

# A KID CAN CHANGE THE WORLD

LEARN  
**HOW**  
WITH  
HEIFER

12 PAGES



**KID'S  
GUIDE**

  
**HEIFER**<sup>®</sup>  
INTERNATIONAL

# **WELCOME TO OUR SUPERHERO TEAM!**

## **YOUNG PEOPLE – JUST LIKE YOU – HAVE THE POWER TO CHANGE THE WORLD.**

We are so glad you are helping us in our mission to end hunger and poverty. When we all work together, big things can happen! Our friend Captain Hoof wants to answer a few of your questions so you can share what you've learned!



Heifer International helps families around the world by giving gifts of animals and training.

Animals give families things like milk, eggs and honey, which they can eat to grow big and strong.

The training helps families learn to care for their animals and how to keep them healthy.


Families also learn how to make businesses to sell the extra products from their animals.

The goal is for families to have all the money they need to live healthy and happy lives without worrying where they'll get their next meal.





**How can I help Heifer??**




One way to help is by telling others about Heifer and why you want to help!

As you learn about Heifer, see if there is a certain story or person that sticks out to you.



**What else can we do?**




You can work with your family to make a donation — even small amounts can do big things!

You can save money by doing extra chores, looking for change hidden in the couch, or even holding a lemonade stand.



**What if I want to do more?**



You can help Heifer change the world by giving back to your community in other ways!

When people share what they have, Heifer calls that "Passing on the Gift®."

Every act of kindness makes the world a better place.

# MEET THE SUPERHERO TEAM!

When Heifer gives a struggling family an animal, that animal can bring a world of change! Read about each animal's superhero abilities to help lift families out of hunger and poverty.

## SUPERPOWER KEY:



MANURE



MATERIAL



MEAT



MILK



MONEY



MOTIVATION



MUSCLE

## COWS



A dairy cow can give four gallons of milk a day, making it a moo-velous addition to any family farm.

## GOATS



A goat can give up to a gallon of milk a day and can survive in almost any climate — not even kidding.

## ALPACAS



Alpacas are woolly great because they can survive in harsh climates, and they provide warm wool!

# SHEEP



Ewe can't go wrong with sheep!  
They're a triple threat, providing  
wool, meat and milk.

# CHICKENS



Chickens can be an egg-cellent asset — a  
chicken can lay more than 200 protein-rich  
eggs a year. That's a LOT of eggs.

# DUCKS & GEESE



They're easy to raise, don't require  
much shelter and give eggs.



# PIGS



Pigs are udderly wonderful for a family!  
A mama pig can give birth to up to 20  
piglets a year, helping herds grow.



# RABBITS



When rabbits hop their way into a family, big things happen. Plus, they are easy to raise — they just need to stay warm, dry and fed.

# WATER BUFFALO



Water buffalo are often called “living tractors” because they allow a farmer to plant four times more than by hand.

# BEEES



The buzz on bees is pretty impressive — they are easy to keep and can double fruit and vegetable yields through pollination.

# FISH



Nothing fishy about it — fish can really help a family out! Fish offer an excellent source of protein and healthy fats.

# OTHER SUPER GIFTS

## TREE SEEDLINGS

Trees help produce cleaner air and healthier soil, and they provide firewood.

## ANIMAL CARE KITS

Provide training and tools needed to take care of animals where it's hard to get to a veterinarian.

## IRRIGATION PUMPS

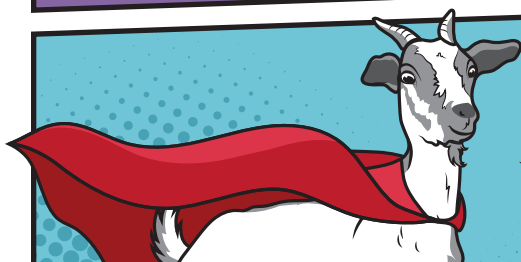
In homes without running water, families must spend hours collecting it. Irrigation pumps bring the water to them.

## BIOGAS STOVES

Biogas stoves use methane gas captured from animal poo to burn cleanly and efficiently.

