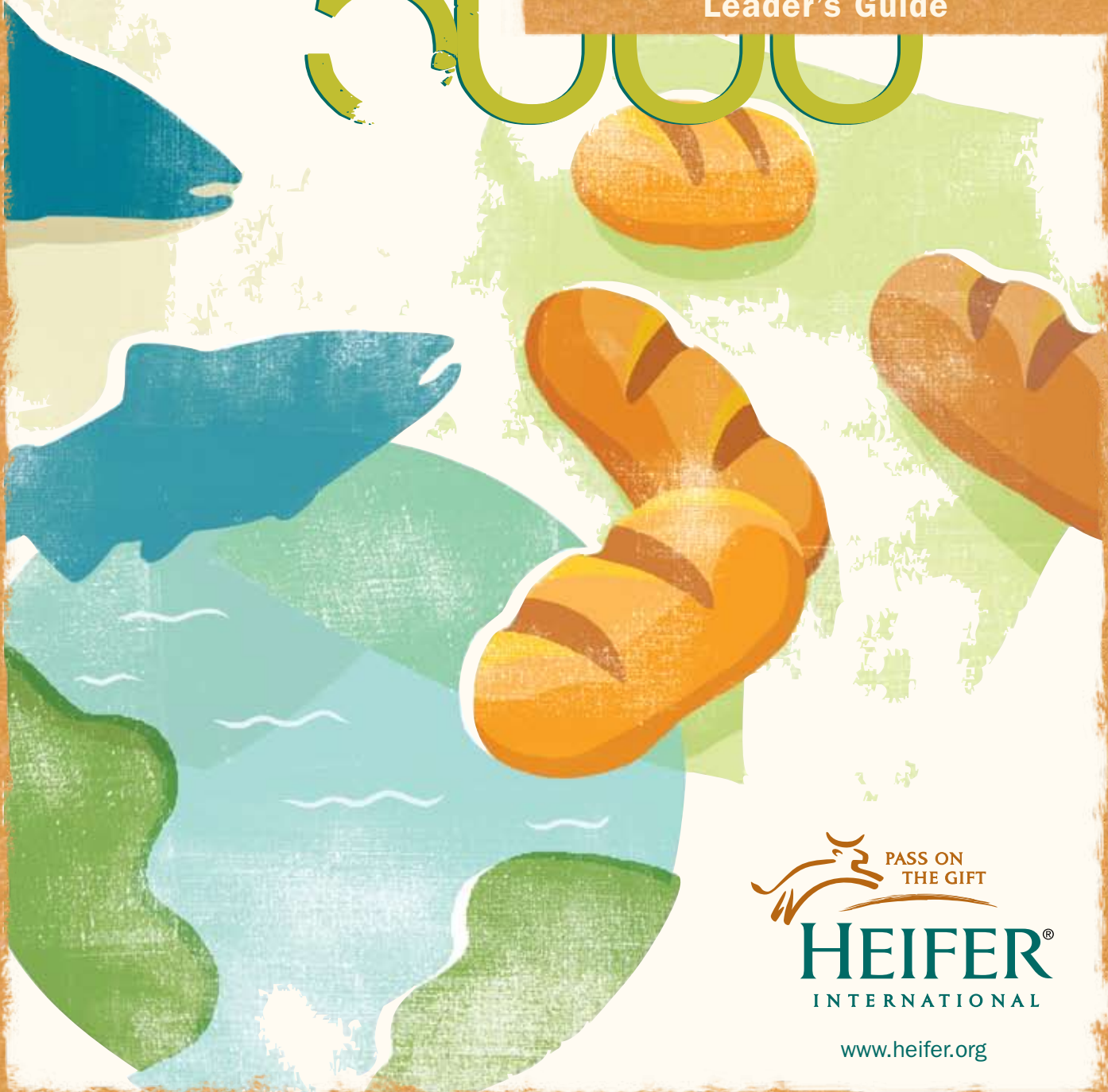


Feeding 50,000

Leader's Guide



PASS ON
THE GIFT
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INTERNATIONAL

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Introduction:

The goal of Feeding 5000 is to help churches - through transformational Christian education activities - help struggling families around the world become self reliant. Through the interplay between scripture, experiential learning and knowledge about Heifer, participants will deepen their understanding of God's call to reach out to the "least of these." They will discover fun and meaningful ways to respond to that call through fund raising for Heifer, as well as other ways to engage ending hunger and poverty.

