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FEED®



# ANIMAL GIFTS

GLOBAL STUDY GUIDE SERIES

## INCLUDING:

- Goats
- Bees
- Chickens
- Water Buffalo





## 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 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!

It's trickier than you think to tell a sheep from a goat. Take our quiz to see for yourself!



### 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!

# Building Roads Out of Poverty

The people of Nepal have mountains to climb that have nothing to do with Everest or Annapurna. The mounds of poverty, [malnutrition](#), illiteracy, social isolation and gender inequality make this one of the world's poorest countries. Yet, change is on the horizon. Your support helps Heifer organize, train and equip Nepali women in 28 districts to dramatically increase family income through the production and sale of goat products. Women in these districts receive goats, plants and fodder, [group savings and loan funds](#), access to literacy and gender-equity training, and milk collection and chilling centers.



## 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.

## Goat Facts You Need to Know

If you follow our work you 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. Click here to learn some fun facts about one of the world's cutest [ruminants](#): the goat!

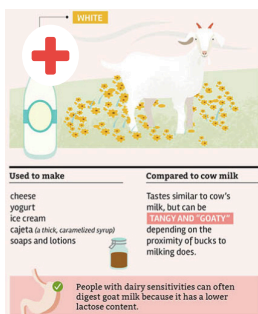


## VIDEOS



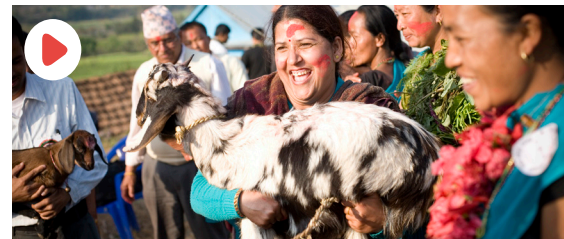
### Heifer's Amazing Animals: Goats

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



Check out this infographic to learn about goat milk and compare it with milk from other animals!

THINK ABOUT IT: How does owning goats help lift families out of poverty? List the reasons why a Heifer project might incorporate goats.



### Passing on the Gift®

See that 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 donate goats to change the lives of families in need. Here are a few ideas to get you started. Share your stories on [When Cows Fly](#).

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

### COLLECT DONATIONS

Keep track of your donations in a fun way – such as a poster showing a goat's trek up a mountain!

## SHARE ON HEIFER SOCIAL MEDIA



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





## Why Bees?

Bees 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.

### STORIES



MEXICO

#### Bee Well

A project in the Yucatan revives the art and traditions of stingless beekeeping to yield prized medicines and preserve precious cultural memory.



ARMENIA

#### Teach a Man to Raise Bees ...and Watch What Happens



SOUTH AFRICA

#### Care for the Earth and Keep the Honeybees Buzzing

Being [sustainable](#) means finding ways to use local resources more efficiently. It also means protecting the natural habitats and [diversity](#) of species that share our planet.



## 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 [byproducts](#) 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?

Check out this interactive [New York Times](#) article.

## 4 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).



#### A Different Kind of Beekeeping Takes Flight

A much larger and more diverse group called stingless bees also produce honey!

### VIDEO



#### Bees Hatch Before Your Eyes

Witness the eerily beautiful growth of larvae into bees in this [mesmerizing](#) time-lapse video from photographer Anand Varma.



Learn more about how **unBEElievable** bees are in this infographic from *World Ark* magazine.

### #DYK

Did you know the placement of a single bee colony can potentially double local fruit and vegetable yields?

## TAKE ACTION

Set up a **fundraising page** and **organize a fundraiser** to donate bees to change the lives of families in need. **Here are a few ideas to get you started. Share your stories on [When Cows Fly](#).**

# 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 ON HEIFER SOCIAL MEDIA



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





## 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 300 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 participants. Some lost their homes, others lost their livestock, 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.

### STORIES



CHINA

#### Chicks in China

Read about how Tang Fuming's life has changed after receiving a loan from Heifer to buy chicks and to construct a coop.



CAMBODIA

#### Project Improves Family Income in Cambodia

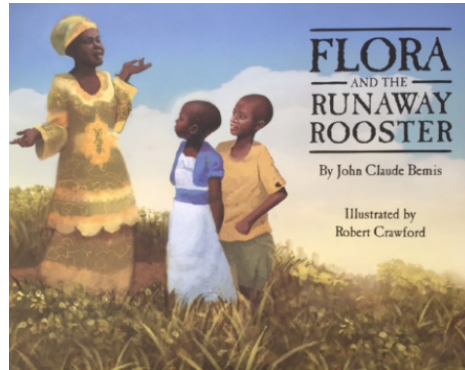
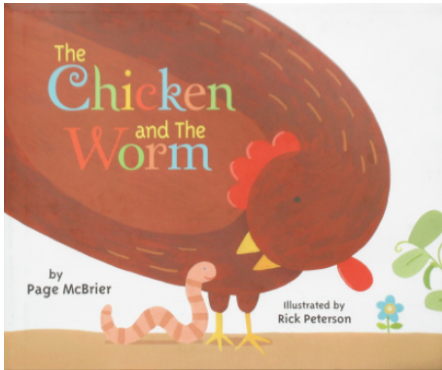
Learn how Ton Phat and her family turned a gift of 20 chickens from Heifer into a diversified and productive farm. "By joining the project and being part of the self-help group, my life has changed," Ton said.



