

# BUILDING RESILIENCE



A photograph of a man in a red baseball cap and a bright blue button-down shirt, smiling and holding a large bunch of harvested cassava roots. He is standing in a field with some green plants and a blue sky with light clouds in the background.

## *Build resilience.* **OVERCOME HUNGER AND POVERTY.**

Supporting families on the road out of hunger and poverty often starts with a conversation. We talk to families and community leaders about what challenges they are facing. We listen as they tell us what training, information, resources or supplies they need to address them.

From there, we team up with trusted partners and program participants to fill the gaps. That could mean finding ways for people to earn a living, like fishing or running a shop. It could mean starting or expanding vegetable gardens that will fill bellies and earn extra income. Sometimes it means accessing clean water and sanitary toilets. Or it may mean several of these things at once.

We focus on sustainable solutions, ensuring that people can build on the foundations that our programs start. It also means connecting them to health clinics, schools, markets and any other services they may need to continue keep moving forward.

# BETTER HARVESTS *build resilience.*

## WHEN A FAMILY RELIES ON FARMING

to make a living, they are putting their faith in the land. They can eat their crops or sell them to earn money to buy other food and supplies. They are counting on each harvest to provide for them until the next cycle comes.

CWS programs focus on helping farmers improve their harvests. We provide spaces where they can experiment with different planting techniques, resulting in risk-free ways to see what works best in their local climate and soil. We hire experts to help with these demonstration gardens and to visit farmers at home, offering personalized advice. We provide seeds for new types of crops so that single bad harvest can't wipe out a family's entire livelihood. We hold workshops about making organic fertilizer and pesticides to help crops are healthy and grow quickly.

All of this means more income for families, which they can use to pay school fees, start businesses or build savings. It means more food on the table. It means brighter, more secure futures.



**“I’m not just planting corn and beans--we can’t rely on just that now because the rain is unpredictable. We need to grow other things like yuca and fruits. We need shade, we need ground cover to protect the soil, chickens for eggs and meat, different varieties of bananas and plantains, pitahaya, lemons. We hope the project continues. We’re learning a lot, and this plot will be really good in a few years.”**

Fernando José Silva Parrales and his wife Daysi are participating in a CWS-supported food security program in Nicaragua.

# NEW LIVELIHOODS *build resilience.*



**DIVERSITY IS THE BACKBONE** of resilience. When a family has multiple ways to earn a living, they are more likely to survive a bad harvest or recover quickly after a disaster.

That's why so many CWS programs focus on helping families start or expand businesses. Sometimes this looks like raising livestock like chickens, pigs or bees. Other times it looks like owning shops selling snacks, propane and other basic supplies. Or using motorbikes or boats as taxis. Or sewing or tailoring. Or weaving textiles. Or cutting hair.

In our world of entrepreneurs and hard workers who want to provide for their families, the possibilities are endless. CWS programs focus on getting these businessmen and businesswomen the start-up capital and skills they need to succeed. We offer classes ranging from cell phone repair to sewing. We also focus on the skills of managing a business, like bookkeeping and marketing. And we help program participants access the funds they need to get started or grow their existing enterprises.

**“I have five modern beehives, with two that have been colonized. I harvested honey from one of them, which I sold to African Beekeepers Limited, a buyer introduced to us by CWS. I received \$33.50. I used \$2 to help pay laborers to weed my 2.5-acre maize farm. I bought food with \$3 and saved \$28.50. I am planning to invest by buying goats once the prices lower. My family includes four children and a wife, and we all felt so good when we received the money.”**

Angelekori Kale (right) from West Pokot County, Kenya, is participating in a CWS program to help families start beekeeping businesses.



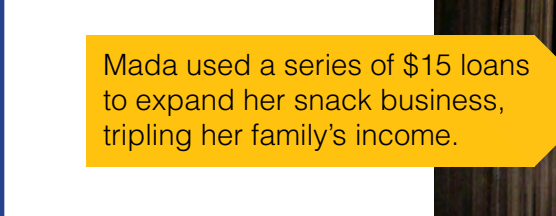
## SPOTLIGHT ON SAVINGS GROUPS

Many people in remote communities or facing extreme poverty cannot access credit or get a loan from a bank to start a business. Often, their only alternative are private moneylenders who charge outrageous interest rates. CWS teams in Kenya, Cambodia, Indonesia and Myanmar all help communities come together to start savings groups. Neighbors team up and each contribute a little bit each month to a joint fund. Then the group loans out funds to members at low interest rates. Here are a few examples of how program participants have made the most of their newly-accessible credit.



U Htein Win used a \$45 loan to buy shrimp traps and increase his daily income by over 65%.

Oeun and Pich used a \$75 loan to open a grocery store. In four months, they added \$300 to their savings.



Mada used a series of \$15 loans to expand her snack business, tripling her family's income.



Ko Tun Tun and Ma Tin Tin used \$60 to repair their boat and expand a business, tripling their income.

Mama Jeni used a \$3.55 loan to buy a food processor to make snacks. She earned her money back...four times over.



# PROTECTED HEALTH *builds resilience.*



## WATER, SANITATION AND HYGIENE

are critical in protecting your health. And when you're in good health, you can go to school or work. You don't have to spend your precious earnings on medicine or spend lots of time in health clinics. And for many families worldwide, this can make all the difference in overcoming hunger and poverty.

CWS teams up with families and communities all over the world to build sanitary toilets that protect both the user's health and their dignity. We offer information sessions about building hygienic habits, like washing hands after using the bathroom or before eating.

We also focus on improving water access. When a family has a convenient source of water, they can use it for cooking, bathing, drinking and cultivating flourishing gardens. The water systems that we help communities build vary based on the setting, but all of them have one goal in mind: meeting the need that is the foundation for healthy living.

**“Before CWS started delivering water or latrines were built, things were very unhealthy...We had to find water and places to defecate. Many children had diarrhea and other illnesses because they were drinking unsafe water, and families had let hygiene fall by the wayside.”**

Juarni (right) lives in Central Sulawesi, Indonesia, which was devastated by an earthquake and tsunami in late 2018. CWS responded by making sure tens of thousands of people had water access and by building sanitary bathrooms.



# ACCESS *builds resilience.*

**OVERCOMING CHALLENGES** as big as hunger and poverty has to be a team effort. That's why our programs help families and communities access services and facilities beyond the ones we offer.

In Myanmar, we are focusing on literal access, helping improve roads to remote communities. This means that the families who live in these communities can more easily get to schools, markets and health centers.

In Timor-Leste, we helped the local government reintroduce their program of bringing doctors and vaccines to a small, hard-to-reach village. We're supplementing their work with additional information on nutrition and local recipes.

In Mexico and Serbia, we support shelters and support hubs for migrants and asylum seekers. A big part of this work includes helping guests understand how to access other support.

When we work together, we can help more people and do it more efficiently.



**“I’m living in a settlement without electricity or running water. When it rains, everything in my home gets wet,” says Hana’s mom, Spresa.**

Hana and her family live in an informal settlement in Belgrade, Serbia. Like hundreds of other children who are at risk of living and working on the street, Hana visits a CWS-supported drop-in shelter. The shelter is a safe space for her to eat a warm meal, get clean clothes and play with her friends. The caring shelter staff helped Spresa take Hana to a doctor, and they also help parents enroll their children in school.



**WILL YOU HELP MORE FAMILIES** *build the resilience*  
**THEY NEED TO OVERCOME HUNGER AND POVERTY?**

