there before!"
- Mariatu

Victoria Yamson Receives Merry Fredrick Leadership Award

Victoria Yamson, Self-Help Ghana Program Manager, received the prestigious Merry Fredrick Leadership Award in August of 2017 for demonstrating outstanding leadership in fulfilling Self-Help's mission by empowering women and girls.

"Victoria is a dedicated, loyal person to SHI," said former Self-Help Executive Director Merry Fredrick. "Her work and commitment to development for her country emulate her values and principles to life at its fullest potential. I am extremely proud of her and pleased by this selection."

This Award was established by the Board of Directors in 2013 to recognize, initiate, or promote leadership based on merit and fulfillment of the mission of Self-Help International, and named in honor of retiring executive director Merry Fredrick. Victoria is the second recipient of the award, following Ms. Lucia Vega Galeano in 2015.

Visual Logic Group Named Business Partner of the Year

Visual Logic received the Business Partner of the Year Award in 2017 for redesigning and providing all marketing materials for SHI's website this year. The award was given because of their support for the nonprofit sector and remarkable effort to provide and care for individuals in the Cedar Valley area, and making a significant impact.

Jacqueline Steinkamp Named New Nonprofit Employee of the Year

Jacqueline Steinkamp, Development Director at Self-Help International, received the 2017 Cedar Valley New Nonprofit Employee of the Year Award. The award honors an individual in their first professional nonprofit position, having worked for the organization for two years or less.



Nora (right) presents award to Victoria (left)



Visual Logic team receives Business of the Year Award



Jacqueline Steinkamp (center) receives New Nonprofit Employee of the Year Award

LEADERSHIP

IOWA

Nora Tobin Executive Director
 Jacqueline Steinkamp Development Director
 Susan Cornforth Administrative Assistant
 Braxton Addoh Intern, Fall 2017, Wartburg College
 Megan Bridgewater Intern, Spring 2017, Wartburg College
 Callie Brimeyer Intern, Summer 2017, University of Northern Iowa
 Olivia Dahlquist Intern, Summer 2017, University of Wisconsin, Madison
 Anne Langebartels Intern, Summer & Fall 2017, University of Northern Iowa
 Somto Mogbogu Intern, Spring 2017, Wartburg College
 Caroline Scott Intern, Summer & Fall 2017, University of Iowa

GHANA

Benjamin Kusi Country Director
 Victoria Yamson Program Manager
 Elizabeth Adu-Opoku Program Officer, Micro-credit
 Naa Akwele Atiapa National Service Personnel, Teen Girls Club
 Jesse Jackson Sarkodie Program Officer, School Feeding Program
 Nancy Ansah Assistant Program Officer, School Feeding Program
 Heidi Kalb Intern, School Feeding Program
 Paul Simon Anane Young Adult Training Center Manager
 Dominic Boakye Young Adult Training Center Caretaker
 Benjamin Antwi Young Adult Training Center Security
 Isaac Edgar Paul Young Adult Training Center Volunteer
 Frankie Opoku Agyemang National Service Personnel, Young Adult Training Center

NICARAGUA

Jorge Campos Country Director
 Lucia Vega Galeano Program Operations Manager
 Orlando Montiel Salas Program Officer, Clean Water
 Yolanda Fletes Program Officer, Micro-Credit
 Edelia Aracelis Cruz Torrez Program Officer, Micro-Credit
 Alfredo Aleman Program Assistant, QPM Agriculture
 Mario Barberena Seed Bank Manager, QPM Agriculture

