

A QUICK GUIDE TO



Self Help Africa – the name says it all! We help people to help themselves. We are working really hard to make sure poor people living in Africa can grow enough food so they don't go hungry.

Why does Self Help Africa exist?

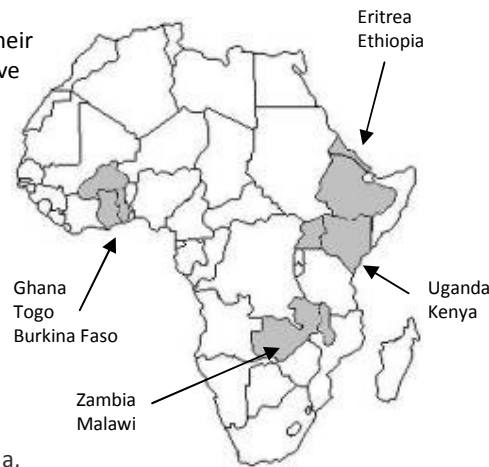
Because over 80% of people living in Africa depend on the land for their survival. The majority are hungry for many months of the year and live in poverty.

What does Self Help Africa do?

We don't give hand outs. Rather, we ensure that families have the skills and resources they need to grow enough food to feed themselves and earn a living. We do this by teaching families to improve their crops and business skills through practical training. We also give loans of things that farmers desperately need like good quality seed, goats and chickens.

Where does Self Help Africa work?

With projects in nine countries (Burkina Faso, Ethiopia, Eritrea, Ghana, Kenya, Malawi, Togo, Uganda and Zambia), we are helping close to 1 million people escape poverty and hunger every year.



What is the impact of Self Help Africa's work?

In areas that we work, food production typically increases by 100%. Families go from being hungry for many months of the year to having enough food for 3 nutritious meals a day. Incomes typically increase by 50%, so families can afford to pay for basic necessities like school fees and medicine.

"We used to have one meal. Sometimes we stayed without even a meal the whole day, but now we are managing 2 to 3 meals per day, my children have clothes and beddings which they never had".

Hilda Nyirongo, aged 40, from Zambia received a loan of sunflower seeds, training in how to improve her crops and business skills training.



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Recipe for a better life in Africa

- 1 Take one African family
- 2 Season with training to help improve their crops
- 3 Stir in a loan of seeds or animals
- 4 Combine with help to earn an income to pay for school and medicines
- 5 Add water, wells and irrigation
- 6 Mix the ingredients together, add your support and leave until self sufficient

In 2009, over 92% of our income was spent on charitable activities.