



**FOOD FOR  
THE HUNGRY**

Ending Poverty, Together.

## **From Health Crisis to Blessings - The Difference Sponsorship is Making in Rwanda**

### **Summary:**

8-year-old Vestine lives in Rwanda with her mother, father and sister Alice. When she was young, her mother had to take her to a therapeutic feeding center because her nutrition levels were so poor and her health was deteriorating. Nutritious vegetables weren't available and her family lacked the resources to grow crops themselves since the land was difficult to farm. Five years ago, FH came to Vestine's community and changed the lives of her family through sponsorship. The family was given a cow and vegetable seeds for planting. They were taught how to prepare the land for plantation and how to use manure to increase production. They are growing cabbages, carrots, beetroot and other green vegetables. They even have enough in the rainy season to sell the extras in the market. Today both girls are healthy and excelling in school. Families and entire communities have been transformed.

### **Entire Story:**

Venantie sat outside her mud home with her husband Viateur and their youngest daughter Vestine. Her vibrant clothes matched the tone with which she spoke and the excited clapping of her hands as she told about her daughter's greatly improved health.

When Vestine (now 8 years old) was an even younger child, her mother had to take her to a therapeutic feeding center because her nutrition levels were so poor and her health was deteriorating. She didn't have access to vegetables and the family wasn't able to grow any for themselves for they lacked the resources, and the land was difficult to farm. All of this changed when Food for the Hungry (FH) stepped in.

Five years ago, FH came to Vestine's community and changed the lives of her family through sponsorship. The family was given a cow and vegetable seeds for planting. They were taught how to prepare the land for plantation and how to use manure to increase production. Now, they are thriving.

Viateur, the father, says they are growing cabbages, carrots, beetroot and other green vegetables. They even have enough in the rainy season to sell the extras in the market. Venantie, the mother, is most excited about the gift of the cow.

“Before we were in miserable living conditions because we didn’t have anything to eat,” Venantie said. “Because of our partnership with Food for the Hungry, they have taught us how to improve our food production. We have a target to ameliorate our living conditions thanks to the cow we have here.”

She says the cow is able to provide them with milk for their nutrition and manure for their farmland. Thanks to the milk and the improved vegetable production, Vestine’s in great health. She and her sister Alice are able to attend school. Both are excelling! Vestine says her favorite subject is English.

“Our children attend school because they have something to eat [beforehand], and when they leave school, they get something to eat [afterward],” Viateur said. “Before, some children stayed at home and refused to go to attend school because they did not have anything to eat.”

The whole family is very grateful for FH’s presence in the community.

“Let us appreciate Food for the Hungry’s achievements,” Venantie said.

Whole families and communities are able to be changed through sponsorship. Vestine is healthier than ever before. What a blessing! Praise be to God for the improvements made in these lives.