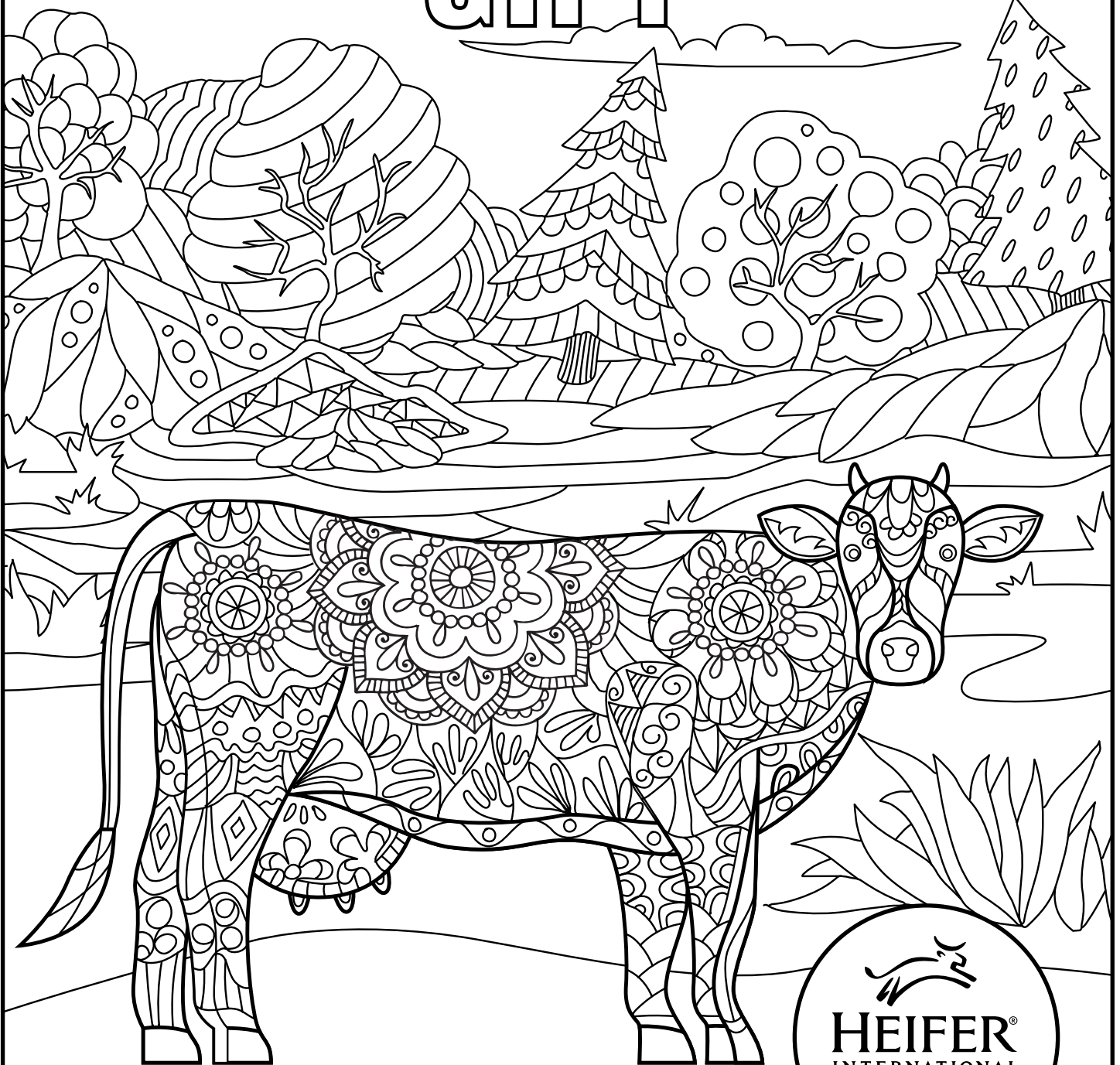


MY MOO-VING GIFT



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

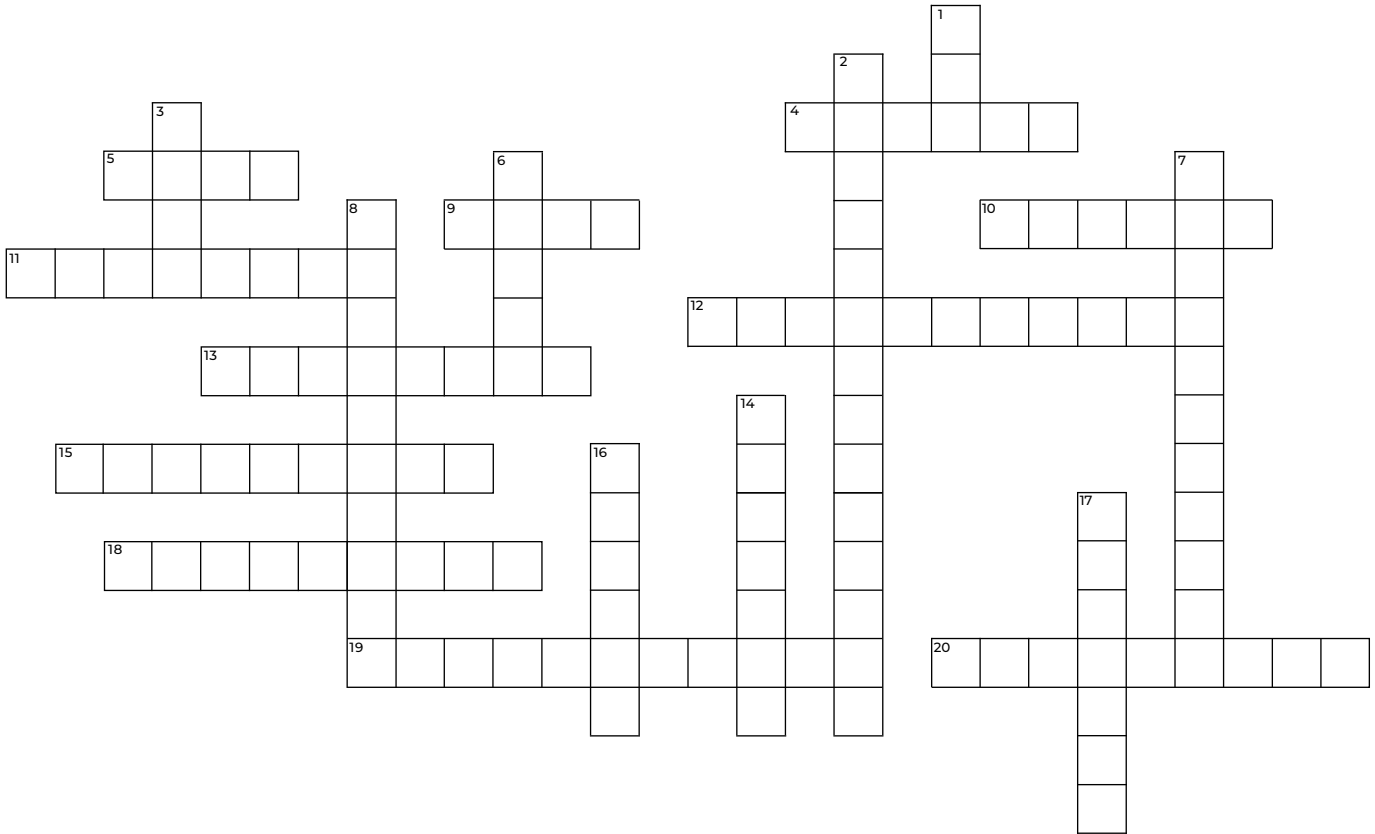
UGANDA

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. poverty 17. heifer 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]

MAKE YOUR OWN **CHEESE**

Milk offers a great source of protein and calcium. As milk is one of the main ingredients of cheese, that means cheese is more than just a tasty treat — it's a healthy addition to any meal. With a few ingredients, you can show off your superior chef skills and wow your friends with homemade cheese.

INGREDIENTS:

- ½ gallon of whole milk
- ⅛ cup of white vinegar or lemon juice
- Seasoning (garlic powder, dill, oregano, parsley, etc.)
- Salt, add to taste

DIRECTIONS:

- 1.** Pour the milk into a medium-sized pot and heat it slowly while continuously stirring until the milk boils.
- 2.** Turn off the heat, add vinegar or lemon juice, and continue stirring for five minutes. You will notice the milk separating into solids (curds) and liquid (whey).
- 3.** Pour the mixture into a strainer over the sink or a bowl.
- 4.** Once most of the liquid has drained, return the solids (curds) to the original pot and add salt and seasonings to flavor the cheese. Add to taste.

This delicious crumble cheese can be eaten loose over crackers.

ADDITIONAL TIPS:

- You can also use a cheesecloth to remove the excess liquid. Simply line the strainer with the cheesecloth and pour the mixture onto the cloth. Pull up the sides of the cloth and twist to release excess liquid. Once the moisture is gone, you can enjoy the cheese as is or you can tie the cheesecloth around a wooden spoon and hang it over a bowl or cup and allow it to hang for 1–2 hours.
- Make sure to refrigerate any leftover cheese.
- Did you know the whey that is removed from the cheese can be used to water houseplants, boil pasta noodles or make bread?

