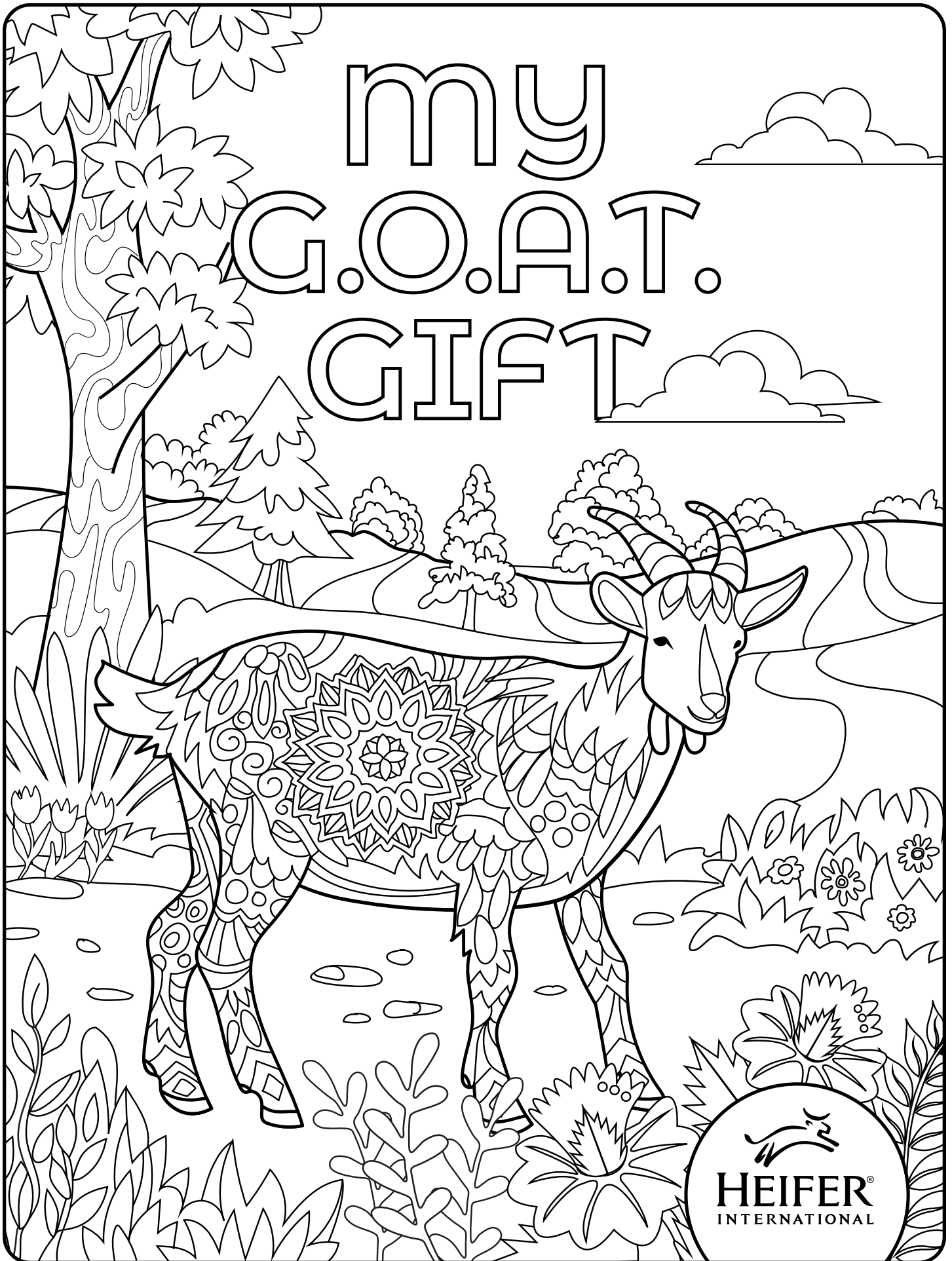


my G.O.A.T. GIFT




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

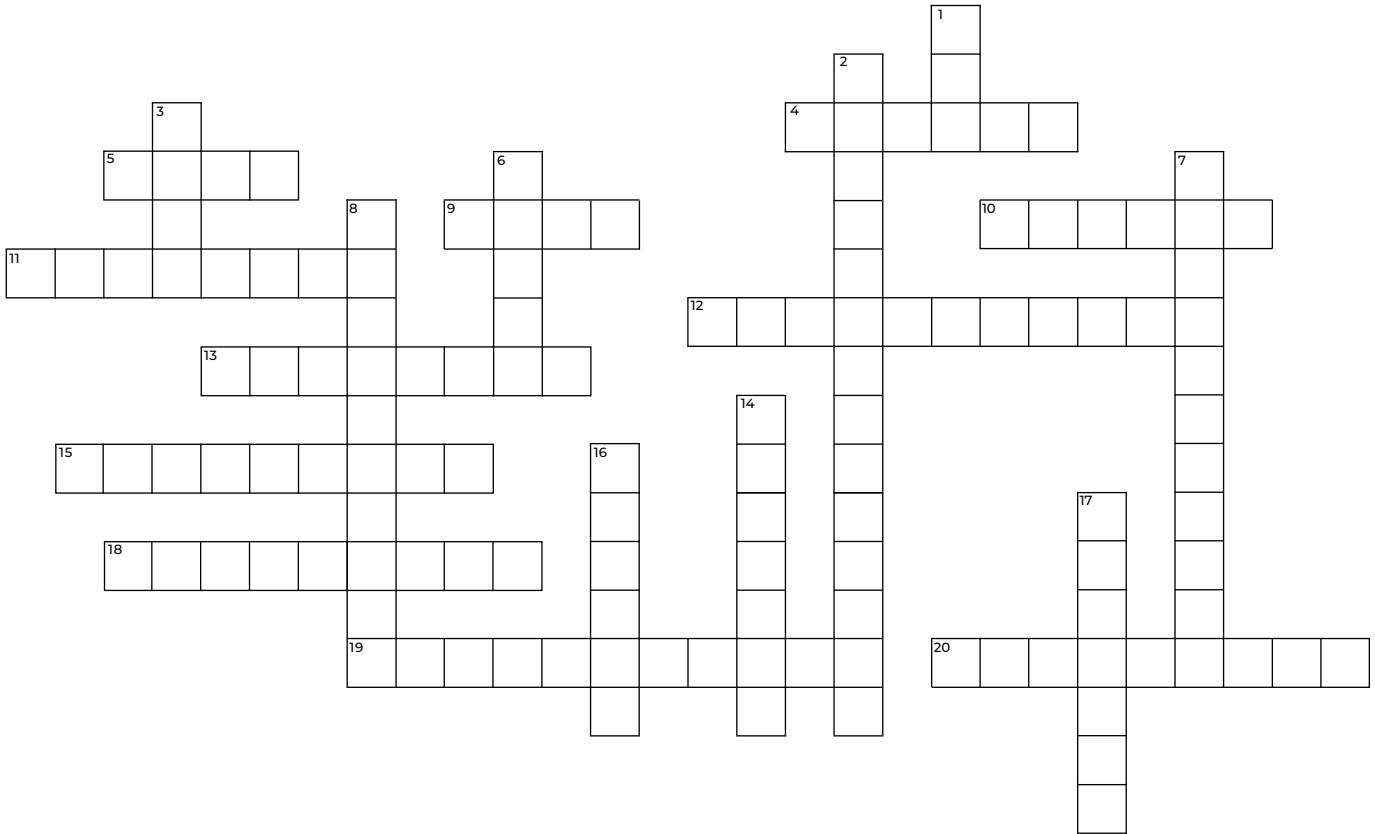
UGANDA

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]

STRAWBERRY SPINACH SALAD

Our strawberry spinach salad is the perfect recipe to showcase the creamy and tangy flavor of goat cheese. With just a handful of fresh and healthy ingredients, this salad is not only easy to make, but it's also packed with flavor and nutrients.

INGREDIENTS:

- 2 cups strawberries, quartered
- 1 ½ cups baby spinach
- ½ cup crumbled goat cheese
- ½ cup sliced toasted almonds
- ¼ red onion, thinly sliced
- Red wine vinaigrette
- Salt and pepper to taste

DIRECTIONS:

1. Toss together strawberries, spinach, goat cheese, almonds and red onion in a large bowl.
2. Drizzle with red wine vinaigrette. Sprinkle with salt and pepper to taste.
3. You can substitute pecans for almonds, blue cheese for goat cheese or balsamic vinaigrette for red wine vinaigrette.
4. Enjoy your healthy, delicious salad!

ADDITIONAL TIP:

- You can double, triple or quadruple the recipe as a great option for summer get-togethers.

