



READ TO FEED CASE STUDY: EMIL FROM RWANDA



Our cow Zawade changed our life!

Fourteen-year-old Emil's dream is to be the president of Rwanda. His younger brothers and sisters dream of being a doctor, a teacher, a vet and even the minister of agriculture!

At the moment, they all take turns to clean the cowshed and fetch water and fodder for their cow, Zawade, given to them by Send a Cow. They say it's worth it because they like the taste of the milk, and they know it makes them healthier. They can also see that the cow's manure is making their father's banana plantation much more fruitful, helping to make more money for the family. Zawade has been with them for six months now, and the children are delighted that she has produced a female calf, which they will pass on to another member of the community.

'Before we had milk, we were all very weak. I could have been blown away by the wind!' says Emil's sister, Joy. The children are all able to play together now - Emil really loves playing football and volleyball.



Lots of their land is taken up with the banana plantation, with small orange trees under the banana palms. They also have two keyhole gardens, three bag gardens and lots of container gardens, which Send a Cow taught them how to make. In their garden they grow cabbages, onions, aubergines, tomatoes, spinach, beans and maize. As well as collecting water and helping with the cow, the children help to grow the vegetables and to collect firewood.

Now the children eat healthily, eating boiled cassava or sweet potatoes at breakfast with sweet, milky tea, and at lunchtime and dinnertime they eat plantains (savoury bananas), potatoes or sweet potatoes with some sauce made from vegetables, beans and sometimes meat.

Thanks to the help from people supporting Send a Cow in the UK and their own hard work, Emil's family have a much better future to look forward to.



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