

A valuable means of subsistence Support for 400 families

This project aims to improve families' living conditions by providing them with dairy cows. These animals provide a valuable means of subsistence. How?

Milk: an essential source of nourishment for children

Milk is a complete source of nutrition for children. It provides them with all the nutrients need for healthy growth: calcium, protein, carbohydrates and lipids.

Milk sales: a welcome source of income for families

Part of the milk is consumed by the families. The rest is sold, allowing an increase in family income.

Cow manure: a natural fertilizer for crops

A cow produces almost a ton of manure per year. When mixed with organic household waste, the manure is used as a fertilizer for vegetable crops.

Training: a foundation for the future

In order to produce high quality milk, the families are trained in the care and feeding of their cows. They also participate in management and accounting classes to insure good collaboration within the groups. Veterinarians in the region are involved in monitoring the animals.



Provide a family with a dairy cow!

In Mbale region in eastern Uganda, FH Switzerland supports 400 families by providing them with dairy cows.

- **Milk contributes to children's health and development.**
- **The manure produced by cows improves crops.**
- **The sale of milk boosts family incomes.**

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

With CHF 60.-

You cover the fees for three months of veterinarian visits.

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 costs for one 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).



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Uganda: Cows improve families' daily lives.

Mbale region

A new source of income for Beatrice





A populated region

The Mbale district in the east of Uganda is a very densely populated region. Most families there support themselves through agriculture. They grow grains (wheat, millet and rice), cassava, beans, soybeans, and sweet potatoes on small plots of land for their own consumption. **However, because of the scarcity of land, agricultural development is quite limited.**

Since 2011, FH Suisse has been working with families in the region in the following areas: education, food, health and agriculture. In addition to this program, dairy cows are given to households to enable them to increase their income through the sale of milk.

How does the project work? A group of farmers receives an improved breed of dairy cow, with an annual milk production estimated at 3'250 liters. **Each year, the cow can give birth to a calf. The calf is then given to another member of the group and progressively, each family belonging to the group can have its own cow.**



Beatrice Wananda (50) is a widow with six children. She is part of a group that received a dairy cow from FH. She says: "I have milk for my children, and by selling milk I also have a steady income."

**"By selling milk,
I have a steady income."**



"I was fortunate. When I received this cow, she was carrying. She gave birth two weeks later, so I quickly had milk for my children. **On average, my cow provides 8 liters of milk per day. We drink a part and sell the rest.**"

"Part of the money we earn is used to care for the cow and also for artificial insemination. Another part was used to build a cowshed that was given to another family. The remainder is shared among us. **For some group members, this source of income allows them to pay for tuition and school supplies for their children. Others save the money and join a local savings and credit cooperative. One member of the group has even succeeded in setting up a small business selling tomatoes, thanks to the start-up capital provided by milk sales.**"

"Solidarity in our group is very strong. One member has made available a piece of land on which we grow fodder for the cows."

Keeping our cows healthy is not always easy; ticks transmit various diseases that can attack the cows' health. To remedy this, a team was set up to regularly treat the cows, in close cooperation with veterinarians in the region. Today, the situation has already improved. Beatrice explains, **"We had to overcome various difficulties in cow breeding and health, but these challenges have given us experience and made us more confident in our abilities. When I received this cow, I was afraid of not being able to take care of it, but now I know that I could even manage two without difficulty!"**