BOARD OF DIRECTORS

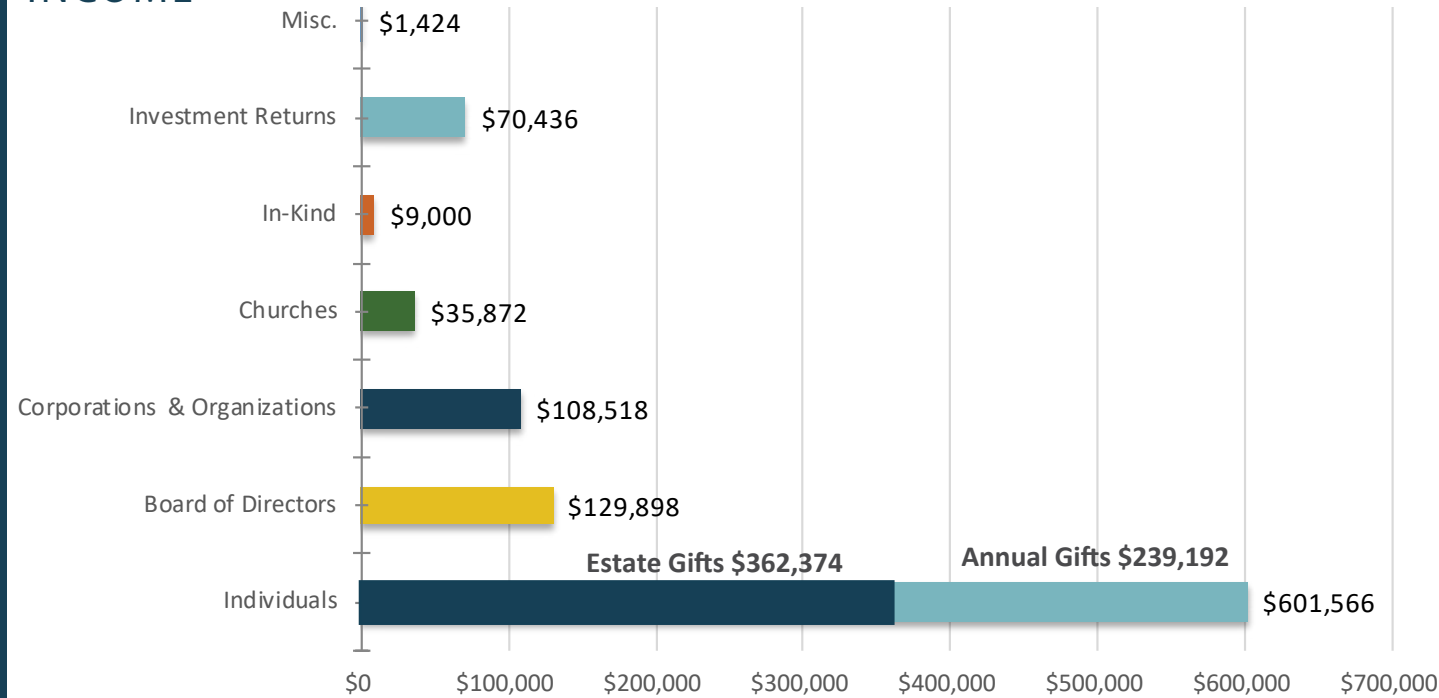
Dr. Richard (Dick) Neal, President	Paula Archibald O'Brien	Robert Hellman, Sr, Emeritus
Fran Mueller, Vice President	Rev. Dr. Mary Jane Oakland	Jerry Larson, Emeritus
Deb Giarusso, Treasurer	Jerry Perkins	Joseph Legg, Emeritus
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Stan Harpstead, Nicaragua Chair	Nancy Ross	J. Howard Mueller, Emeritus
Carol Richardson Smith, Ghana Chair	Dr. Bertel Schou	Gene Novak, Emeritus
Paul Curtis	Keith Swanson	Dr. Warren Prawl, Emeritus
Dr. William Edwards	Nick Taiber	Fred Strohbehn, Emeritus
Barbara Hatinger	David Fredrick, Emeritus	Jon Tehvan, Emeritus
Dr. Dorothy Masinde	Dr. Dale Harpstead, Emeritus	Dr. James (Jim) West, Emeritus