How does the Workshop Rotation Model (WRM) work as a Heifer International curriculum?

Concept:

This Heifer curriculum is experienced in a series of focused one-hour workshops. The participants move from one workshop to another over several weeks, learning about the many aspects the Christian call to action and about Heifer. The teachers stay in the same workshop, teaching the same lesson to the different groups that come through each week. A typical rotation in a WRM Sunday School is four weeks and might look like this:

	Workshop 1 Storytelling	Workshop 2 Art	Workshop 3 Make Your Own Video	Workshop 4 Science
Week 1	1 st	2 nd	3 rd /4 th	5 th /6 th
Week 2	2 nd	3 rd /4 th	5 th /6 th	1 st
Week 3	3 rd /4 th	5 th /6 th	1 st	2 nd
Week 4	5 th /6 th	1 st	2 nd	3 rd /4 th

All teachers and all students participate in all workshops.

The WRM is educationally founded on the concept of multiple intelligences. Howard Gardner's work revealed that people have eight different intelligences, some stronger than others.

- Verbal-Linguistic
- Mathematical-Logical
- Spatial
- Musical-Rhythmic
- Kinesthetic
- Interpersonal
- Intrapersonal
- Naturalist

A WRM curriculum appeals to all of the intelligences, opening many doors for a lesson to enter the hearts of the participants. To teach through only one intelligence, i.e. verbal-linguistic (the use of words) limits the education of those who learn primarily through movement or visuals or music or nature. Everyone has different gifts to use to help humankind become whole.

The WRM is talent-based. The opportunity to teach is for a limited time and is focused on one workshop. Invitations to teach are made by approaching people based on their talent. For example, the Storytelling workshop makes drip candles; ponder if someone in the congregation makes candles and invite him or her to teach. In the Cooking workshop, the class makes gingerbread arks; who in the congregation makes gingerbread houses? The Science workshop gets into organic gardening; is there an organic gardener in the congregation?

Shepherds are an integral part of a WRM program. They are in charge of one group and know the children by name. They move the children from the gathering time to the workshop and serve as the second adult in the

classroom. At the end of each workshop, they can help the group weave together the information they are learning from workshop to workshop.

Look at the workshop overviews on page 3. Just as Heifer has a diversity of animals to suit indigenous environments, so this curriculum offers 10 workshops to suit the needs of every congregation. These overviews provide scripture, a connection to Heifer and suggestions about what talent is needed in the workshop.

This curriculum is much like the living loan of Heifer's strategy of Passing on the Gift. Teachers use their talents to pass on knowledge and an active faith. The potential is for the whole congregation to become energized about developing a relationship with Heifer.

Workshop Overviews – What is the scripture and focus and primary activity of each workshop?

Workshop	Scripture	Overview	Talent
Art	Feeding of the 5000 John 6:14	Learn about how fish have been the subject in miracles, Christian art, the church and Heifer. Make a fish banner or mobile using the Japanese printing process of <i>gyotaku</i> .	Printmaker Fisherman Some who have visited the Roman catacombs
Cooking	Noah's Ark Genesis 6:5 – 9:17	Learn about the animals that Heifer provides and make a gingerbread ark.	Baker of gingerbread houses
Drama	Ezekiel Ezekiel 37:1-14	Just as Ezekiel envisioned the renewal of spirit in the people of Israel, so Heifer renews hope for self-sufficiency throughout the world. Enact a drama using the African-American spiritual, "Dry Bones."	Drama Director Costume maker Special effects creator Owner of pet rabbit
Geography	The Lord's Prayer Matthew 6:9-25, Luke 11:1-4	Review several maps and learn how maps affect our global view. Focus on how the resources of the Earth are unevenly distributed and how Heifer is working to eliminate world hunger and poverty.	Geographer Missionary Someone who can say the Lord's Prayer in another language
Make Your Own Video	The Samaritan Woman at the Well John 4:1-42	The Samaritan Woman and Sharada from Nepal tell their stories of transformation and living water. Highlight the WiLD program. Make video ads for the various commodities Heifer offers.	Drama director Someone comfortable with videotaping
Movement/Games	The Great Commandment Matthew 23:34-40 Mark 12:28-34 Luke 10:25-28	Who is my neighbor? Using balloon games, learn about how Heifer focuses on community and neighbor supporting neighbor.	PE teacher or recreation leader

