

To date, 84 dairy cows given to help 339 families

Milk: better nutrition for families and a source of income

Milk has allowed an improvement in nutrition for beneficiary families. In only 2-3 years, we have observed a significant reduction in malnutrition-related diseases among children.

The income from selling milk allows families to meet their children's needs (food, education, health) and to put money aside with savings groups. These savings allow families to diversify their agricultural production or create an income-generating activity.

Training: an asset for better managing their environment

The training received in the areas of animal husbandry, care, and financial management allows farmers to take good care of their livestock, to better sell their milk, and to have confidence in the future. Farmers learn to use manure to make fertilizer. Afterwards, the quality of soil and harvests improves substantially. Manure is also used to produce biogas.

Biogas: environmentally friendly alternative to firewood

The introduction of biogas in the community is a great innovation and a revolution for the people who no longer need kerosene or firewood. It just requires a digester (tank) and organic waste to provide lighting and cooking. This important change in the lives of families has a positive ecological impact because it is a renewable energy source.



A project that provides good results

The project has a very positive impact for the people of Mbale district. They are among the first producers of quality milk in the region. More and more farmers are becoming interested in dairy farming, so the need for funding is also increasing. It would be beneficial to be able to fund workshops where farmers could share their knowledge and discuss their experiences with others. Furthermore, it is important to expand the adoption of biogas and provide dairy farmers with milk coolers so they can better market their products.

Support the families in Mbale by providing them a dairy cow!

- With CHF 60.-** you can cover the cost of veterinarian visits for 3 months.
- With CHF 350.-** you allow a family to join a group that will receive a cow.
- With CHF 600.-** you cover the preparation, training and ongoing care fees for a cow.

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 Casai 81
1216 Genève - Cointrin
Tél. /fax: +41 (0)22 755 35 75
CCP 23-560722-6



www.fh-switzerland.ch

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In Uganda cows have a positive impact on the environment

Update on the dairy cow project in Mbale.
Introduction of biogas into the home of Fred and Lydia.



fhAgriculture
SUBSTAINABLE IMPACT





West Africa

In Mbale district in eastern Uganda, most families support themselves through agriculture by growing grain crops, cassava, beans, soybeans, and sweet potatoes. The plots of land are small, and crops are mostly for personal consumption. Because the available land is not sufficient, agricultural development is limited. Since 2011, FH Switzerland has been active in the region with a development program for children and families. The program supports families in the areas of education, food, health, and agriculture.

The project in brief ...

A group of 4 or 5 people receives a dairy cow as well as training in its proper care. When the cow gives birth, the calf is given to another member of the group until all members have their own cow. The project's goal is to enable group members to increase their income by selling milk.

Fred and Lydia Wekhanye: their group of four households received a dairy cow they call "Hope".



" We call our cow Hope! "



Fred and Lydia Wekhanye have been beneficiaries of the project since 2014. Their group also received training in animal husbandry, animal health, disease control, management, market access, and income generation. Hope subsequently gave birth to two calves that were given to two other group members. They tell us how Hope has changed their lives.

" Since the arrival of Hope, great things have happened in our lives. **My children were malnourished before. But since they started to drink milk regularly, they look better and are in perfect health. "**

Hope produces 13 liters of milk per day. Two liters are kept for consumption, and the rest is sold for about CHF 0.35 per liter. **With this income, Lydia joined a savings group. The savings allowed her to care for Hope (treatment, food supplements, etc.) as well as to invest in growing crops such as rice and tomatoes.**

" Thanks to Hope, we now have access to biogas, which allows us to cook for 4 to 5 hours a day, and we also use it for lighting. **I thought I was dreaming when we first talked about biogas,** believing it was just for rich people. For my part, I simply had to make 1,000 bricks and dig two holes for the digester and the mixing chamber. The rest of the cost was covered by FH. **Now I have my own digester at home, and it has changed my life. I save time; it's fast, odorless, and very economical. There is no longer any need to buy kerosene or cut down trees. What a miracle!**

I am truly grateful for my cow Hope and warmly thank FH for bringing so many positive changes into our lives."