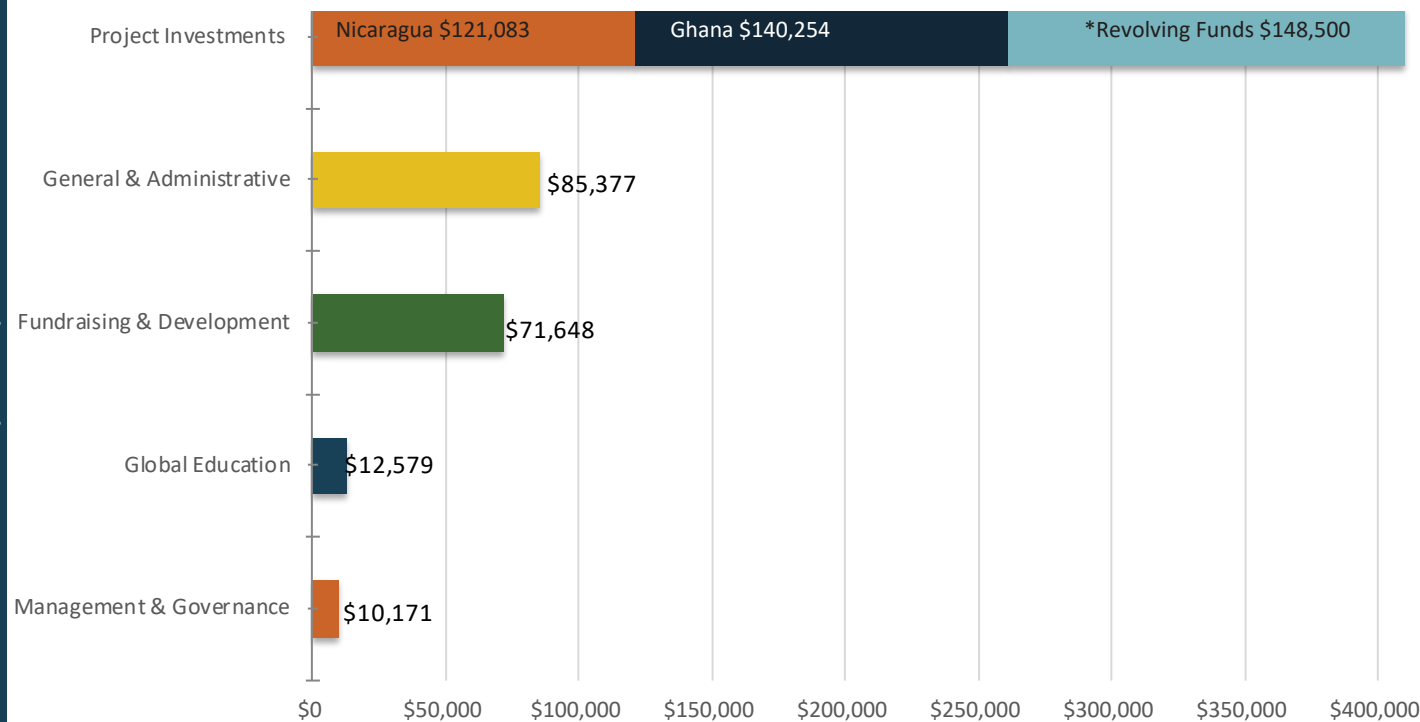
AUDITED FINANCIAL OVERVIEW

2017 CONTRIBUTIONS

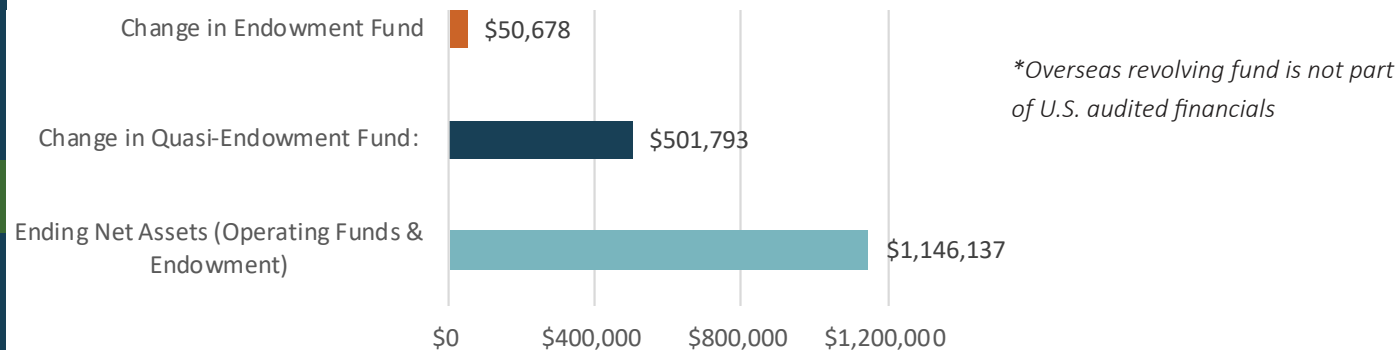
INCOME



EXPENSES



NET ASSETS



\$50,000+

Estate of Dick Luloff
Fred Strohhahn

\$20,000 - \$49,999

Iowa Annual Conference of
the United Methodist Church
The Katz Foundation
Richard and Karlene Neal
Keith and Nancy Swanson
Ted and Deb Waitman

\$10,000 - \$19,999

James and Judy Fogdall
Jerry and Kaye Meiners
Fran and Howard Mueller
Pioneer Hi-Bred International

\$5,000 - \$9,999

Greg and Andrea Abel
Anonymous
Beck's Hybrids
Compass Group Management, LLC
Morgan Stanley Foundation
Rotary Club of Des Moines
Paul & Claudia Schickler
Estate of Josephine and Randy Snyder
Sean Sullivan
Terrence and Maureen Roach Tobin
James Tobin and Virginia Heagney

\$2,500 - \$4,999

Fahr Beverage
Gordon Fischer Law Firm
Deb and Rick Giarusso
Donald and Suzanne Hofstrand
Michael Hannan
Robert and Mary Kalb
Mark and Jeri Mueller
Christopher Mahan
Paula Archibald O'Brien
Mary Jane and David Oakland
The Oregon State Federation of Garden Clubs
Isaac Edgar Paul
Donna and Ken Speake
Bonnie Thorn
Westminster Presbyterian Church, Waterloo

\$1,000 - \$2,499

John Ahrold
Arthur and Judy Anderson
Asbury UMC, Webster City
Joselyn and Brian Beckstrom
Ann Bell
Kenneth Birrell
Margie Brennan
Dan Britt and Jean Harrington-Britt
CC Industries
Jeff and Angela Clement
Creston First UMC
Randall and Julie Crom
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CUNA Mutual Life
Paul and Kelly Curtis
Jack and Barb Dahlby
Des Moines Area Hunger Hike
The Dirty Dog American Bar & Grill
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Varlyn and Jane Fink
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Donna Winham

\$500- \$999

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Edward and Priscilla Brown