Photography	Psalm 70:5	Learn how the story of Beatrice's Goat is a reflection of Heifer Cornerstones. Create a silhouette slideshow of "Beatrice's Goat."	Photographer Someone who owns a goat
Puppetry	The Incarnation John 1:1, 14 Luke 2:1-7	Hear the story of St. Francis of Assisi and how he developed the crèche as a witness to the birth of the Christ Child. Enact a puppet show of the Christmas carol, "The Friendly Beasts," adapted to highlight the range of animals that Heifer uses as living loans.	Puppet director Owner of a crèche collection
Science	The Great Commandment Matthew 23:34-40 Mark 12:28-34 Luke 10:25-28	Do science experiments to learn about being good ecological neighbors. Learn how Heifer trains people in sustainable agriculture practices including organic gardening.	Owner of a pet rabbit
Storytelling	Paul's Conversion Acts 9	Hear the storyteller, Dan West, testify to how his faith led him to found Heifer. Create drip candles to remember the diversity of Heifer commodities and an awareness of God's presence.	Candle maker

What venues can use this resource?

The basic set of 10 workshop lessons lend themselves to being shuffled into a variety of venues.

A Workshop Rotation Model Sunday School (WRM)

Drop this rotation into your program. Choose among ten different workshops and offer the ones that best suit the needs of your congregation and the talent pool you can tap.

Traditional Sunday School

Drop in this rotation model as a change of pace from being in one class with the same teacher all year.

Mid-Week Program

With 10 different workshops, this can be a full quarter of material for a mid-week program. Fall, winter, spring and summer—it offers the opportunity to focus on Heifer for an extended period of time.

All-Church Event (Half Day)

Consider a church event open to the entire congregation. A simple meal and a rotation through three workshops are the prelude launching the fundraiser.

Church Camp Retreat

This is a great family weekend retreat. Be immersed in Heifer with gathering times, workshops and dramas. Launch the *Fill the Ark* program or conduct the *Heifer Challenge* program.

Vacation Bible School

A Vacation Bible School can use this curriculum in combination with running the *Heifer Challenge* or *Fill the Ark* programs.

Each of these venues has its own Planning Guide to serve as an organizing tool.

And each fundraising program has its own Leader's Guide. These are found at: www.heifer.org/congregation

What age groups can use this material?

- **Pre-School – Kindergarten**

There is a pre-school component to this curriculum. These children are not part of the rotation, as many of them prefer the security of the same room and same teacher. They will learn about Heifer in ways that plant the seed of solid awareness.

- **1st – 5th Grades**

Grade schoolers will find this to be fun, interactive and enlightening as they learn about Christian service through Bible study, engaging activities and Heifer.

- **Tweens and Youth**

Tweens and youth are working on forging their identity. That's a perfect time to explore the call to act on their faith. A great opportunity is awaiting them.

- **Adults**

Adults learn with as many intelligences as do children and will appreciate learning about the call to serve and about Heifer by participating in fun workshops.

- **Intergenerational**

When people of all ages learn something new together, the opportunities for the generations to pass their faith onto each other are profound. As people have their 'ah-hah' moments, they are sharing in a way that enlightens the whole group.

How are the Heifer fundraisers incorporated into the Venue?

By combining both curriculum and a fundraising program, it becomes a self-fulfilling prophecy. In learning about Heifer, the congregation is energized and empowered to become involved.

Both *Fill the Ark* and *The Living Gift Market* are well-established fundraisers that Heifer offers. Make your choice based on where you think your congregation will volunteer to invest their own time, talent and resources. Consider the challenge of the *Gift Ark*, raising \$5,000 to purchase a whole menagerie of animals. Heifer Challenge is a brand new program that combines daring

Fill the Ark

The *Fill the Ark* program raises Heifer funds by distributing and collecting ark banks and calendars. These encourage daily awareness of world poverty and Heifer's efforts to enable people to become self-reliant.

Four weeks after distributing the arks and calendars, set aside some time during worship to collect the arks and celebrate the generosity of the church. Arrange it so that families with children can attend worship together and bring their arks to the altar. Display the ark that was created during the gathering time that portrays the Heifer Cornerstones and animals.

Fill the Ark is a very manageable project and needs one organizer who:

- orders materials directly from Heifer International and manages advertising;
- takes charge of the arks and calendars: distribution, collection, counting the contributions
- reporting the total and getting the check sent off to Heifer.

