

READ
--- TO ---
FEED®

PASS ON
THE GIFT
HEIFER®
INTERNATIONAL

REAL KIDS REAL ANIMALS

Student's
Guide

Message to the Parents

Your child's teacher has chosen to participate in Read to Feed®, a reading incentive program designed by Heifer International, a nonprofit organization dedicated to ending world hunger and poverty while caring for the Earth. Young people are asked to find sponsors for each book they read (or unit of time they spend reading). The goal is to promote reading and to help Heifer provide livestock for struggling families who have few resources and need an ongoing source of income. These gifts help families lift themselves to self-reliance. Sponsors set a pledge amount for each book read or unit of time spent reading—a quarter, a dollar, or any desired amount. At the end of the program, the students collect their pledges, pool their money and then decide what type of livestock they would like to buy for families in need.* Read to Feed provides a powerful reason for students to read. Along the way, they learn important lessons about different cultures around the world and the importance of using the Earth's resources wisely. Most importantly, they learn that they can make a difference in the world. We appreciate your encouragement and support of your child while he or she participates in Read to Feed. It will not require much time on your part, but will mean less fortunate children around the world will have an ongoing source of food, an opportunity to go to school and hope for a better tomorrow.



How to Help Your Child During His/Her Read to Feed Program

1. Complete the enclosed enrollment form on page 6 and have your child return it to his or her leader promptly.
2. Go online to www.ReadtoFeed.org to find and join the classroom or team fundraising page that has been set up by your child's teacher. Once you join the team, you can track the progress toward the goal set by the students and you can spread the word via e-mail or social media.
3. Help your child obtain sponsors using the sponsor form on the inside of the back cover of this booklet. Be sure to give the sponsors the link to the fundraising page. 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 back cover of this booklet.
5. Keep your child inspired by reading the enclosed success stories about Heifer's work in the field and the benefits that animals can provide to families around the world. This piece is also great to share with potential sponsors to help them learn more about Heifer.

Things your family can do together to make a difference:

1

LEARN TOGETHER. Make a visit to a Heifer learning center (heifer.org/visit) to have a hands-on experience together! If you can't visit us in person, visit us online (heifer.org). Take a look at the Heifer Blog (blog.heifer.org) to learn about issues related to Heifer's work and to read success stories from families working in Heifer projects.

2

HAVE FUN. Play some online games, download crossword puzzles or get ideas for an experiment or two at www.heifer.org/games

3

GIFT DIFFERENT. Give Heifer gifts for birthdays, special occasions and holidays! Or set up a gift registry (www.heifer.org/registry) to encourage others to give in your honor (and maybe you'll avoid a weird sweater from Aunt Edna).

4

VOLUNTEER TOGETHER. We love volunteers at Heifer and welcome you to join us (www.heifer.org/volunteer). Or, find a soup kitchen or other organization that is addressing hunger and poverty in your community.

To find out more, go to www.ReadtoFeed.org or www.heifer.org. Thank you for helping your child change the world!

KIDS

Heifer International believes that young people like YOU have the power to change the world!!

At Heifer, we've learned that young people can be our most powerful spokespeople. It's true! We're glad that you are helping to end hunger and poverty, because when we all work together, great things happen. To get you started, here are some questions and answers about how to talk about Heifer and Read to Feed.

First of all, who should I talk to about Heifer?

You can talk to your family and friends. You might choose to talk to neighbors, your teammates and their parents, friends of your parents. Maybe you can tell your dentist, scouting leader, or school bus driver. Whomever

you choose, don't go looking for strangers to talk to, especially without your parents or another safe adult.

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 livestock (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?

You can say Read to Feed is a fun program that encourages students to read in order to help Heifer families around the world. Ask them to give you a small amount of money for each book or chapter or page that you read.

