

MY EGG-CELLENT GIFT




HEIFER[®]
INTERNATIONAL

COUNTRY WORD SEARCH

Can you find all 19 countries
where Heifer works?



N E P A L M P A L E C U A D O R L E I A L E P A U
W E D N W E I U N E T P L I T M N E T N Z E T K N
S R M E G R M B A N G L A D E S H R M E D R M J I
E Y S E F Y S T R Y K P W Y S H D Y S R T I S A T
T G A V X G E Y C G H O H G A X B E L I E V A I E
H J L H T I L N C J O Y R J L T G J L E A J K X D
I Z R S A Z C N F Z N E L Z R Z U G A N D A R G S
O F W O C I E O T F D H Z F E C A F H C W F E P T
P T Z R L T T U Y T U A A T Z H T T Z I A T Z X A
I W I H I X Z I K W R P M W I X E W I P I C I U T
A A O F H A M E P A A P B A M S M A M A X T M G E
D S B Y B S B F T S S E I S R Y A S C E C A B A S
R C A M B O D I A C A B A C W K L C A H E N A E R
G A B M E Q B L O V X T U F A A A V B X S Z S Q T
T P W O G P M H E P F E R P N M H P W K I A W Y C
Z N I G E R I A A C Q L R Q D O T A E T Z N E K O
F Z S F X Y A I L Z I R J Z A Y N T Z O R I V U A
Y S A T M K E N Y A F O K T E Z N I C Z X A G U A
M A L A W I H U A E K W A Q L O X A D I E P Z B K
M E F K Z E L X K G M Y Z G Y M Z E S E N E G A L

