

READ  
---TO---  
FEED®

  
**HEIFER**®  
INTERNATIONAL



Student's Guide



## NOTE TO PARENTS

Your child's teacher is participating in Read to Feed®, Heifer International's reading incentive program. Students recruit sponsors for each goal they achieve, whether it is based on number of books or period of time spent reading.

**The goal is to help children practice literacy skills by promoting reading while helping Heifer provide livestock to struggling families around the world.**

Read to Feed provides a powerful reason for students to read. They learn about different cultures and the importance of using the Earth's resources wisely. Most important, they learn that they can make a difference in the world. Thank you for encouraging your child during the Read to Feed program!

It requires little time on your part, but means impoverished and hungry children around the world will have a sustainable source of food, an opportunity to go to school and a hope for a better tomorrow.



## HOW TO HELP YOUR CHILD DURING READ TO FEED

- 1** Complete the enclosed enrollment form on page 6 and have your child promptly return it to his or her teacher.
- 2** Keep track of your child's progress toward the overall goal so you can help spread the word via email or social media. If your child's teacher is utilizing our online fundraising platform, you can join the classroom or team fundraising page at **ReadtoFeed.org** to stay up to date.
- 3** Help your child obtain sponsors using the form in the center of this booklet. If your child's teacher has chosen to use online fundraising, be sure to share the link to their class page with sponsors. All sponsors who send a check or give online will receive a receipt from Heifer International for their contribution.
- 4** Encourage your child to reach his or her reading goal. A book reading list to track your child's progress is on the inside back cover of this booklet.
- 5** Inspire your child by reading success stories about our work and the benefits animals provide families around the world at **Heifer.org**. It is also a great site to share with potential sponsors to help them learn more about what we do.





## THINGS YOUR FAMILY CAN DO TOGETHER TO MAKE A DIFFERENCE

### 1 Unique Gifts

Give Heifer gifts for birthdays, holidays and special occasions! Encourage loved ones to give in your honor. Set up a customized page at [www.heifer.org/fundraise](http://www.heifer.org/fundraise) and let the giving begin! (Plus, avoid regifting awkwardness.)

### 2 Learn Together

Visit a Heifer Learning Center for a hands-on experience! Plan your trip at [www.heifer.org/visit](http://www.heifer.org/visit). You can also learn about issues related to our work and read success stories from families we work with at [www.heifer.org/blog](http://www.heifer.org/blog).

### Volunteer Together

3 We love our volunteers and welcome you to join us! Visit [www.heifer.org/volunteer](http://www.heifer.org/volunteer) to learn about opportunities near you, or find a soup kitchen or other organization working to address hunger and poverty in your community.

To find out more, go to [ReadtoFeed.org](http://ReadtoFeed.org) or [Heifer.org](http://Heifer.org). Thank you for helping your child change the world!



**Heifer International is a nonprofit organization dedicated to ending hunger and poverty while caring for the Earth. Gifts of livestock and training help lift families from poverty to self-reliance.**



To help the greatest number of families move toward self-reliance, Heifer does not use its limited resources to track individual animals from donation to distribution to specific families.



## NOTE TO KIDS

**We believe young people — just like YOU — have the power to change the world!**

We know young people can be powerful champions. We are glad you are helping to end hunger and poverty. When we all work together, great things happen! To get you started, here is some information about Heifer and Read to Feed you can share with family and friends.

### Who should I talk to about Heifer?

Talk to people you see every day. Family, friends and neighbors you know well are a good start. Tell your dentist, scouting leader, teammates and their parents. Remember to have a parent or another adult you trust with you if you talk to strangers.

### What should I say about Heifer?

Tell people that Heifer International is an organization that helps families around the world and in the United States by giving gifts of animals and training. The animals help families to have nutrition

(food to be healthy) and income (money from selling products like eggs, yarn or cheese). The training helps families learn to care for their animals and how to keep them healthy. Families also learn how to develop businesses to sell the products from their animals and their offspring (once they are old enough).

### What should I tell people about Read to Feed?

Share about how Read to Feed is a fun program that encourages students to read in order to help families around the world. Ask them to give you a small amount of money for each book you read or

time you spend reading. (Your class and teacher will discuss how to measure goals.)

