

Now, I can feed myself

Malebohang Senoko, Lesotho

Whole communities are able to grow enough food to feed their families and set up small businesses that last.



- ✓ Providing seeds, training, livestock and ongoing support
- ✓ Showing families and groups how to live and work better together
- ✓ Making the most out of the natural resources they already have
- ✓ Protecting the land for future generations
- ✓ Restoring hope, dignity and respect

Send a Cow helps thousands of poor African families work their way out of poverty every day.

www.sendacow.org.uk
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