Joan Clark
Collegiate UMC, Ames

Community Foundation of
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Andrea and Robert Compton
Richard Deming
Joshua Dockum
Al and JoAnn Dorenkamp
Elaine Dove
Sherri Dressel
ECHOPPE Inc
Teri Edman

\$500- \$999 cont'd

James and Martha Fifield First National Bank, Waverly First UMC, Algona Grace UMC, Sioux City Dick and Linnea Graen Calvin and Jana Haack Hazel Dell UMC Hazelton UMC Joe Heinen Robert and Betty Hellman Heritage UMC, Waverly Gary and Ann Holck Home Instead Senior Care James and Nancy Hughes ICAN Jerry Roling Motors, Inc Erwin and Yushiko Johnson Marilyn Johnson Dan and Darcy Knights Annette Krause Claudia Lampe Clair and Mary Lensing Rani Makkapati and Ravi Vemulapalli	Pat Martin and Brad Mock P.J. and Claudette McDonald James & Susan Meimann Joseph Milana and Brenda Buckley Milkbox Bakery Michael and Tina Miller Thomas and Rosanne Neal Paul Neukirch New Hartford UMC New Hope UMC, Des Moines Ronald and Diane Nicholson Noble UMC Brent and Suzanne Parker Vincent Poll Prairie Chapel UMC Dennis and Carol Preslicka Judith Quick Fred and Carol Redmore Braden Renaud Daryl and Barbara Roberts JJ and Heather Robson Marvin and Marcia Schultz Shenandoah First UMC Josh Shepard	Dorothy Stanley St. Luke UMC St. Timothy UMC, Cedar Falls State Bank, Waverly Gavin Steege Ted and Kathy Stuart Tom and Sue Taiber Todd and Jen Tatroe Chuck Tobin J. Kelly and Irene Tobin Michael Tobin Susan Tobin Toledo Christ UMC O. J. Tomson Adam Traetow United Methodist Committee on Relief (UMCOR) Robert and Amy Victor Darrel Wenzel Anthony Wagner Duane Weiland and Mary Rose Stone The Wellmark Foundation Wesley UMC, Muscatine Tom and Janet Withers Lauri and James Young
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\$250 - \$499