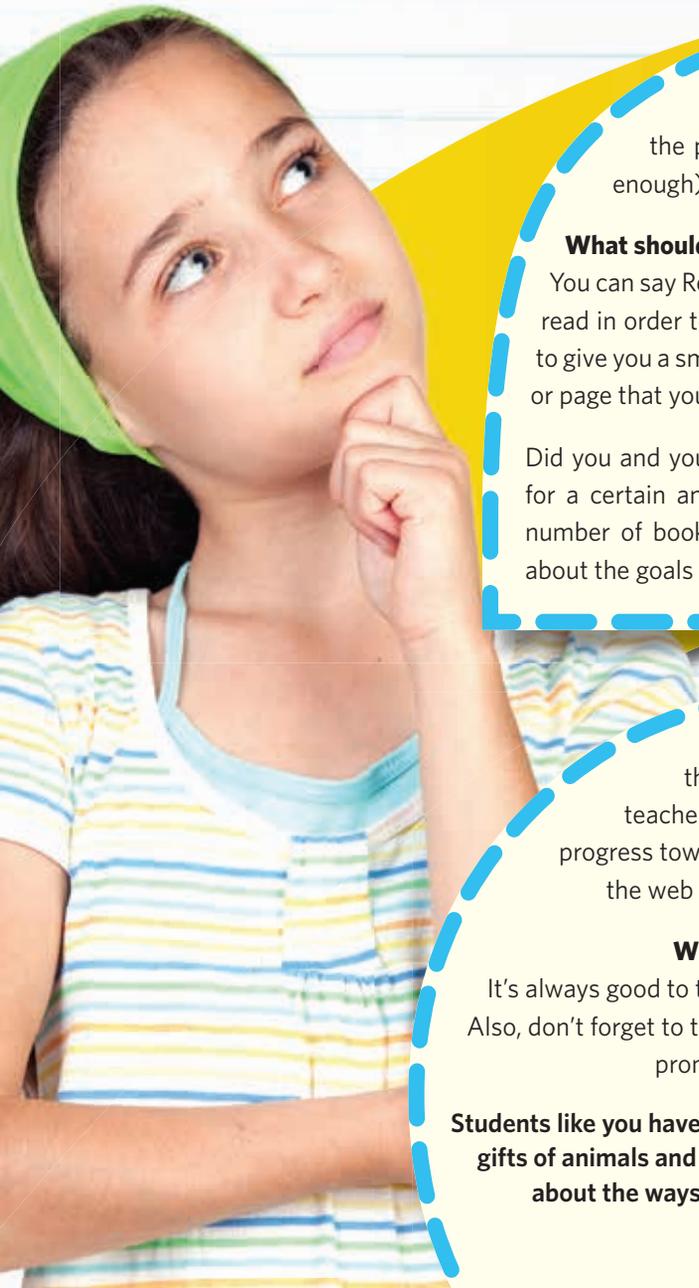
Did you and your classmates decide to raise funds for a certain animal? Did you set a goal for the number of books you want to read? Tell people about the goals you have set. Ask them to visit

the webpage that your teacher has created to share your progress toward your goal. (You'll have to get the web address from your teacher!)

What else should I say?

It's always good to tell people why you want to help Heifer. Also, don't forget to tell them thank you (for listening AND for promising to sponsor you!).

Students like you have helped families all around the world with gifts of animals and training. Keep reading to find out more about the ways Heifer and you make a difference.



HOW DOES THE ANIMAL HELP THE FAMILY?
WRITE THE LETTER IN THE EMPTY CIRCLE NEXT TO THE ANIMAL TITLE.

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NOT A CUP, BUT A COW

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.

Gift of a Heifer: \$500
Share of a Heifer: \$50

GO GOAT

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.



Gift of a Goat: \$120
Share of a Goat: \$10

3

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SHARE A SHEEP!

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.



Gift of a Sheep: \$120
Share of a Sheep: \$10

LOVABLE LLAMAS

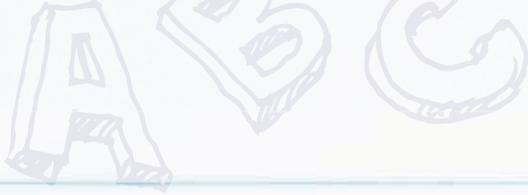


Gift of a Llama: \$150
Share of a Llama: \$20

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.



Flock of Ducks or Geese: \$20
(for 20 birds)



RABBITS RULE

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 40 offspring a year, the gift multiplies quickly, benefiting many families.