A *Fill the Ark* Leader's Guide is available with suggestions for how to launch the program and worship ideas. (Online at: www.heifer.org/congregation). Order the arks and the calendars (one per family) by phone at (800) 422-0474. The sample kit for all three items is RF3006000.

Heifer Challenge

For decades, Heifer has received photos of congregation leaders and members across the country kissing pigs, cows and other furry critters. Some have even shaved their heads as a fundraiser for Heifer, proving that people are willing to take a challenge to raise money to help a struggling family. So the organization created Heifer Challenge, and so all congregations can get in on the action.

Heifer Challenge is a fun, rewarding way to for youth groups to lead by example by matching challenges with bold people on behalf of Heifer! The Heifer Challenge Guide leads the congregation or group through the steps of creating this unique fundraiser. The guide includes instructions, a Challenge Master List, a return envelope and information on how to get publicity for your group's efforts. The timing of Heifer Challenge is flexible and would work with most venues of Feeding 5000.

A free Heifer Challenge Leader's Guide is online at www.heifer.org/challenge. Or order by phone at (800) 422-0474. The item number is RPC042010.

Living Gift Market

The Living Gift Market sets up a marketplace with booths that "sells" food- and income-producing animals like goats, bees, chicks and heifers. The booths are decorated creatively and are often interactive. Pairing this fundraiser with the educational workshops provides a biblical foundation and appreciation of Heifer International.

This program requires planning because advance time is needed to get the booths created. Perhaps the children create the booths during Sunday School or the midweek program. Perhaps the booths are created by families, small group ministries, youth groups, Sunday School classes, young adults—anyone who would be willing to create one that focuses on the attributes of one Heifer commodity. The more booths the merrier.

The Living Gift Market needs one organizer to oversee advertising, soliciting booth hosts and coordinating with the education program.

Download a free Living Gift Market Leader's Guide online at: www.heifer.org/congregation. Or call to order: (800) 422-0474. The item number is RLP005000.

Suggestions for organizing a booth:

1. What are the assets of the animal/commodity assigned to the booth?
2. What posters can be made and with what information?
3. How can it be decorated?
4. How can it be interactive?
5. Can a live animal be brought in? How about animal by-products on display?
6. Does someone want to dress up as that commodity and move among the crowd?

Booth ideas:

Commodity	Cost	Booth Ideas
Heifer	\$500	Sell "Black Cow" root beer floats. Find a local dairy or farmer who could talk about the dairy farming.
Chickens	\$20	Place 200 jellybean eggs in a glass jar and ask people to guess the number. That is the same number of eggs that a high-quality hen lays in one year. Stick a feather (from a feather duster) in a straw hat for every dollar you raise. Find a source for local eggs and sell them.
Bees	\$30	Ask a local beekeeper to bring in an empty hive and talk about beekeeping. Offer tastes of local honey. The Storytelling workshop is making candles – perhaps these could be sold.
Pigs	\$120	Display a collection of piggy banks. Offer a hog-calling contest. Offer tastes of locally-made pork sausage.
Trees	\$60	Create a tree. Fill the tree with donated leaves with the goal to collect for at least one tree. Display samples of various woods. Offer tastes of nuts and fruits that are grown on trees. Make a pinecone bird feeder with pinecones, peanut butter and birdseed.
Water Buffalo	\$250	Offer tastes of wild rice, making the connection between rice, the beast of burden and Heifer's WiLD program for women. Attach a wagon filled with bricks to a large tricycle – stage a contest for how fast the rider can pull the wagon to the finish line.
Goat	\$120	Offer tastes of goat milk cheese (like feta). The Photography workshop is making a slideshow of "Beatrice's Goat" – let the children narrate the story at the booth.
Rabbits	\$60	Offer tastes of rabbit food – carrots, celery, lettuce. Stage a long jump contest. Bring in rabbit by-products: rabbit feet charms, rabbit fur, rabbit coat.
Fish	\$20	Display a small aquarium. Invite a fisherman to talk about fishing. Decorate the booth with the gyotaku fish that are made in the Art Workshop.
Sheep	\$120	Display samples of wool to touch. Offer tastes of sheep milk cheese. Dress a child as a shepherd.

Worship Celebration:

Whether collecting arks or announcing the total raised at the Living Gift Market, this is a time to celebrate during worship. Here is a sample of how that might look:

Opening Prayer: *Lord, as we hear your word, we respond to your call to love our neighbors as ourselves. Please open our hearts to recognize the needs of our neighbors, whether they are next door, in the next town, state, nation or hemisphere. Help us to participate in making this world a reflection of your image of love and sustenance.*

Scripture: The Great Commandment
Matthew 22:34-40

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?" He said to him, "'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.' This is the greatest and first commandment. And a second is like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets."