Did you and your classmates decide to raise funds for a certain animal? Did you set a goal for the number of books you want to read? Tell people about the goals you want to accomplish. If your child's teacher has chosen to use online fundraising, you can share the webpage to show the progress toward your goal.

### What else should I say?

It's always good to tell people why you want to help Heifer. Also, be sure to say thank you (for listening AND for promising to sponsor you).





## GIFT GUIDE

The following pages include our gift guide to help you, along with your teacher and classmates, decide which gift(s) to select when you reach your goal. Learn fun facts about each animal and how they help families with children — just like you — around the world!

**Keep reading to learn more about how you will make a difference in the lives of others.**



## COWS

### GENTLE GIANTS

Hurray for heifers — that's a female cow that has not yet given birth to a calf. A quality dairy cow can produce four gallons of milk a day — enough for a family to drink, share with neighbors and sell for cash. The sale of surplus milk earns money for school fees, medicine, clothing and home improvements.

#### Fun Fact

Cows have excellent vision and can see in a nearly complete circle.



#### Cows Provide

Milk, Money, Manure, Meat,  
Material, Motivation



## Goats

### SCRAPPY SURVIVORS

Goats can thrive in extreme climates and on poor, dry land by eating leaves, weeds and grass. Many people around the world rely on them for milk. A dairy goat can supply a family with up to a gallon of nutritious milk a day — just about the right amount if you don't have a refrigerator. Goats often have two or three kids a year.

#### Fun Fact

Goats discovered coffee beans!



#### Goats Provide

Milk, Money, Manure, Meat,  
Material, Motivation

**\$150**  
Share:  
\$20

# Llamas

## HARDY HIGHLANDERS

It's easy to sing the praises of llamas. At home in rough, mountainous areas, llamas provide transportation and wool, which is prized for making blankets, ponchos, carpet and rope. Families can sell these products for extra income. Llamas are hardy and require little care. They can live at high altitudes where their padded feet are easy on the fragile earth.

### Fun Fact

Llamas are sometimes used as "guards" for other herd animals.



### Llamas Provide

Milk, Money, Manure, Meat,  
Material, Motivation

**\$120**  
Share:  
\$10

# Sheep

## WOOLLY WANDERERS

Many communities around the world depend on wool, meat and even milk from sheep. Families use sheep's wool to make clothes or sell for extra income. Sheep often give birth to twins or triplets and can graze even in the hilliest, rockiest pastures.

### Fun Fact

Sheep were some of the first animals to be kept on a farm.



### Sheep Provide

Milk, Money, Manure, Meat,  
Material, Motivation

**\$20**  
for a  
flock

# Chickens

## PLUCKY PRODUCERS

A good hen can lay up to 200 eggs a year—a reliable source of protein for children who live mostly on starches. Extra eggs can be sold to pay for school, clothes and medicine. Because chickens require very little space and thrive on readily available food scraps, families can make money from the birds without spending too much. Chickens also scratch up soil and enrich it with their droppings, improving crops and diets.

### Fun Fact

Chicken eggs can come in a rainbow of colors, including white, brown, green, blue and pink.



### Chickens Provide

Money, Manure, Meat,  
Motivation

**\$20**  
for a  
flock

# Ducks & Geese

## FRIENDLY FLOCK

Ducks and geese are easy to raise, don't require much shelter and can adapt to hot, wet or cold weather. Quality geese lay about 75 large eggs a year and ducks can lay up to 200. Heifer families pass on fertilized eggs or young birds to others in need.

### Fun Fact

A flock of ducks can also be called a raft, a team or a paddling. A flock of geese on the ground can be called a gaggle; in flight they are a wedge or a skein.



### Ducks & Geese Provide

Money, Meat, Material,  
Motivation

**\$120**  
Share:  
\$10

# THAT'LL DO, Pig

Pigs are among the world's most popular farm animals. The reason? They're prolific. With up to 20 piglets a year that can each weigh as much as 200 pounds in six months, families with Heifer pigs often double their income. And there are plenty of offspring to pass on to others in need. Farm animals like pigs are "living bank accounts" (pigggy banks) for poor families.

### Fun Fact

Pigs are omnivores. They eat everything from roots to reptiles!