## SCHOOL FOR KIDS

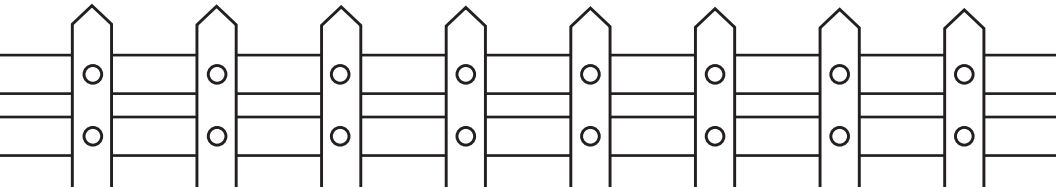
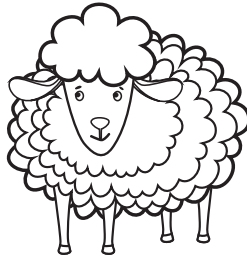
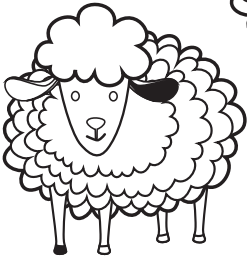
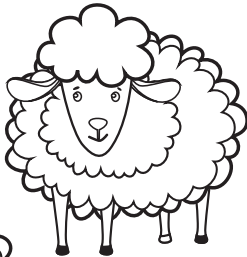
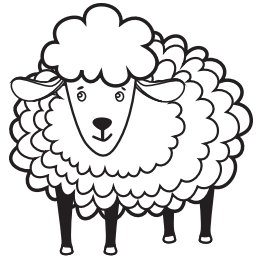
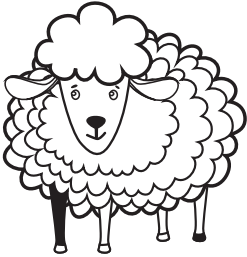
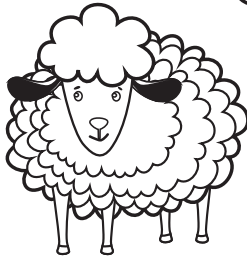
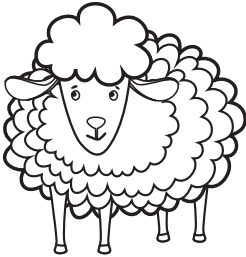
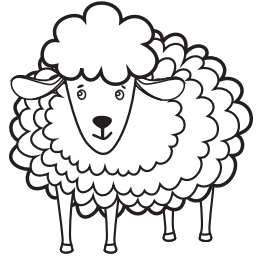
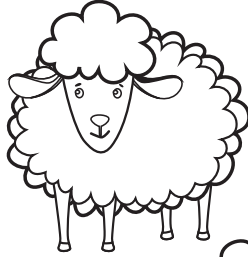
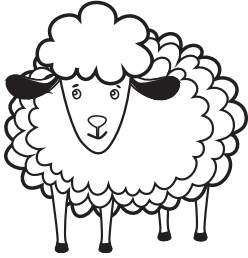
Help pay for school fees and supplies like notebooks and pencils when parents can't afford it.



Thanks for being part of our superhero team!!

# SEEING DOUBLE!

FIND THE TWO BARNYARD FRIENDS THAT LOOK THE SAME!



