

# ANIMAL GIFTS

GLOBAL STUDY GUIDE SERIES



## TOPICS

- Goats
- Bees
- Chickens
- Alpacas

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# WHY HEIFER GIVES ANIMALS

A key staple of Heifer International's work is giving animals to families living in poverty around the world. **But why?** Here at Heifer, we believe livestock has a really important role to play in ending global hunger and poverty. Here are five reasons why.

## WHEN HEIFER GIVES ANIMALS, THEY:

### 1. PROVIDE NUTRITIOUS FOOD

In poor countries, many people — especially women and girls — have few high nutrient foods like beans, milk, meat or eggs in their diets. With animal proteins, people can get the nutrients they need quicker and with smaller amounts of food. That's what makes them especially important in areas of high [malnutrition](#).



### 2. GENERATE INCOME

[Livestock](#) products can be used in many different ways. Chicken eggs can be collected and sold. Milk from cows and goats can be turned into yogurt and cheese. And animals can be used for their meat. With the right training and access to markets, all these products can be sold, providing extra money.



### 3. HELP WOMEN THRIVE

More than half the world's farmers are women, but they often don't have control over the land they farm. In many communities, looking after chickens, goats or other animals is seen as "women's work." But in reality, it can often be highly profitable. With their own incomes, women can have a say in decision-making.



### 4. GIVE RENEWABLE ENERGY

Animals produce waste — lots of it! In many of the communities where we work, people don't have access to energy. They often cook using wood fires but chopping down trees can be bad for the environment. Animal waste can be used to make [biogas](#), which can fuel stoves, giving communities a [renewable](#) source of energy.



### 5. HELP AGAINST CLIMATE CHANGE

As water levels continue to rise and shifting rain patterns cause floods and droughts, farmers are losing their crops. In most parts of the world, farmers can only grow two crops per year. Animals can provide a quick source of income to get families through an emergency period, making families more [resilient](#).



# ANIMAL GIFTS

## GOATS



## Why Goats?

People around the world love goats — for good reason. Goats do well on rocky, **unproductive** land, **grazing** on weeds and brush other animals can't eat. They produce rich, **nutritious** milk — usually one gallon a day — that can be made into cheese and yogurt. Goat milk is often **prescribed** for children who can't digest cow milk.

Heifer International project partners usually keep their goats in roomy, **zero-grazing** pens, carrying **fodder** and water to them. That way, the goats' sharp hooves won't damage fragile **terrain**, and they don't risk injury and disease.

Since goats are **hardy** and **adapt** well to different climates, the only shelter needed is protection from rain, wind and cold.

With a goat, a family can expect two kids (or baby goats) a year — after passing on a female

goat to another family in need. The animals serve as an ongoing source of income that can go toward school fees, medicine, clothing and home improvements.

The gift of a goat also supplies goat manure, which families can use to naturally fertilize their crops and gardens, increasing yields and conserving the environment.

Before receiving their goat, 11-year-old Belize's family in Rwanda suffered from poor health and **chronic** poverty. They fought to survive on barely more than 50 cents per day. They could never save money to improve their situation, and the little they scraped together was used that day.

"When we received our goat and began to drink milk, we started to get better," Belize's father Francois said. "That was the turning point for us."

## ACTIVITIES



### Goat-O-Bomb

Like to photobomb your friends? Try a Goat-o-Bomb! Click here for a template and instructions to make your own goat mask. Then get out there and goat it up. Don't forget to tag #GiveHeifer.



### Sheep or Goats? Test Your Knowledge!

This may be surprising, but sometimes it's trickier than you think to tell a sheep from a goat. Take our quiz to see for yourself and to see if you really know your animals.



### Make Your Own Goat Cheese!

Cheese is a nutritious way Heifer participants balance their families' diets and generate additional income. Try our goat cheese recipe now!