BANGLADESH

CAMBODIA

ECUADOR

ETHIOPIA

GUATEMALA

HAITI

HONDURAS

INDIA

KENYA

MALAWI

MEXICO

NEPAL

NIGERIA

RWANDA

SENEGAL

TANZANIA

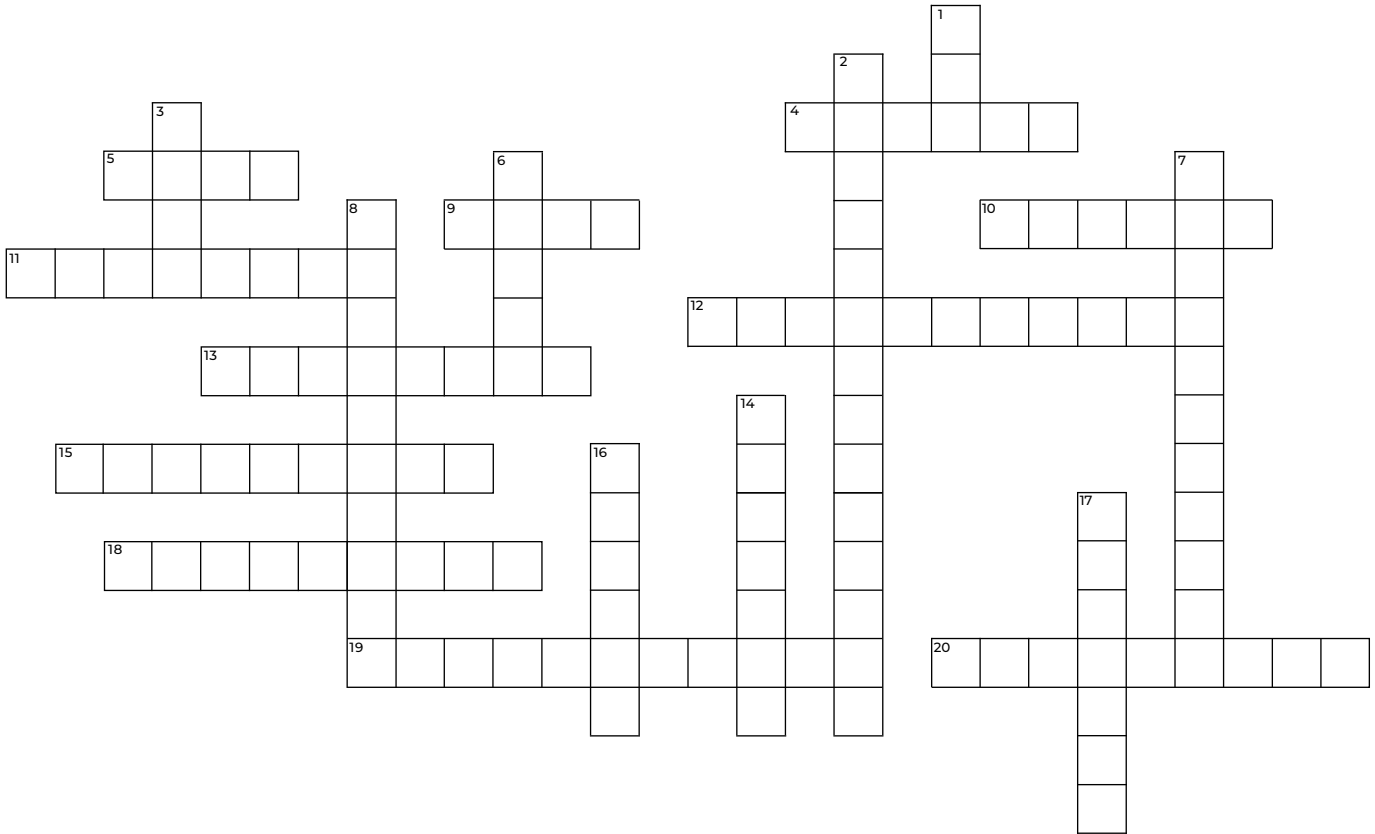
UGANDA

UNITED STATES

ZAMBIA



CROSSWORD PUZZLE



ACROSS

4. A feeling of discomfort in your stomach and desire to eat caused by a lack of food
5. White liquid produced by cows and goats
9. Inquisitive animal with a beard and two horns that makes a good replacement for a lawn mower
10. Person who works on the land and raises crops and/or livestock
11. Insect that pollinates flowers and makes honey
12. Science and practice of farming and cultivating crops
13. Process of learning, increasing knowledge and developing skills for a specific task or job
15. Adequate and balanced intake of food essential for good health and growth
18. Group of people living in the same area and/or sharing common interests
19. Giving power and control to individuals or communities to make their own choices
20. All domesticated animals raised for meat, milk or labor

DOWN

1. Product laid by a chicken that can be eaten or sold
2. Ability to maintain a system or process and prevent the depletion of natural resources
3. Structure where honeybees live and store their honey
6. Female members of society, often marginalized and underrepresented
7. Process of improving the quality of life and economic conditions in a community
8. Ability to recover quickly from difficulties and challenges
14. Bird commonly raised on farms that lays eggs
16. Female cow that has not yet borne a calf and is known for giving milk
17. The state of being extremely poor

1. egg 2. sustainability 3. hive 4. hunger 5. milk 6. women 7. development
8. resilience 9. goat 10. farmer 11. bee 12. agriculture 13. training 14. chicken
15. nutrition 16. heifer 17. poverty 18. community 19. empowerment 20. livestock



ANAGRAM ADVENTURES

An anagram is a word, phrase or name formed by rearranging the letters of another word. Test your anagram skills by seeing how many words you can make with the letters in "Heifer Animals."

Heifer Animals

Hint: There are more than 1,000 possible words.

[illegible]

WESTERN EGG BAKE

This easy breakfast dish is a nutritional powerhouse and easily customizable. It's a tasty, low-maintenance breakfast for a small group, or you can multiply the ingredients to feed a larger crowd.

This dish is the perfect make-ahead breakfast – mix everything together the night before, cover with foil or a lid, place in the refrigerator overnight and bake the next morning.

(6–8 servings)

INGREDIENTS:

- 12 ounces of chopped green chiles, drained
- 6 cups of Monterrey Jack cheese, grated
- 2 teaspoons of seasoned salt
- 1 teaspoon of black ground pepper
- 12 eggs, lightly beaten
- $\frac{3}{4}$ cup of evaporated milk

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Grease a 9-by-13 glass dish.
3. Sprinkle half of the chiles (6 ounces) on the bottom of the dish.
4. Spread half of the cheese (3 cups) over chiles.
5. Sprinkle with 1 teaspoon seasoned salt.
6. Repeat steps two through four.
7. In a bowl, lightly beat the eggs, black pepper and evaporated milk together and then pour into the dish.
8. Bake at 350 degrees for 35 minutes or until set.
9. Cool slightly and cut in squares.

ADDITIONAL TIPS:

- Add additional vegetables like peppers, onions, mushrooms, spinach, etc.
- Add breakfast sausage, bacon, chorizo, etc.
- Find seasonal produce at your local farmers market to create a seasonal dish