Moment for Heifer Demonstration:

Use the Movement and Games Workshop Option 2: Heifer Circle of Support to demonstrate how Heifer empowers neighbors to support each other, working in balance with the local community. Ribbons are attached to a hula-hoop, highlighting the issues faced by poor farmers and the kinds of support provided by Heifer. One person is the farmer and stands in the middle of the hula hoop while eight others hold the ribbons in such a way as to offer support.

Celebrate the generosity of the congregation by:

- Asking everyone who has an ark to bring it forward to the altar.
- Announcing the amount raised at the Living Gift Market.

Is there something for Gathering Times?

Church programs are full of times when we gather as a whole group to prepare us for what we are going to learn. These prepare the group for the workshops and the fundraising, which go hand-in-hand.

In this curriculum, the Gathering Times are about 15 minutes and are designed to make a connection between Heifer's Cornerstones for Just and Sustainable Development, scripture and the animals in Heifer's menagerie. These Cornerstones are the values that guide Heifer's decisions. The group builds an ark showing the Cornerstones along the planks of the ark and the animals on deck. A set of 12 Cornerstone/scripture cards and a set of animal cards can be found in the "Workshop Rotation Model" planning guide.

Consider the options of the ark:

1. Create an ark on a bulletin board
2. Create a free-standing wood ark
3. In the Workshop Rotation Model are visual aids. There is a set of 12 Cornerstone/scripture cards and a set of animal cards.

4. Each venue has its own set of Gathering Time Leader Sheets to guide the leader in associating a Heifer cornerstone with scripture and highlighting a Heifer animal. As the discussion unfolds, place a cornerstone card on a plank of the ark and an animal card on the deck. In the end, the ark will be a visual reminder of Heifer Cornerstones and animals.

Build the Ark		
Cornerstone	Scripture	Animal
Passing on the Gift	Genesis 9:16 God's covenant with Noah	Heifer
Sustainability and Self Reliance	Genesis 41: 47-49, 56-57 Joseph, abundance and famine	Chickens
Improved Animal Management	Genesis 6:18-22 Noah and the animals	Bees
Sharing and Caring	Genesis 45:9-11 Joseph shares his abundance	Pigs
Improving the Environment	Psalms 8:3-9 Dominion over creation	Rabbits
Gender and Family Focus	Leviticus 19:9-10; Ruth 2:2 Gleaning	Water Buffalo
Training and Education	Proverbs 22:6 Train up a child	Goat
Spirituality	Psalms 63 My soul thirsts for you, O Lord	Trees
Full Participation	Matthew 14:13-21 Feeding of the 5000	Fish
Nutrition	I Samuel 28:22 Eat, that you may have strength to go on your way.	Sheep
Accountability	Ezra 6:2 A record	Llamas
Genuine Need and Justice	Micah 6:8 What does the Lord require of you...	Guinea Pigs

Closing Song:

Our suggestion for this song is Mi Chacra (Argentinean Folk Song) with the following verses:

- ... my little cow goes like this, "moo, moo"
- ... my little chicken goes like this, "peep, peep"
- ... my little bee goes like this, "buzz, buzz"
- ...my little pig goes like this, "oink, oink"
- ...my little rabbit goes like this, "hop, hop"
- ...my little buffalo goes like this, "bellow, bellow"
- ...my little goat goes like this, "munch, munch"
- ...my little tree goes like this, "swish, swish"
- ...my little fish goes like this, "glub, glub"
- ...my little sheep goes like this, "bah, bah"

Begin the first week by teaching the song and the cow verse. Each week add verses always singing the verses from the prior weeks.

Enhancements:

Think about the pockets of time in your program where you might want to include some of the following:

Related books:

Wood, Douglas and Cheng-Khee Chee. *Old Turtle*. Duluth:Pfeifer-Hamilton Publishers, 1992.

This story provides wonderful insights into Creation and how God's desire is that we are good stewards of the Earth and one another. This can focus on Heifer Cornerstone: Improving the Environment.

Gregorowski, Christopher. *Fly, Eagle, Fly! An African Tale*. New York: Simon & Schuster, 2000.

