



# "I can pay for health insurance for all my family."

Community development in Rwanda, Burundi and Uganda.



**fhEducation**  
SOCIAL INTEGRATION



# Children at the heart of our programs

## Burundi: Simple measures make a difference in the lives of rural families.

"By chance, I stumbled upon a demonstration of vegetable garden construction given by FH. I was very interested, and with the help of my son, we were able to quickly set up two vegetable gardens in front of our house. Since then, we have enough vegetables for the whole family, even during the dry season. In the past when I had to buy the vegetables at the market, I could not get them every day. Today we eat vegetables regularly, and my children are healthier."

Patricie Niyonzima

*Patricie and her daughter are harvesting vegetables in their new garden. Demonstration of how to construct circular gardens.*



*During a visit to the children in our program in Kibiniko in eastern Uganda.*

In Burundi, Rwanda and Uganda, FH Switzerland contributes to a support program for more than 200 vulnerable families that provides access to education and healthcare for children and agricultural development for the entire community.



## Rwanda: how cows and goats improve everyday life.

"My wife Césarie and I have 5 children. FH Rwanda supported us by giving us a goat, a pig and a cow. By selling some of our livestock's offspring, we were able to buy a larger plot of land to cultivate. The manure we get from our animals is used as fertilizer and has greatly increased our production. Our cow gives us five liters of milk a day; three are for our own consumption, and we sell two. I can now pay for health insurance for all of my family. I gave the first calf to our neighbor. With the extra income the animal provides him, he manages to pay for school supplies and uniforms for his children."

Etienne Gasagure

*Etienne shows us the milk his cow had provided. Cows are provided to families in Kirwa, Rwanda (Southern Province).*





## Community Development

FH Switzerland supports community development programs in Burundi, Rwanda and Uganda. We help strengthen rural communities in a holistic manner that includes education and health for children as well as agricultural development. To ensure that every child attends school, we provide school materials. To promote health, families are sensitized on measures for daily hygiene and disease prevention. Regarding agricultural, families take part in training to improve their production. They are also supported in creating savings and credit groups and in setting up small businesses that provide new sources of income.

### A warm thank you for your support.

- With CHF 100.- you can provide some chickens, goats or a pig to a family. The family will be able to start a small livestock farm that diversifies their diet and produces manure for fertilizer.
- With CHF 600.- you can sponsor a family for a year, providing access to education for the children, health care, and agricultural training.

FH Switzerland is committed to the fight against poverty locally through personal and community development throughout the world. FH Switzerland is part of the international network of Food for the Hungry (FH).



Avenue Louis Casari 81  
1216 Geneva - Switzerland  
[fh-switzerland.org](http://fh-switzerland.org)  
Phone: +41 (0)22 755 35 75  
CCP 23-560722-6



FH Switzerland is a member of the Geneva Federation for Cooperation and is certified by the Code of honor of the Swiss Evangelical Alliance (AES).

FEDERATION  
GENEVOISE  
DE COOPERATION