Trio of Rabbits: \$60
Share of Rabbits: \$10

DID YOU KNOW?

One in eight people will go to bed hungry tonight.

SOURCE:FAO.ORG



THE BUZZ ABOUT BEES

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.



Gift of Honeybees: \$30
(from 10,000-20,000 bees, including a queen)

K, DUCK, GOOSE

Ducks and geese are easy to raise, don't require much shelter and can adapt to hot, wet or cold weather. They can find some of their own food and eagerly eat weeds, slugs and snails while they fertilize the garden with their droppings. Ducks and geese are efficient egg producers. 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.



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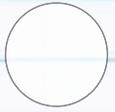
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TREASURE THE TREES



Trees give us more than just something 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.

Tree Seedlings: \$60
(from 50-1000, one to two year old saplings)
Share of Seedlings: \$10

WONDERS OF WATER BUFFALO

In resource-poor villages in India or 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 buffalo than by hand. By renting buffalo to neighbors, families can earn more money.



Gift of a Water Buffalo: \$250
Share of a Water Buffalo: \$25



FOND OF FISH

Fish are a healthy source of protein (which is great for strong muscles!) and healthy fats (which are good for your 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 which are not eaten) also can be used to create fertilizer to help crops grow, too!

Fish: \$300

(for three schools of fish; schools have between 500-1500 small fish)

Share of a Fish: \$30

CHICKS: A CHAMPION CHOICE

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.



Flock of Chicks: \$20

(for 20 birds)



DID YOU KNOW? Malnutrition means “badly nourished.” People suffering from malnutrition do not eat the right amounts of protein, energy foods, vitamins and minerals. Without the right nutrition, people can become very sick and die from common infections. SOURCE: WFP.ORG

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THINK 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" (piggy banks!) for poor families.

Gift of Pig: \$120
Share of a Pig: \$10



KNITTING BASKET

A "Knitting Basket" includes two llamas and two sheep—animals famous for their warm, income producing wool. From shearing to spinning to finally selling woolen goods at market, a "Knitting Basket" can help families earn enough income to weave a new future full of hope and self-sufficiency.

Knitting Basket: \$500

MILK MENAGERIE

The "Milk Menagerie" includes one quality breed heifer, two goats and a water buffalo. That's four milk-producing animals! Families will enjoy gallon after gallon of nutritious milk from each animal in the "Milk Menagerie."