This book makes a valuable connection between chickens and how we can be born into a new life if given the opportunity. This story can focus on the Heifer Cornerstone: Sustainability and Self Reliance.

Spier, Peter. *Noah's Ark*. New York: Doubleday, 1977.

This classic tale is purely visual and illustrates the chores of maintaining the ark for forty days and forty nights. It's a perfect book for pondering the scope of animal management, a Heifer Cornerstone.

Brumbeau, Jeff and Gail de Marcken. *The Quiltmaker's Gift*. New York: Orchard Books, 2001.

This story illustrates the joy of a giving heart. It is a great example of Heifer's Cornerstone: Sharing and Caring.

Silverstein, Shel. *The Giving Tree*. New York: Harper Collins, 1964.

The selflessness of the giving tree is a parallel to God's grace and makes a good connection to the focus Heifer commodity of this session: trees. It illustrates Heifer Cornerstone of Spirituality.

Dr. Suess. *The Lorax* New York: Random House, 1971.

This story demonstrates what can happen when the environment is not respected. Despite the environmental destruction, this story holds a message of hope. This illustrates Heifer's Cornerstone of Improving the Environment.

Demi. *The Empty Pot*. New York: Henry Holt and Company, 1990.

This story is about a young girl who feels like she only has an empty pot to present to the emperor but finds that her integrity gives her an inheritance. This is a parable for our relationship with God and is a good illustration of Heifer's Cornerstone of Accountability.

Lionni, Leo. *Swimmy*. New York: Knopf, 1990.

This classic tale connects well with the Heifer Cornerstone of Full Participation. Swimmy works with a school of fish to organize them for their common well-being.

McBrier, Page. *Beatrice's Goat*. New York: Simon & Schuster, 2004.

This is a beautifully illustrated true story about Beatrice, her family in Uganda and how Heifer impacted her life. This is the story of Heifer's Cornerstone of Passing on the Gift.

Brown, Margaret Wise. *Home for a Bunny*. New York: Big Little Golden Book, 2003.

This little bunny has quite an adventure while journeying in his attempt to find a home.

Flack, Margorie. *The Story about Ping*. New York: Penguin Putnam, 1933.

This book illustrates life on the Yangtze River from the point of view of Ping, a duck.

Amazing Math: Every Gathering Time has an Amazing Math challenge that offers a sense of scale as to how much a particular animal can produce for the host family.

Heifer	If the cow named Buyinza (God is able) in Uganda gives an average of seven gallons of milk a day for nine months (273 days), how much milk does Anna get? How much in eight years (2,184 milking days?) Answers: 1,911 gallons; 15,288 gallons.
Chickens	One Heifer egg produces one hen that can lay around 400 eggs during her lifetime; half of the gss (200) will be cocks and half, hens. If the 200 hens each lay 400 eggs in their lifetime (80,000), and half are given to adults, how many eggs are there to provide hungry children with nutritious protein food? Answer: 40,000
Bees	A bee needs to take nectar from two million flowers to make one pound of honey. If a bee visits 100 flowers per trip, how many trips does one bee need to make to produce one pound of honey? Answer: 20,000
Pigs	If a sow produces 16 pigs a year and all reach market weight of 200 pounds, how many pounds of meat does she produce? Answer: Assuming all parts of the pig are eaten, 3,200 pounds.
Trees	Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each. How many pounds is that? (840 pounds) Each apple has 5 seed pockets. Each seed can grow into a tree. Cut up an apple and count the seeds. How many “trees” are in the apple? If each tree grew 100 apples a year, how many apples could grow just from the seeds of one apple? “A seed hidden in the heart of an apple is an orchard invisible. ” ~ A Welsh proverb
Water Buffalo	Nah Beh has two acres of land from which he used to get 5,000 kilograms of rice per year. With the help of his Heifer water buffalo, he can now harvest three times as much rice per acre than before. If he keeps half for his family to eat, how much will he have to sell? Answer: 7,500 kilograms
Goats	If Reena’s Heifer goat in India produces four quarts of milk a day, for 250 days of the year, how much milk will she have to supply her family and a baby goat and to sell in one year? Hint: 4 quarts = 1 gallon. Answer: One ton ... that’s 250-gallon jugs of milk.
Rabbits	If a project partner in Sichuan, China, received a trio of Heifer rabbits – a buck and two does – and the two does each produced litters of eight kits four times a year, how many offspring would there be in 10 years? Answer: 640. (Heifer provided rabbits to 10 families in Sichuan in 1983 and more than 2,000 families have been helped as a result.)
Fish	Ni’tu in Zaire stocked his pond with 10 pounds of young Heifer tilapia. The fish grew three pounds a week. How many pounds of fish did he have when he harvested them after 24 weeks? Answer: 82 pounds



