



EMPOWERING WOMEN FARMERS

Building Roads Out of Poverty in Nepal

Empowerment and leadership skills enable women in our projects to influence decision-making processes, claim their rights and partner with local organizations and government to promote rural livelihoods in vulnerable communities.

Significant programmatic innovations will result in holistic, lasting change that will increase meat and milk productivity. Families build a steady income allowing them to better feed their children so they are no longer malnourished and can go to school. Imports are reduced and successful small, women-led, businesses created, weaving these women into the fabric of the local economy.

SOCIAL CAPITAL

Where community members are brought together and organized into groups. Their capabilities are enhanced and their mindsets changed, from despair to hope. The groups bond and connect with others in the community, linking all stakeholders with a shared vision for the future.

COMMUNITY BUILDING

Cooperatives and district cooperative unions create a firm foundation for social capital and community building, connecting marginalized groups to other community forums, so that they flourish, giving families the resources they need not only to provide for themselves but also to Pass on the Gift.



Passing On The Gift: The nature of our work allows families to become the cycle of positive change; those who received Heifer gifts become donors and Pass on the Gift of possibilities and shared successes to others in the community.



Heifer works to bring structure and connect members of a community through the creation of self-help groups, **groups of women that work together toward a common goal** cooperatives and district cooperative unions—formal organizations managed by women.

WOMEN

All project participants become a part of the co-mentoring model

Designed to foster cooperative, unranked relationship building for learning and development that attends to a person's academic, personal and emotional needs.

Work together in the value-chain to bring meat and milk to market

Cooperatives increase efficiency through improved technology, adding value through each stage, and granting every player a fair price.

ENVIRONMENT

Our project works to help women and their families while caring for the Earth

Preserving the environment is integral to our approach. Projects use agroecology techniques that enrich soil and technology like biogas stoves that encourage a clean and healthy living environment.



FOOD SECURITY AND NUTRITION

Food security increases with specialized training in family nutrition, nutrition needs for vulnerable populations (children, elderly, and pregnant or nursing mothers), and hygiene. As women have power to make appropriate choices regarding good health and nutrition, they also have access to seeds, livestock and training through the groups, breaking the cycle of malnutrition. Increased production will result in increased income and better nutrition for the whole family.

Vegetable farming and animal-based proteins are fuel for balanced diets.



INCOME AND ASSETS

Job creation is key to addressing hunger and poverty

Farmer Field Schools are based in experiential education and are facilitated by skilled farmers. These groups of 25-30 farmers meet once a week during a growing season and use non-formal education methods and the field to learn about new technology and agroecology methods. Farmers are able to share their experiences and work in small groups, resulting in self-empowered, self-directed efforts in research, training, marketing and advocacy.

The co-ops are units that provide the right structure to expand group savings, and access micro-lending, financial literacy, marketing and contracts, and output markets. The hubs help participants find success by connecting farmers to efficient infrastructure, input supply and product marketing.



In Nepal, Farmer Field Schools work to increase goat productivity

Community agrovet entrepreneurs are positions created for local men and women to apply their agricultural knowledge within the value chain so that they can care for the community's livestock and share horticultural knowledge, by providing services like vaccinations and artificial insemination.

RESILIENCE IN NEPAL

Meet Amrita Saru, a Nepali woman who is beginning to see a life beyond struggle



Every morning, Amrita Saru and the other women from her remote Nepali village set off at 4 a.m. down the mountain to get water, using moonlight and the occasional bobbing flashlight ahead to guide them down the rocky path.

It takes Saru three hours round trip; the way back is steep and grueling. “When we return, the day has just started, and we are already very tired,” Saru said. In the evening, the women make the trip again. They do this every day, twice a day.

The villagers cling to a difficult life at 10,500 feet, more than a mile above the valley, but they are determined to make a change. Saru is the president of her women’s group, which is one of the newest to join the Empowering Women Farmers program. Members in the group attend Heifer trainings to learn how to raise, breed, care for and profit from goats—and then how to use their earnings to benefit their families.

A number of the Untouchable caste live in this community, people part of a traditional system that has mostly excluded them from interacting with others, getting an education or owning a business. Agriculture is the primary income source. The hilly terrain and lack of irrigation means a limited growing season of just two to four months. Livestock are critical to survival.

Goats are the preferred livestock. While the community has been raising goats for generations, the villagers still live in poverty. Their animals are of poor quality, there is little if any veterinary care and farmers have no training in how to care for their animals so they will be more productive. Plus, farmers get less than a fair share of the profit from goat sales to traders.

Through self-help groups like Saru’s, women learn about Heifer International’s twelve Cornerstones, including Improved Animal Management. With training comes a new concept: self-worth. Women transform from mere water-carriers to proud achievers and community leaders.

Heifer’s program in Nepal aims to change the existing conditions—not just in Saru’s village but in the entire country. Women’s groups like Saru’s will learn how to improve production and productivity of animals, how to gain access to markets and get fair prices for their goats. And along the rocky, mountainous way, they learn to be full participants in their communities.

Meet women like Amrita Saru and see how new Heifer initiatives help families out of poverty through better goat breeding, farm management and market savvy.



THE PATH FORWARD



Nepal is among the least developed countries in the world. Nearly one-third of Nepal's population lives below the poverty line with more than 85 percent of the population living in rural areas, lacking access to food, water, shelter and clothing.

POVERTY LINE
the estimated minimum level of income needed to secure the necessities of life

Agriculture provides a livelihood for over two-thirds of the population and accounts for more than 36 percent of the Gross National Product.

A typical Nepalese farmer owns less than 1.2 acres of land. Even on such small plots, livestock has the potential to improve diets and increase incomes. However, the current quality of the animals and the farmers' skills to improve their livestock's productivity are both poor.



For farmers—especially marginalized women, to thrive on small farms, they must work together, have higher-quality animals, be trained in better farming methods and be connected to formal agricultural markets.

When you support Empowering Women Farmers in Nepal, you are helping a woman realize her potential to succeed. She will be transformed into a powerful small farmer, livestock owner and businesswoman who can feed her family while helping create stronger communities throughout her country.

Your donation puts us one step closer to our goal of helping 138,000 women and their families become skilled farmers and industrious business people in the next five years.



The path toward better days and better lives starts with you.

Contact us today and learn how you can ignite the power of transformation in Nepal.

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