

# WHERE WE WORK:



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

Founded by Vern Schield in Waverly, Iowa in 1959, Self-Help initially manufactured and shipped small "Self-Helper" tractors to farmers in 48 countries. In 1989, in collaboration with Nobel Peace Prize

Laureate Dr. Norman Borlaug, Self-Help shifted to sustainable development programs that work with rural families and community leaders to improve lives with dignity.

Today, Self-Help employs local staff in each country to coordinate programs that enhance food security. Self-Help International gives people access to knowledge as well as the resources to put their knowledge into action.

## ABOUT NICARAGUA:

**Area Total:** 130,370 sq km  
(slightly larger than Pennsylvania)

**Population:** 6,301,880  
(24.9% live below the poverty line)

**Life expectancy at birth:** 74.8 years

**Land use:** 42.2% agricultural land; 25.3% forest; 32.5% other

**Language:** Spanish is the official language 95.3%, Miskito 2.2%, Mestizo of the Caribbean coast 2%, other 0.5%

## ABOUT GHANA:

**Area Total:** 238,533 sq km  
(slightly smaller than Oregon)

**Population:** 33,107,275  
(23.4% live below the poverty line)

**Life expectancy at birth:** 69.4 years

**Land use:** 69.1% agriculture land; 21.2% forest; 9.7% other

**Language:** English is the official language. Asante (Twi) 16%; Ewe 14%; Fante 11.6%; more than seven other languages make up the rest.