Milk Menagerie: \$1,000

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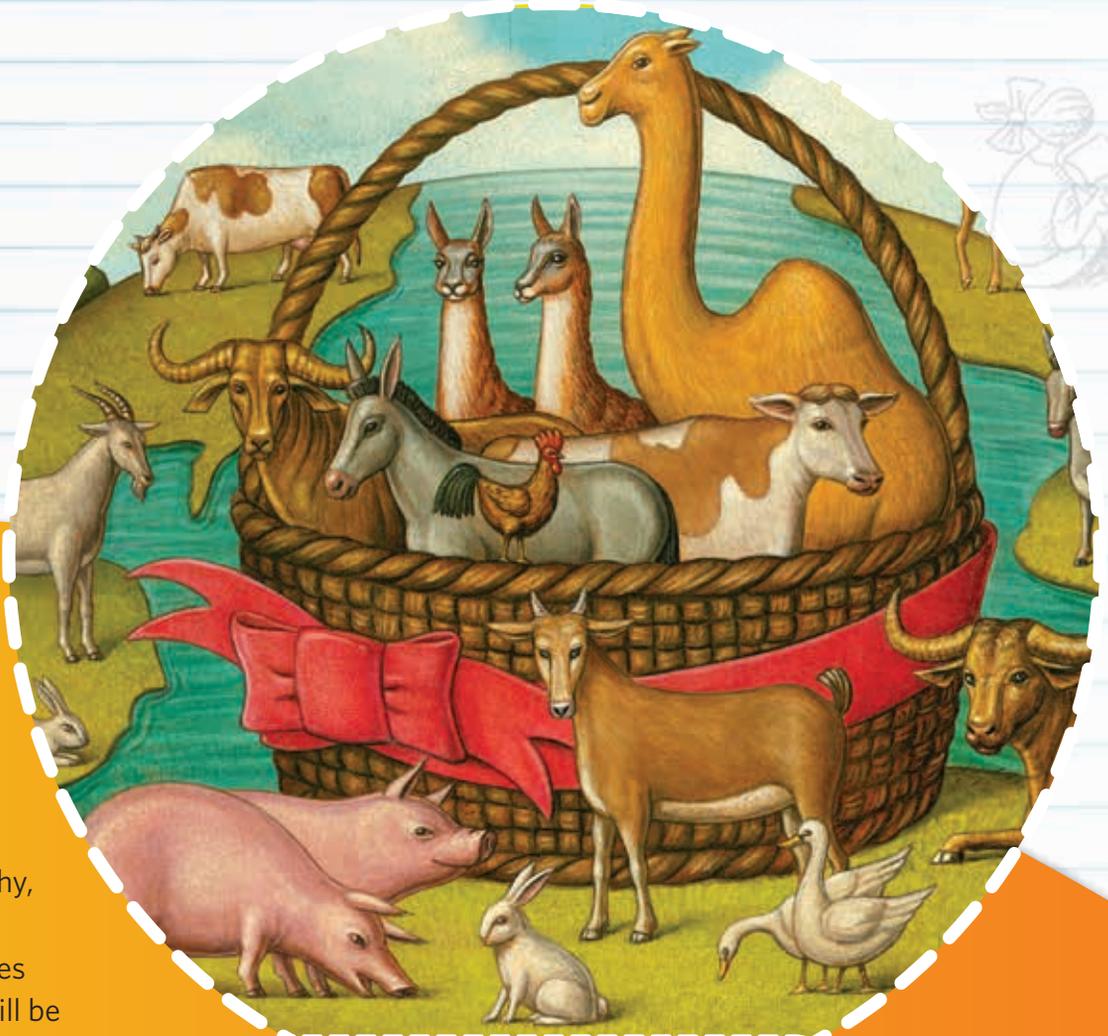
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GIFT ARK

The Gift Ark goes around the world—Latin America, Africa, Asia, Europe and North America. But what does this generous gift mean? It means water buffalo, cows, sheep and goats and even bees, chicks and rabbits! 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.



Gift Ark: \$5,000



DID YOU KNOW?

1.2 billion people live on less than \$1.25 per day.

SOURCE:WORLDBANK.ORG

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Other Ways You Can Help

ANIMAL CARE KIT



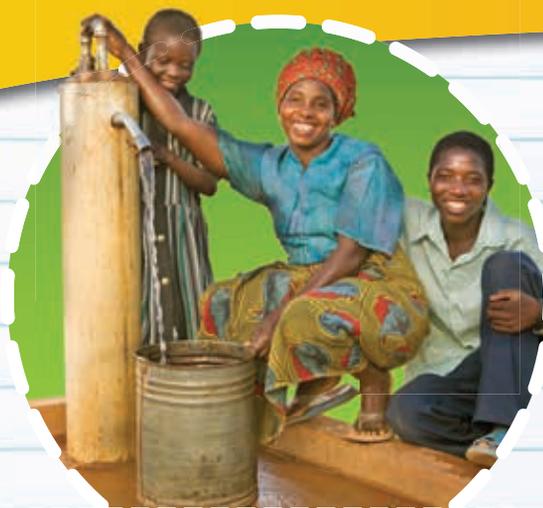
Gift of a Full Kit: \$200

Share of a Kit: \$20

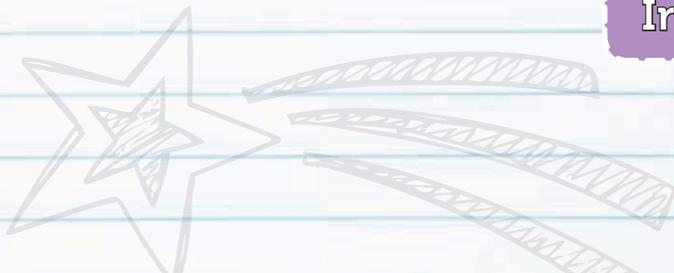
Animals need food, shelter and medical care just like us, but in many countries it is very difficult to get to the veterinarian. That is why Heifer International often trains people to become Community Animal Health Workers. The CAHWs learn important lessons about animal health and nutrition, so the livestock in their communities grow strong and produce healthy offspring. Your gift of a Community Animal Health Worker Kit can include a thermometer, stethoscope, hoof trimmer, scalpels, gloves, disinfectants and even important medicine.

