

# LIFETIME GIFTS



## Cow

*Your gift will support a livestock rearing programme. A bull can help to plough fields and transport goods to market, whilst a female dairy cow will produce nutritious milk for the family.*



Self Help Africa is a non-profit 501(c) 3 organisation in the United States. EIN (Tax ID): 270580530

Find out more about the impact of this gift at:  
**[www.selfhelpafrica.org](http://www.selfhelpafrica.org)**

Self Help Africa works with local staff and partners, supporting rural farming communities to grow more food to feed their families and earn a living from their farm, helping to end hunger and poverty for good.