## Goat Facts You Need to Know

By now you should know that we LOVE goats. And can you blame us? Goats and baby goats, or “kids,” are adorable, hilarious AND they can help end hunger and poverty for struggling families around the world. Additionally, goats are fascinating creatures. [Learn some fun facts](#) about one of the world’s cutest [ruminants](#): the goat!

**WHITE**

Used to make	Compared to cow milk
<ul style="list-style-type: none"> <li>cheese</li> <li>yogurt</li> <li>ice cream</li> <li>cajeta (a thick, caramelized syrup)</li> <li>soaps and lotions</li> </ul>	Tastes similar to cow's milk, but can be <b>TANGY AND "GOATY"</b> depending on the proximity of bucks to milking does.

People with dairy sensitivities can often digest goat milk because it has a lower lactose content.

# MILK WARS

Lots of animals give milk. But which one does it best? Check out this infographic to learn about different types of milk and find out where goat milk ranks.

## STORY



NEPAL

### Making Dreams Come True

Basmati Budmagar was unsure about her ability to raise goats until she joined the women’s group in her hometown of Pragatisil, Nepal. Basmati is now a Community Animal Health Worker, and she shares the dream of becoming a commercial goat farmer with her husband.

## VIDEOS



### Heifer’s Amazing Animals: Goats

Learn how goats help people overcome hunger and poverty around the world.



### Passing on the Gift®

See the joy that accompanies a Passing on the Gift of goats ceremony in Nepal.

## TAKE ACTION

Set up a [fundraising page](#) and organize a fundraiser to help give families life-changing animals like goats, ultimately helping them create better futures for their communities. Here’s some ideas to get you started.

- 1 GOAT-SCAPING**  
Ask a local goat farmer to work with your class on a “Goat-scaping” project, where the goats clean up poison ivy and pesky weeds.
- 2 TRACK YOUR TREK**  
Keep track of your donations in a fun way – such as a poster showing a goat’s trek up a mountain!

SHARE YOUR STORIES ON SOCIAL MEDIA



GIVE A GOAT TO A FAMILY IN NEED TODAY!

# ANIMAL GIFTS

## BEES



## Why Bees?

**B**ees and other pollinators impact 35 percent of the world's food production and can increase the yields of 87 of the top food crops globally.

By pollinating fruits, vegetables and nuts, these small insects play a big role in increasing food security for farming families.

Around the world, bee colonies are collapsing, and adult bees are disappearing and abandoning their hives. Colony collapse is attributed to a variety of factors, including **pathogens**, loss of **habitat** and increased exposure to **pesticides**. With Heifer's help, small-scale farmers are emerging to protect this amazing and valuable species.

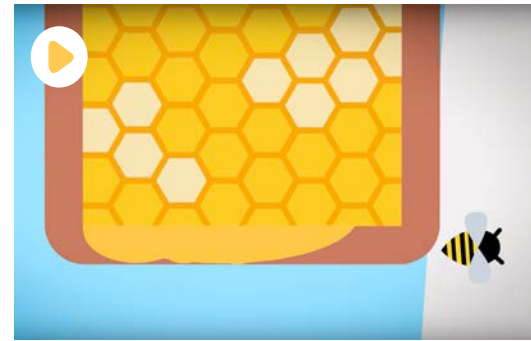
Because bees pollinate crops, a healthy beehive can double fruit

and vegetable **yields**. Additionally, income from the sale of honey, wax and pollen can be put toward food, clothing, medicine and education.

With only a small, one-acre coffee farm, Guatemalan farmer Feliciano Martin could barely support her daughter, Sandy. Heifer had the perfect solution. We provided Feliciano with bees, a mask, a smoker and a brush.

The bees helped pollinate Feliciano's coffee trees, and her crop increased 10 percent. Feliciano also collected 60 pounds of honey to sell for additional income. She hopes to double the number of hives she owns so that she can **Pass on the Gift. Learn more about bees** and how they help lift families out of hunger and poverty.