### Pigs Provide

Money, Manure, Meat, Material,  
Motivation

**\$60**  
Share:  
\$10

# RASCALLY Rabbits

Rabbits are easy to raise. To thrive, they just need to stay warm and dry and eat simple foods like carrot tops, potato vines and grasses. Rabbit manure can be applied directly to gardens to make them produce more crops or vegetables. Because rabbits have as many as 20 offspring a year, the gift multiplies quickly, benefiting many families.

### Fun Fact

A baby rabbit is called a kit or kitten.



### Rabbits Provide

Money, Manure, Meat, Material,  
Motivation

**\$250**  
Share:  
\$25

# Water Buffalo

## POWERFUL PROVIDERS

In poor villages in India and the Philippines, water buffalo provide milk for protein, manure for fertilizer and fuel and plowing power for planting rice and potatoes. A farmer can plant four times more rice with a water buffalo than by hand. Plus, families can earn more money by renting their buffalo to neighbors.

### Fun Fact

Water buffalo are often called "living tractors."



### Water Buffalo Provide

Milk, Money, Manure, Meat, Muscle, Material, Motivation

**\$30**

# Bees

## BUSY BODIES

Bees are easy to keep. They require almost no space and once the hives are established, they are inexpensive to maintain. After all, humans don't have to feed bees. As bees search for nectar (their food), they pollinate plants. Placed in the right locations, near fruit trees and vegetable gardens, beehives can as much as double fruit and vegetable yields. Heifer bees and a hive provide families with better crops, candle wax, pollen for medicine, and honey to eat and sell.

### Fun Fact

Honeybees have five eyes: two big ones in the front of their heads and three small ones on top.



### Bees Provide

Money, Material, Motivation

**\$60**  
Share:  
\$10

# Tree Seedlings

## WONDERS OF THE WORLD

Trees give us more than a place to climb or a cool, shady place to rest. Trees are essential to life on Earth. That's why planting fast-growing trees is often the first step when families and communities begin working with Heifer. Trees put nitrogen back into the soil, hold water in the soil and moisture in the air, serve as windbreaks and provide animal feed, fencing, firewood and more.

### Fun Fact

Trees are one of the longest-living organisms on Earth.



### Trees Provide

Money, Material, Motivation



**\$300**  
Share:  
\$30

# Fish

## SUSTAINING SCHOOLS

Fish are a healthy source of protein, which is great for strong muscles, and healthy fats, which are good for the brain. A pond full of fish gives a family a steady supply of nutritious food and extra money for things they need, like medicine, books, school fees and clothing. Decaying fish (and parts of fish that are not eaten) can be used to create fertilizer to help crops grow, too!

### Fun Fact

You can guess a fish's age by counting the growth rings on its scales — much like a tree!



**Fish Provide**  
Money, Meat, Motivation

**\$5,000**

# Gift Ark

## PRODUCTIVE PAIRS

The Gift Ark goes around the world — from Africa to Asia and to the Americas. But what does this generous gift mean? The ark includes two water buffalo, two cows and two goats, along with bees, chicks, rabbits and more. These healthy, hardy animals improve lives for countless families and children. Your gift will be passed on over and over again to places in the world where your generosity and kindness are needed most.

### Did You Know?

Almost 800 million people live below the international poverty line, which is \$1.90 per day.



Source: WorldBank.org

**\$200**  
Share:  
\$20

# Animal Care Kit

## WELLNESS WORKERS

Animals need food, shelter and medical care, but in many countries it is very difficult to get to the veterinarian. That is why we often train people to become Community Animal Health Workers. Participants learn important lessons about animal health and nutrition, so the livestock in their communities grow strong and produce healthy offspring. Your gift of an Animal Care Kit may include a thermometer, stethoscope, hoof trimmer, scalpels, gloves, disinfectants and important medicine.

### Did You Know?

Nearly 1 billion people worldwide depend on livestock for sustainable income.