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\$250 - \$499

Anthony Richard
William Rodgers
Nancy and Don Ross
June Russell
Ruthven UMC
John Schmidt and Deb Wiley
Barb Scholz
James Secor
Barbara and Rod Smith
Dave and Cherie Souhrada
Timothy Speake
St. Andrew's UMC, Sanborn
St. Paul Presbyterian Church, Johnston
Ellen and Larry Strachota
Sara Sukalich
Sutherland-Larrabee UMC
Jane and Tim Swallow
Jon and Gloria Tehven
Tenenbaum's Jewelry, Inc
Deb Tharnish
Helen Tobin
Linsey Toole
Margie and Charlie Towers
Rod and Jenny Townsend
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Kim and Gary Winterhof
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Thank you to all of the 750 families who donated your hard-earned funds to alleviate hunger by helping people help themselves.

The accomplishments highlighted in this report would not have been possible without each and every one of you!

Average Gift Size:



Circle of Impact Investors

Recurring Supporters:

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Volunteers of 2017

Special Events

Champions:

Travel the World Gala Spring

Jo Bagelmann
Donna Dravis
Jeff Cornforth
Rosemary & Adam Hagensick

Give a Hoot for Self-Help

Kristi Quarles
Nick Taiber
Ted Waitman

Self-Help Lunch to Empower Global Women

Paul & Claudia Schickler
Keith & Nancy Swanson
Terry & Maureen Tobin

Travelers:

Nicaragua

January 2017

William Edwards
Jane Edwards
Brent Parker
Jim Secor

Ghana

February 2017

Barb Dahlby
Gail Stelmacher
Maureen Tobin
Nora Tobin

Nicaragua

May 2017

Delaney Cornforth
Susan Cornforth
Nora Tobin

Ghana

August 2017

Paula Archibald O'Brien
Jordan Olson
Natalie Vernon
Nora Tobin

Nicaragua

November 2017

Josie Beckstrom
Linnea Beckstrom
Soren Beckstrom
Jacqueline Steinkamp

OUR STORY

Vern Schield founded Self-Help International in 1959 with a mission to alleviate hunger by helping people help themselves. After traveling the world and seeing the indignities of farm families struggling to provide for their own families, Shield knew he had to help. He returned home to his workshop at Shield Bantam Company in Waverly, Iowa and designed a small tractor - the "Self-Helper" - to help subsistence farmers improve their yields. From 1959 - 1989, the Self-Helpers were built in Waverly and shipped to farmers in 48 countries around the world.

Then in 1989, at the request of Nobel Peace Prize Laureate and fellow Iowan Dr. Norman Borlaug, Self-Help began working in Ghana, West Africa, to help farmers improve livelihoods through the promotion of Quality Protein Maize (QPM), a high-protein corn that was higher yielding and more nutritious than local varieties. Self-Help began focusing more on holistic community development. In 1999, Self-Help took the successful sustainable development model pioneered in Ghana and introduced the model in Nicaragua, Central America.

Today, Self-Help continues to serve the rural poor in different communities in Ghana and Nicaragua, working to improve quality of life with dignity by improving agriculture, providing clean water, fighting malnutrition, empowering women, and training and educating youth.

Vern Schield



Alleviating Hunger by Helping People Help Themselves Since 1959

207 20th St NW Ste A
Waverly, IA 50677
(319) 352-4040



@SelfHelpIntl



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www.selfhelpinternational.org