## VIDEOS



### Why We Need Bees

There's been a lot of talk about bees recently. See some of the biggest reasons bees are great and why we must all do our part to protect them.



### Bees Hatch Before Your Eyes

Witness the eerily beautiful growth of larvae into bees in this **mesmerizing** time-lapse video from photographer Anand Varma.



### Honey Bees Make Honey ... and Bread?

Honey bees make honey from nectar to fuel their flight — and our sweet tooth. But they also need pollen for protein. So they trap, brush and pack it into baskets on their legs to make a special food called bee bread.

# Honey for Honduras

Honduras is ideal for beekeeping because bees thrive on and **perpetuate** its **verdant** landscape of blooming flowers and crops. The experts at Heifer provide thorough training in methods for keeping bees, mating the queens and safely boxing worker bees and drones, as well as harvesting honey, beeswax, pollen and other marketable products that make beekeeping so **viable**. Your support gives beekeeping families the opportunity to remain productive and **self-sufficient**.



## LEARN MORE



### What is it like to be a bee?

Set aside your daily schedule for a few minutes and immerse yourself in the life of a bee with this interactive *New York Times* article.



### Bee Smart Vocabulary List

Learn all the words related to pollination so you can help pass on the buzz about bees (and know what you're saying).



### How to Create a Pollinator Garden

Here are ideas for things you can do at home to help protect the biodiversity of local pollinators while giving you the chance to see butterflies, bees, hummingbirds and other friendly fauna.

# 5 Easy Ways to Save the Bees (And Save the World)

Bees are important. In addition to being everyone's favorite picnic guests, bees function as some of world's great pollinators. According to the U.S. Department of Agriculture, bees pollinate 80 percent of the crops that we eat, including broccoli, apples, asparagus, blueberries and coffee. Because of their importance to our food crops, it is becoming crucial to support these little beauties. **Here are some easy ways** to do it (without building a hive in your backyard).



This Is What Your Grocery Store Looks Like Without Bees



## TAKE ACTION

Set up a [fundraising page](#) and organize a fundraiser to help give families life-changing animals like bees, ultimately helping them create better futures for their communities. Here's some ideas to get you started.

### 1 POLLINATOR GARDENS

Ask friends and family to sponsor you for planting pollinator gardens at their houses or at local schools.

### 2 BEE HOUSES

Construct bee houses or bee hotels and sell them to friends and neighbors. Use the profits to purchase honey bees through Heifer.

SHARE YOUR STORIES ON SOCIAL MEDIA



 **HEIFER**  
INTERNATIONAL

GIVE **BEES** TO A FAMILY IN NEED TODAY!

# ANIMAL GIFTS CHICKENS



## STORIES



CAMBODIA

### Toxic Masculinity Is No Match For Cambodia's Female Farmers

Heifer project partners are cornering the poultry market in Cambodia with their high-quality meat and eggs. Meet Hoy Lin, who joined a Heifer-supported cooperative in 2016.



SENEGAL

### Five Ways Raising Chickens Makes Life Better

Heifer helped Salimata Drame, or Sali for short, kick-start her own poultry business, which has transformed her family and community. See the top five ways raising chickens has completely changed her life.



CAMBODIA

### Migrant No More: How Chickens Are Keeping Families Together

Cambodians often migrate to Thailand or other countries to find work. Heifer is working to provide opportunities for Cambodians so they aren't forced to migrate and families can stay together.

## Why Chickens?

Our decades of work have proven that a simple gift of chickens can impact families living in poverty.

Chickens are easy to raise, and they require very little space. A single chicken lays an egg every 24-26 hours, providing more than 200 eggs or chicks per year.

Adding eggs to the family's diet improves their nutrition, as eggs serve as a great source of protein and they're good for healthy brain function.

In addition to providing a food source, these eggs and poultry also can be sold at market, providing funds for medicine, clothing, school supplies and more.