IRRIGATION PUMPS

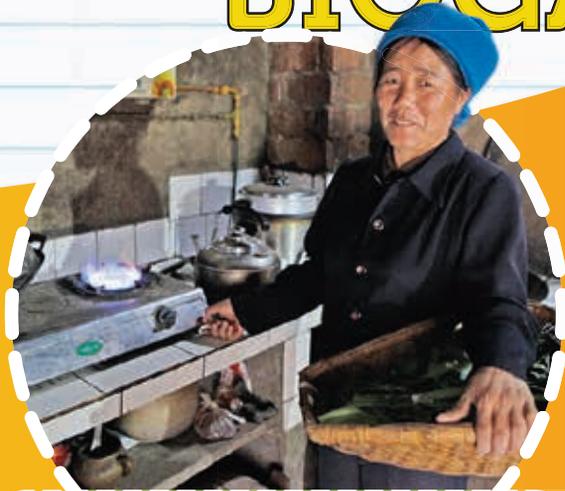
In the communities where Heifer works, many homes do not have running water, and some families do not even have a well nearby. Instead, they must spend hours each day walking to collect water. This is often a chore left to the children — especially girls — leaving no time for school. You can make a difference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



Irrigation Pump: \$150



BIOGAS STOVES



20 Biogas Stoves: \$1,000
1 Biogas Stove: \$50

For most families where Heifer International works, 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. Heifer has a solution, though! Biogas stove runs off 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).

SEND A GIRL TO SCHOOL

Girls often suffer the most from gender discrimination. Families in struggling communities often do not have the money to send all their children to school. As a result, girls are denied the opportunity to go to school so that their brothers can learn. Heifer wants to change this! You can help by supporting Heifer's programs around the world that are designed to give every girl the chance to fulfill her potential. This gift will provide a family in need with training and livestock so they can earn the income needed to pay for their daughter's school fees and supplies.



Send a Girl to School: \$275

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Real Kids and Real Animals Changing the World!

Rudik Simonyan studies business as a member of Heifer's YES! Youth Club in Mets Sariat, a community in the Shirak region of Armenia. As a member of the club, 12-year-old Rudik received a small amount of money to start his own poultry business, in which he practices the skills and knowledge he learned during lessons at the club.



Rudik named his farm Tchoutik, the Armenian word for chicken. He bought eight hens and a rooster, as well as barley and vitamins. A few months later, he sold six of the hens' chicks, and earned AMD 12,000, or about \$30. He used part of the money to buy more feed for his poultry and passed the rest on to another student in his club.

Rudik's father died several years ago, so he and his mother and sister work hard to take care of each other. He plans to build on his current poultry business to make it larger and very successful so that he can take excellent care of his family. His biggest dream is to save the money he earns from his business to buy them a beautiful new house.

Five-year-old Kenflore Theard likes taking care of her family's goats. "I take them to the pasture in the morning," she said, "and (later) I will get them and put them back in the pen. I give them water and grass for food, and after that, I put them in the pasture (again)."

Kenflore's favorite part of the process is feeding the goats. She also helps milk the mother goat. "She is the most important family member, when it comes to the goats," said Kenflore's mother. "When I'm not at the house, she looks after the goats and protects them from the sun."

In Haiti, livestock can be used as a kind of savings account. The animals are kept healthy and happy, and when the family needs a little extra money, they can sell some of the animals. Kenflore's family has already passed on healthy goats to another family. Now they are beginning to grow their goat savings account!