Source: Food and Agriculture Organization of the United Nations

\$150

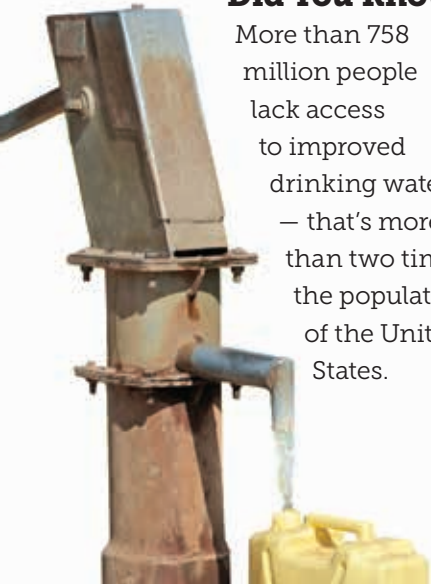
# Irrigation Pumps

## TAPPING THE POSSIBILITIES

In the communities where we work, many homes do not have running water, and some families do not even have a well nearby. Instead, they must spend hours each day walking to collect water. This is often a chore left to the children — especially girls — leaving no time for school. You can make a difference by helping families and communities install irrigation pumps.

### Did You Know?

More than 758 million people lack access to improved drinking water — that's more than two times the population of the United States.



Source: World Health Organization

\$1,000  
Share:  
\$50

# Biogas Stove

## REUSED REFUSE

For most families where we work, cooking requires firewood. That means someone (usually children) has to collect wood by hand. It often results in too many trees being cut down. The smoke from cooking fires can cause breathing problems and eye problems. We have a solution, though! Biogas stoves use methane gas captured from animal waste. The stoves burn cleanly (so eyes and lungs aren't bothered), reliably and efficiently (so there's less need for firewood).

### Did You Know?

Indoor smoke claims half a million lives due to chronic obstructive pulmonary disease among men and women worldwide.



Source: World Health Organization

\$275

# Schooling for Girls

## EDUCATION EMPOWERMENT

Girls frequently suffer the most from gender discrimination due to limited resources. This gift empowers girls and young women by providing livestock and training that allows parents to pay for school fees and supplies.

### Did You Know?

Girls make up 54 percent of the children who do not attend elementary school.



Source: United National Educational, Scientific and Cultural Organization



READ  
-- TO --  
FEED®



# Book List

**My goal is** \_\_\_\_\_

2000

[illegible]





**REAL KIDS**



**REAL ANIMALS**



**HEALTHY,  
HAPPY LIVES**

*Dear Student,*

*Thank you for reading to support Heifer! We can tell you from experience that you are changing the world by finding sponsors and meeting your goals. With your help, we will eat better foods, have access to clean water and get to go to school — just like you! Thanks to you, your classmates and teacher, we have the hope of living healthy lives.*

*Keep reading!*

*Your friends around the world*

THANK YOU FOR PARTICIPATING IN HEIFER INTERNATIONAL'S READ TO FEED® PROGRAM.

You are helping us pass on an important message to children: **it is possible to end two of the biggest problems—hunger and poverty—while making the world a better place for all. Your help is critical.**

In our 75 years, we have empowered more than 34 million families to build better lives for themselves and their communities.

We provide gifts of livestock and training to families so they receive steady nutrition and income to reach self-reliance.

Read to Feed encourages children to connect books and learning with taking action to create a just world. By sponsoring a student, you are helping the next generation understand they can be part of the solution to global issues of hunger and poverty.

We sincerely hope you support this student and his or her desire to make a difference in the world.

Please make your check payable to  
**Heifer International: Read to Feed**  
or make your gift online!

ATTENTION

This envelope is for the student's collection purposes only. The student's Read to Feed leader will collect all donations and return them to Heifer in one envelope. To learn more, visit [ReadtoFeed.org](http://ReadtoFeed.org).

HEIFER INTERNATIONAL | P.O. BOX 8058, LITTLE ROCK, AR 72203  
888.5HUNGER (888.548.6437) | [HEIFER.ORG](http://HEIFER.ORG)  
19-CM-CM73 | © Heifer International

Student NameGrade


School

Teacher NameTelephone


Class Fundraising Web Address (if applicable)

Name of Sponsor	Pledge Per Book/Unit	Maximum Pledge	Total Amount (pledge x books/units read)

READ  
TO  
FEED®

HEIFER  
INTERNATIONAL

ENROLLMENT FORM



Children  
Changing  
the World

Please enroll me in Heifer International's Read to Feed® program so I can help provide livestock and training to families in need.

Name

School/Group

Grade

Teacher/Leader Name

Parent/Guardian Signature

HY130000



Children  
can  
change  
the world!