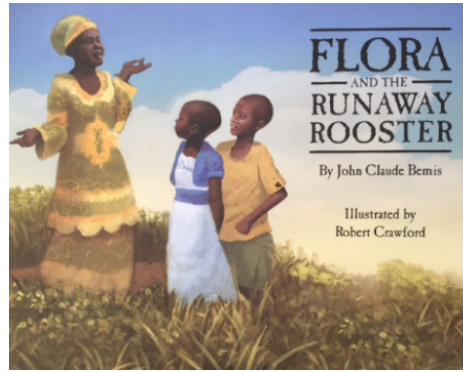
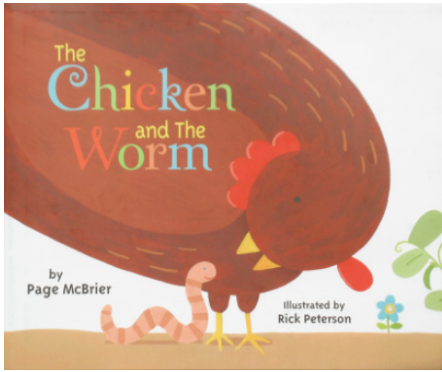
Sharmila Shakya is a member of the Deep Jyoti women's group in Nepal. On April 25, 2015, a 7.8 **magnitude** earthquake struck Nepal. It was the largest **tremor** felt there in 80 years, and it

affected tens of thousands of our project partners. Some people lost their homes, others lost their livestock, and some lost both.

Since the earthquake, Sharmila's women's group has used the revolving fund money from Heifer to rebuild goat sheds, restock livestock, start two small businesses and purchase materials to rebuild their destroyed homes.

Sharmila used revolving fund money from Heifer to invest in 250 chickens. The profit from her chickens is allowing her to fund the education of her two children, ages 14 and 17. She has also used the profits to begin small-scale mushroom **cultivation**.

For Sharmila, chickens are the building blocks for rebuilding her life after the earthquake. **[Learn more about chickens](#)** and how they can help.



## ACTIVITY



**Take the Chick Challenge**  
Think your chicken knowledge is anything to cluck about? Prove it!

## Teach Others About Chickens!

Now that you have learned how chickens change lives, why not share that with others? Click on the books above to purchase or download them from Heifer. Then, visit and read to elementary students in your town. See if a local civic organization will sponsor you for each class you visit.

## Did You Know?



Scientists believe that chickens are the closest living relative of the Tyrannosaurus Rex. We have living, breathing, feathered dinosaurs all around us.



Studies show that the nutrient choline, which is found in eggs, contributes to healthy brain function and reduces birth defects. One large chicken egg also contains selenium, B vitamins and more than 6 grams of protein.



While chickens are not capable of **sustained** flight, they can get off the ground when needed. The longest flight of a chicken on record is an incredible 13 seconds.



Chickens require little space, allowing families with small plots of land to **maximize** what they plant. They also help farm production by eating insects and weeds.



Chickens can run up to 9 miles per hour. The average human jogs at about 6 miles per hour, so good luck catching a chicken.

## VIDEOS



**How Chickens Change Lives**  
Watch how receiving chickens has changed the life of a family in Senegal.



**Our Amazing Animals: Chickens**  
Learn how chickens help people overcome hunger and poverty around the world.

## TAKE ACTION

Set up a [fundraising page](#) and organize a fundraiser to help give families life-changing animals like chickens, ultimately helping them create better futures for their communities. Here's some ideas to get you started.

### 1 CHICKEN POOP BINGO

Create a large bingo board with a chicken on top. Ask players for a small participation fee.

### 2 FEATHERED CAPS

Post photos of your group wearing funny hats. Staple a brightly colored feather to the display for each dollar raised.

SHARE YOUR STORIES ON SOCIAL MEDIA



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**GIVE CHICKENS TO A FAMILY IN NEED TODAY!**



# ANIMAL GIFTS

# ALPACAS



## Why Alpacas?

While absolutely adorable, alpacas can also be a very important **livelihood**, especially for families living in South America.

