



WHO: Self-Help International is an ecumenical, non-profit organization based in Waverly, Iowa. Self-Help has worked with poor families in developing countries since 1959 and currently focuses its efforts in Ghana and Nicaragua.

WHAT: Our mission is to alleviate hunger by helping people help themselves. Projects include promoting Quality Protein Maize (QPM), providing training and loans for women's micro-credit enterprises, and feeding young children 6 months to 6 years in an effort to alleviate malnutrition.

HELPING CHILDREN: The nutrition project provides a breakfast porridge using QPM with pinches of malted barley to improve caloric and protein intake for 2,500 children in Ghana and Nicaragua. We promote QPM because it has double the digestible protein as traditional corn and reduces stunting caused by protein calorie deficiencies in weaning children.

Mothers tell us that because of this project their children have more energy and aren't sick as often

WAYS TO HELP THE CHILDREN'S NUTRITION PROJECT



- \$25 Buys QPM seed for one family
- \$55 Pays to feed 1 child for one year
- \$100 Buys 100 "sippy" cups for babies
- \$120 Provides micro-nutrients for 100 children
- \$275 Buys a hanging scale to weigh children monthly



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