Heifer Resources:

Beatrice's Goat

Ending Hunger: An Introduction to Heifer International

Fill the Ark Leader's Guide

The Gift: A World Solution to Hunger and Poverty

Gift Ark Leader's Guide

Graphics of Animals

Heifer Challenge Leader's Guide

Heifer International: Our Work and Organization 2008

Heifer Model: Cornerstones Values-Based Approach

Living Market Planning Guide

Heifer Videos

- Pass on the Gift
- 12 Stones
- Dan West: Peacemaker

The Heifer International website has an abundance of information that can enhance the curriculum.

www.heifer.org

Congregational resources can be found at **www.heifer.org/congregation**

Appendix One: Heifer Commodities

Example of Information

Dairy cows - \$500

- Cows are wonderful additions to farmer's lives. They provide milk for added nutrition for the family as well as providing a source of income from milk, cheese, butter and yogurt that the farmer can sell.

Llamas - \$150

- Llamas have been domesticated for almost 6,000 years. They work in harmony with the environment. Llamas' feet are gentle on the soil, and they don't eat plants down to their roots, so they can be grazed in areas that other animals would destroy. They are valuable for their ability to carry heavy loads and for their fleece, which is used to make fabric and rope. Their droppings fertilize the soil.

Ducks - \$20

- Ducks are delightful creatures—good for both people and the environment. Ducks add protein to a project partner's diet from eating eggs, money in their pockets from selling eggs and ducks, and better crops in the fields, as ducks remove weeds and bugs and add fertilizer.

Chickens – \$20/flock

- Chickens are “eggstra” special living gifts from Heifer. They are easy to care for and adapt to many different kinds of climates. They lay eggs that can be sold or hatched. Chicks grow to adults in only six months and can lay eggs themselves. Eggs provide protein and are also a source of income to farmers.

Pigs - \$120


- Oink, oink becomes the sound of joy to families who receive a pig from Heifer. Pigs grow quickly and are often ready for the market in only six months. In that time they eat vegetable scraps and grow from three-pound newborn piglet to nearly 200 pounds. Because pigs have up to 20 offspring a year farmers are able to pass on the gift with ease. Many families find that their income doubles when they receive a pig from Heifer.

Rabbits - \$60/trio

- What animal takes only a small amount of room and produces high-protein, low-fat meat? Rabbits! Heifer always gives one buck and two doe rabbits and since rabbits reproduce quickly there are always lots of rabbits that can be passed on and sold to help the farmer beyond their own needs. Rabbits not only give food but their fur and hides can be an additional source of income. Their manure is used to enrich the soil or even used to help algae grow in fishponds.

Water buffalo - \$250

- Although they are very big, water buffalos become part of the farmer's family in many places in Asia. Their big strong body is perfect for plowing across fields in places where a tractor could never go. The water buffalo doesn't get a rest when the harvest is ready. They are used to carry produce to market. In India the water buffalo provides milk as well as muscle.



Sheep - \$120

- Sheep have been domesticated twice as long as llamas, 12,000 years. Sheep are grazing animals and they can be hard on the environment but Heifer provides training for the farmers so they learn how to care for the sheep and the land together. Sheep provide wool and meat to farmers. They also have two or three lambs a year that can be used for the pass on gift and for sale to other farmers.

Bees - \$30

- Beehives require almost no space and, once established, are inexpensive to maintain. As bees search for nectar, they pollinate plants. Placed strategically, beehives can as much as double some fruit and vegetable yields. In this way, a beehive can be a boost to a whole village.

Goats - \$120

- Goats cost less to care for than a cow and live well in places that other animals don't, making them a great living gift from Heifer. Many goats are zero-grazed which means they stay in pens and the farmer brings them their food. This way their sharp hooves don't destroy the ground. Goats provide milk that is used for the family and for sale in the form of milk, cheese and yogurt.

Fish - \$20

- Fish provide an important source of protein to people around the world. Heifer farmers raise fish in fresh water ponds, which often have rabbit or chicken pens above them. The droppings from the animals help the algae grow and the fish feed on the algae: animals helping animals helping people and respecting the environment.