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.



## 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.

## ACTIVITY



### Take the Chick Challenge

Think your chicken knowledge is anything to cluck about? Prove it!

## 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 donate chickens to change the lives of families in need. Here are a few ideas to get you started. Share your stories on [When Cows Fly](#).

# 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 ON OUR SOCIAL MEDIA



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



ANIMAL GIFTS FOCUS:

# WATER BUFFALO

READ  
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INTERNATIONAL

Global Study Guide



## Why Water Buffalo?

Imagine having to live not knowing where your family's next meal is coming from. For many people, a water buffalo can be the [catalyst](#) that brings them a better future.

Water buffalo have been [domesticated](#) for more than 5,000 years, providing meat, milk, hides and power, particularly through plowing and transportation.

Often too expensive for small-scale farmers to purchase on their own, water buffalo serve as "living tractors" for farming families in many parts of Asia, as the sturdy draft animals help farmers plow fields and carry heavy loads to market. A water buffalo can help families plant up to four times more crops than they would be able to plant by hand, meaning a more [bountiful](#) harvest.

Wild water buffalo are [formidable](#) mammals to be sure, standing 5 to 6.2 feet tall at the shoulder. However, they are actually quite gentle. These gentle giants also provide families with milk rich in calcium and protein that can transform [malnourished](#) children. Plus, the fats in buffalo milk make it ideal for processing into cheese, which helps to build strong bones.

Water buffalo also provide manure, which can be sold or used as fertilizer for crops. Adult water buffalo produce about 6 tons of manure a year. For families who have [biogas digesters](#), that manure provides precious [methane](#) to power improved cookstoves and lamps.

Learn more about water buffalo and how they can help lift families out of hunger and poverty.

### STORIES



PHILIPPINES

#### Their Lucky Charm

Galo Bula-ay Cullot and his family received a water buffalo in 2008, which he said was an instrument of peace and lasting change and has helped them create better, more secure lives.



CAMBODIA

#### What to Give: Water Buffalo

Water buffalo in Heifer projects in Cambodia prove why they're a perfect gift for farming families.



ROMANIA

#### All I Want for Christmas is...a Water Buffalo?

Five-year-old Vladut Baias' family received a water buffalo in 2012, a gift that has boosted his social development.

VIEW ALL OF HEIFER INTERNATIONAL'S GLOBAL STUDY GUIDES AT [HEIFER.ORG/SCHOOLS](https://heifer.org/schools)



# Build a Water Buffalo!

1. Gather recycled products (such as paper, plastic, paint, wood, fabric, etc.) and construct a water buffalo mural.
2. As you're assembling the buffalo, discuss how each body part is useful.

**Head:** After a water buffalo dies, the farmer can use the strong **material** of its horns and bones to make useful objects.

**Shoulders:** A water buffalo has strong **muscles**, allowing the farmer to plant four times as much rice as he could working alone, which will lead to a more bountiful harvest.

**Stomach:** A water buffalo's stomach has four chambers, which means it can digest food such as grass, saving the farmer **money**.

**Back:** Because the water buffalo is so valuable, the farmer is motivated to take good care of it and to give back by sharing her **motivation** with others.

**Udders:** The water buffalo produces **milk**, an excellent source of protein. Five percent of the world's milk supply comes from water buffalo.

**Hind Legs:** When a water buffalo can no longer work, he's sent to the butcher to become **meat**.

**Tail:** The **manure** is good for fertilizing crops.

3. Name and discuss the 7 Ms of gifts that water buffalo provide to families in need: materials, muscle, money, motivation, milk, meat and manure.

## TEST YOUR KNOWLEDGE

1. Water buffalo can produce 2 gallons of milk per day. True or False?
2. The small Philippines buffalo is a (a) caracal (b) caribou (c) carabao.
3. Buffalo cannot swim. True or False?
4. Where does Heifer provide buffalo? (a) Asia (b) Africa (c) Australia
5. Buffalo have two wide, flat \_\_\_\_ on each hoof to help them walk in mud.

Answers: 1) True 2) Carabao 3) False 4) Asia and Africa 5) Toes

## LEARN MORE



### "Water Buffalo Days: Growing Up in Vietnam"

Read Huynh Quang Nhuong's story of a boy growing up in the central highlands of Vietnam.



### 5 Things You Didn't Know About Water Buffalo

## VIDEO



### Power in Plowing

See the power of a water buffalo at work as it plows a rice terrace.

## TAKE ACTION

Set up a **fundraising page** and **organize a fundraiser** to **donate water buffalo** to **change the lives of families in need**. Here are a few ideas to get you started. Share your stories on **When Cows Fly**.

# 1

### SWIM PARTY

Sponsor a swim party where everyone washes, wades and wallows like water buffalo.

# 2

### MAKE A PIZZA

Water buffalo milk makes great mozzarella. Find some fresh mozzarella in your area to make and sell pizzas.

## SHARE ON OUR SOCIAL MEDIA



GIVE **WATER BUFFALO** TO A FAMILY IN NEED TODAY!