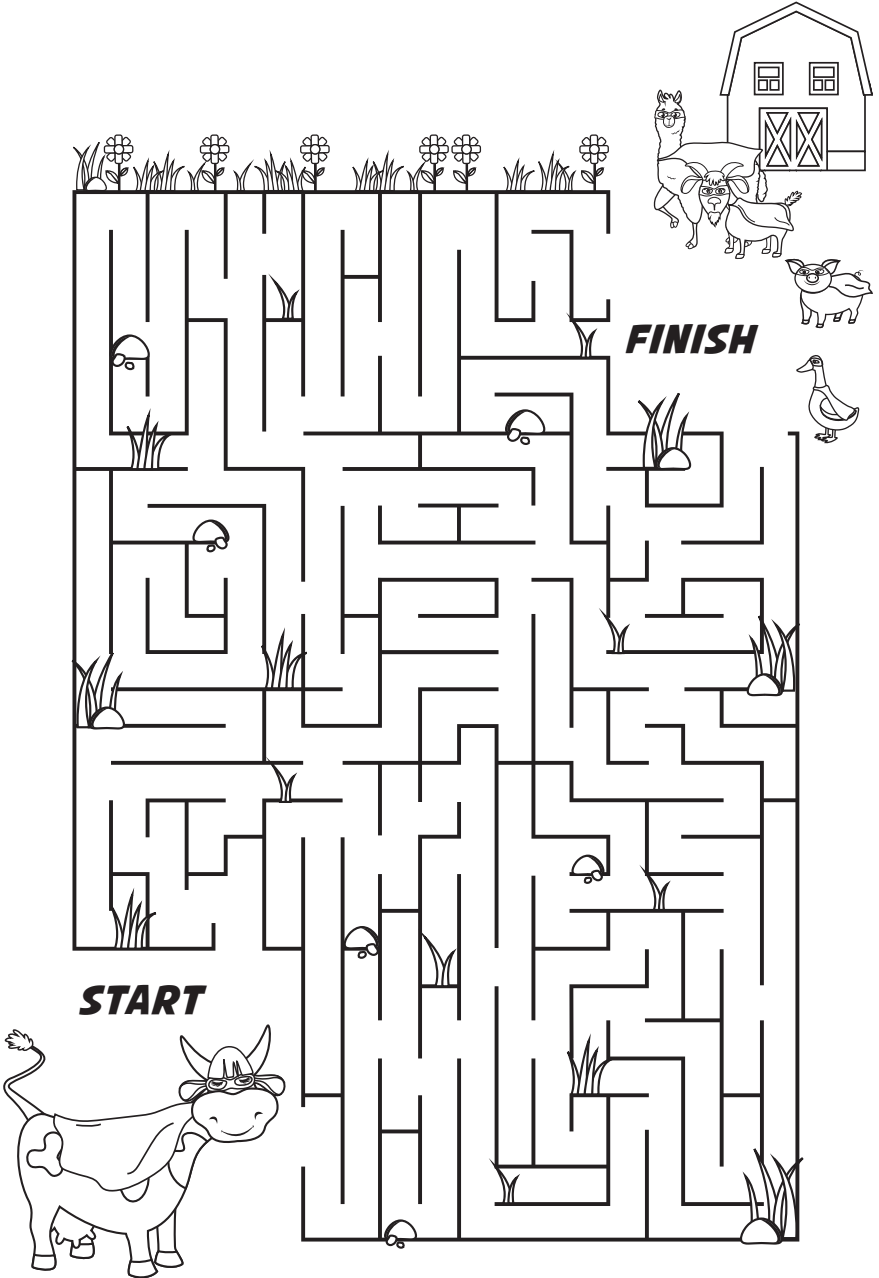


IT TAKES A  
SUPER TEAM  
TO CHANGE THE WORLD



# OH NO! CASSIE THE COW IS LOST.

HELP HER FIND HER WAY BACK TO HER FRIENDS!



# SUPER JOKES!

USE THE DECODER TO FIND THE ANSWERS TO SOME OF OUR FAVORITE SUPER JOKES.

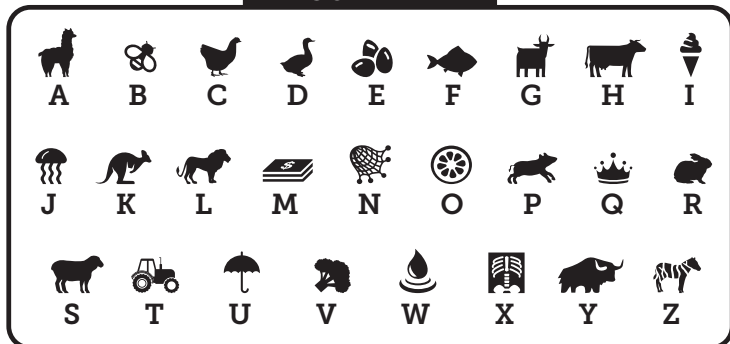
**WHAT DO YOU CALL A CHICKEN WEARING A SUPERMAN COSTUME?**



**WHAT IS SMARTER THAN A TALKING BIRD?**



## DECODER KEY



**VISIT OUR  
YOUTUBE CHANNEL  
TO LEARN MORE  
ABOUT KHARDIATA  
AND HOW HEIFER  
HELPS!**



## ***YOU CAN DO SUPER THINGS FOR KIDS LIKE KHARDIATA!***

Khardiata lives in Senegal, a country in Africa. It only rains four months a year there, so sometimes it's hard to find water. Every day before and after school, Khardiata helps her mother with the chores, which includes collecting water.

Now, families in her village have a cleaner, more accessible source of water through the Heifer Senegal project. A newly built well provides families like Khardiata's with year-round access to clean water for their families, animals and crops.

Khardiata and her family eat the eggs from the chickens Heifer provided, giving more protein to their diet. They can also sell extra eggs or chickens. With the money they earn, Khardiata can go to school again.