

Family Health and Food Security



Sauti Moja provides widows and single mothers with livestock to enhance their food supply, but the impact is reduced, if they have unwanted pregnancy, become HIV-positive, and/or are unaware of proper nutrition and disease prevention for their children. We have been effective at securing educational opportunities for girl mothers, but until recently, have been less effective in helping some avoid a second pregnancy. Our program in HIV/AIDS prevention has strong community support and shows positive results, but those who previously contracted the disease and are weakened by it need practical support to maintain the health of their family.

Now, Sauti Moja and its partners are emphasizing family health – family planning, child health and nutrition, HIV/AIDS prevention, care for people living with HIV/AIDS, and reproductive health education for vulnerable girls – and integrating it with food security and sustainable livelihoods of beneficiaries.

You can contribute to the health of vulnerable families in one of the following ways.



DONATE TODAY

\$500 will pay for a community health nurse to provide training on health and nutrition plus educational materials to more than 100 single mothers in five villages.

\$100 will help empower girls and reduce risk of pregnancy by providing them with one day of training on reproductive health, good decision-making, effective communication, and life skills.



\$125 will help a family affected by AIDS grow more food by providing training in crop production, ploughing a field for them, loaning funds for improved seed and fertilizer, and training mothers in good nutrition.

Your support is critical to financing these important activities.

Make a donation to Sauti Moja by cheque or on Canada Helps, and designate it 'Family Health'.

<http://www.sautimoja.org/Donations.html>