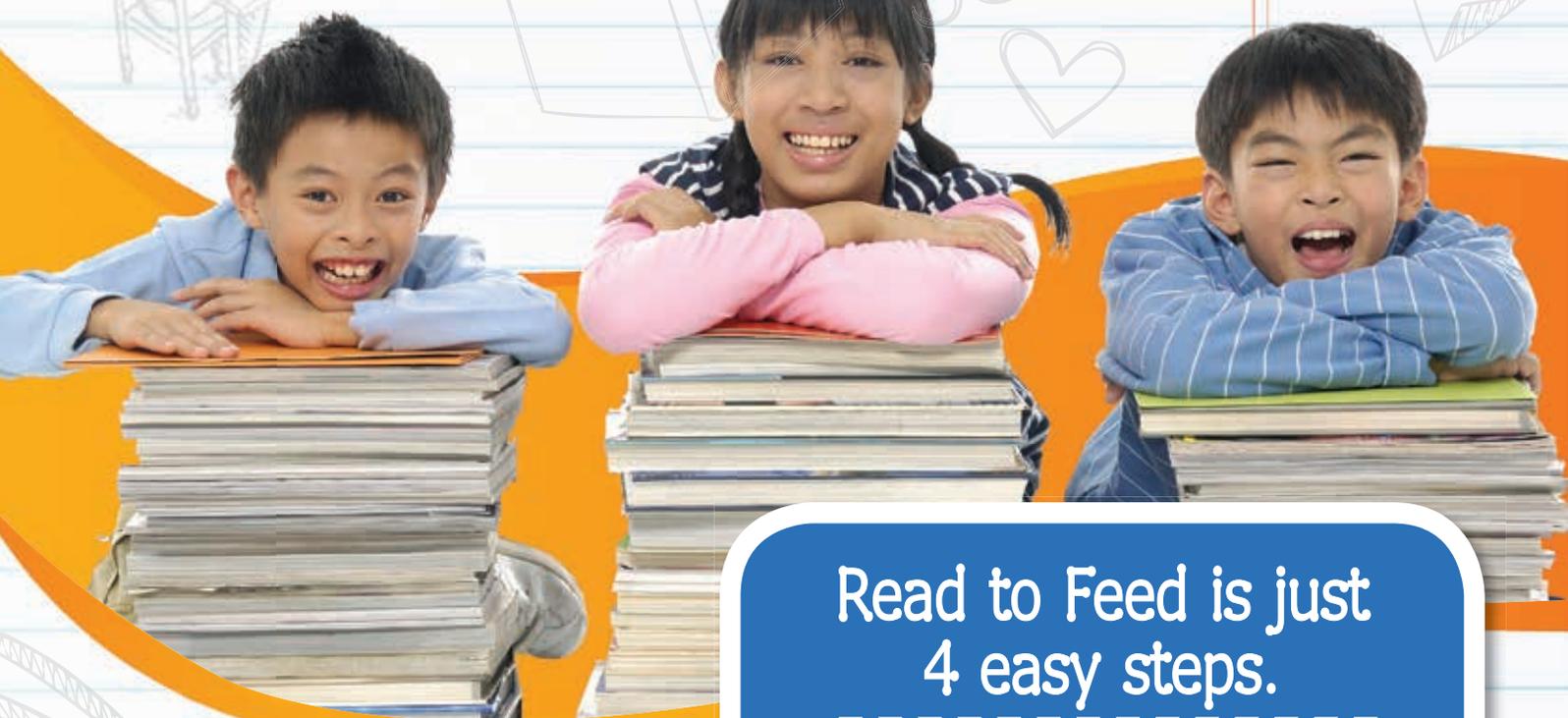


"If one of us has to go to the doctor, we can sell a goat," Jeanne said. "Or, we can sell a goat to pay for school fees for the children."

Kenflore's family believes that the goats will allow her to start and stay in school. Kenflore is looking forward to that and will continue to help care for the goats.

READ
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FEED

Play online games, download crossword puzzles or get ideas for an experiment or two
www.ReadToFeed.org/resources



Read to Feed is just 4 easy steps.

- STEP 1:** SET YOUR GOAL.
- STEP 2:** GET SPONSORS AND SHARE YOUR CLASS FUNDRAISING PAGE.
- STEP 3:** READ BOOKS.
- STEP 4:** CELEBRATE! YOU HAVE HELPED TO END HUNGER!

To find out more, go to www.ReadtoFeed.org or www.heifer.org. Thank you for helping change the world!

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