Few animals can thrive in the harsh conditions of the Andean **highlands**, but alpacas are uniquely suited to the task. Their **dense**, soft wool keeps them warm, and they like to eat scrub **vegetation** that other grazers wouldn't touch. Alpacas are gentle on the soil, with padded feet that do not disturb the ground beneath them and a gentle way of nibbling the tops of the grasses, rather than yanking their food out by the roots.

They're also responsible for producing some of the world's finest and most **versatile** fiber.

And the fiber isn't just soft and beautiful, it's also waterproof, flame resistant and **hypoallergenic**.

Since pre-Incan times, Quechua communities have been knitting, crocheting and weaving alpaca fiber into the iconic clothes and blankets necessary for survival in the Andes. These goods can be worn to keep warm or sold for an additional source of income.

Heifer projects teach families how to best care for their animals to ensure high-quality wool, which results in better products and higher prices.

Heifer also helps families form cooperatives or connect to markets where they can sell their goods for fair prices.

## STORIES



ECUADOR

### Farmers Spin Alpaca Wool Into Gold

Indigenous communities in the Ecuadorian Andes are reviving ancestral fiber arts with alpaca wool to escape the cycle of poverty and protect the unique highland ecosystem in which they live.



BOLIVIA

### Hop in a Time Machine to the 1960s

Heifer began working in Bolivia in 1957. Initially, families were given rabbits and training on animal breeding and husbandry. The focus later shifted to alpacas and dairy cows. See pictures from some of the early shipments.



ECUADOR

### Quechua fashion mixes ancient styles and European influences

The fashion of the Quechua communities in the Andes Mountains is striking and rich with history.

## How It's Made: Alpaca Knits

It takes a lot of time, knowledge, work, care and skill to go from cute alpaca to cozy sweater. See the full steps here.



### 1. Breed for Success

Selectively breeding alpacas for the best wool, color and health of the animals is the first step in the journey to luxe alpaca fiber.

### 2. Care and Keeping

Healthy, happy alpacas make for the softest wool. Heifer project participants learn how to keep their animals healthy.

### 3. Shearing and Sorting

Alpacas are only sheared once a year, so it is key for the fiber artisan to make the absolute most of every shearing.

### 4. Carding, Washing and Drying

Burs, seeds and other **detritus** are carded with a fine-toothed brush or cut out by hand. Once picked clean, the fiber is washed, dried and dyed.

### 5. Spinning

Spinners gather their fiber on the top of a short staff. The fiber is gathered and twisted in one hand while wound onto a spindle with the other hand.

### 6. Knitting, Crochet & Weaving

The wool is then made into beautiful and soft products!



Five Things  
You Didn't  
Know About  
Alpacas



## VIDEOS



### Elizabeth's Knitting Business

Elizabeth Villanueva Díaz raises alpacas and llamas in the high Andes of Peru. With her fellow handicraft association members, she creates textiles from the animals' wool to sell in a local store.



### Making Money from Fiber

These artisan knitters have opened their own store in Cuzco, Peru, with help from Heifer. Now, they are running their own business selling artisan blankets, gloves, hats, bags and more made from 100% alpaca fiber.



### Llamas vs. Alpacas

What's the difference between llamas and alpacas, anyway? And what do either have to do with ending hunger and poverty?

## TAKE ACTION

Set up a [fundraising page](#) and organize a fundraiser to help give families life-changing animals like alpacas, ultimately helping them create better futures for their communities. Here's some ideas to get you started.

### 1 HIKE FOR HEIFER

Get a group of friends together to hike a hill or mountain. Ask friends and family members to sponsor your hike.

### 2 HOST AN ALPACA LUNCH

Sell tickets for an alpaca themed picnic. Serve foods commonly eaten in South America and talk about how alpacas can transform lives.

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STORIES ON  
SOCIAL MEDIA



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