

"For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." - Matthew 25:35-36

Who We Are

Self-Help International is dedicated to alleviating hunger by helping people help themselves. Though our means of carrying out this mission has shifted over the decades, the mission itself has never waived since Vern Schield founded Self-Help in Waverly, Iowa, in 1959.

What We Do

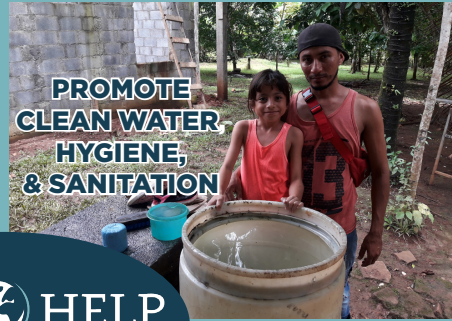
We alleviate hunger by assisting the rural poor, small scale farmers and related enterprises in Ghana and Nicaragua to become self-reliant in meeting the needs of families and communities through training, education, leadership development, and other forms of assistance.

Sustainable Development

EMPOWER WOMEN & GIRLS



PROMOTE CLEAN WATER, HYGIENE, & SANITATION



SELF HELP
INTERNATIONAL

FIGHT MALNUTRITION



IMPROVE AGRICULTURE



Please Support Our Mission in 2023

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Check out what your donation can do...

\$50

supports the
micro-credit
loan process

\$77

can provide one
child breakfast
for a school year

\$88

can support one teen girls club member
with reading and writing lessons for one
year

\$77

can establish one
demonstration
plot using Quality
Protein Maize seed

\$350

can set-up one
chlorine bank to
maintain clean
drinking water



www.selfhelpinternational.org/donate