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HEIFER FOUNDATION

NEWSLETTER



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A LETTER FROM OUR CEO

DEAR FRIENDS,

In early February, I had the privilege of traveling to Nepal for an immersive learning journey with staff and board members from both the Foundation and Heifer International. I will not soon forget sitting in the courtyard of Niruta Singh Thakuri's home in Sindhuli, surrounded by the goats she has raised and the family whose future she is transforming with support from Heifer International and our donor partners. As she spoke about her journey, I felt her pride and quiet determination. Experiences like these deepen my excitement about Heifer's global work and strengthen my commitment to partnering with you to ensure the Foundation plays a pivotal role in powering and accelerating the impact of your support.

Niruta, a 30-year-old woman living in a blended family of nine, married in 2015 and became a mother shortly thereafter. Family responsibilities interrupted her education, but not her ambition. Through persistence and discipline, she later completed her bachelor's degree while balancing household duties. In 2016, she joined the Ujyalo Self-Help Group and later the Prayash Social Entrepreneur Women's Cooperative, gaining access to Heifer-supported agriculture and livestock training, small loans, and leadership coaching. Soon, she began vegetable farming and small-scale livestock rearing, eventually building a thriving goat enterprise that now contributes meaningfully to her family's economic security.



In Nepal, I met with Niruta Singh Thakuri (right) and her mother-in-law, Sita Thakuri. Their journey reflects the lasting impact of your support.

What moved me most was that the foundation for Niruta's success had been laid even before she married. About 15 years ago, her mother-in-law Sita Thakuri had joined the same cooperative, gaining not only skills and income, but confidence. In a place where a young woman's aspirations can easily be set aside, she has championed her daughter-in-law's dreams. Today, Niruta is Passing on the Gift® — sharing her knowledge with other young women and reminding them that their dreams need not end with marriage or motherhood. Donor gifts to Heifer Foundation and Heifer International unlocked not only economic opportunity, but dignity and voice.

Niruta's journey proves that when women rise together, families and communities flourish. But stories like hers do not happen by accident. They are fueled by donors who believe in long-term, locally led change. Your partnership makes stories like Niruta's possible. You are the unseen but essential partner in that courtyard, in that cooperative meeting, in that first small loan that makes a future feel within reach.

Together, we can ensure many more women — and communities — will thrive.

With gratitude,

KIM DEMPSEY
President and CEO



A LIFETIME OF AGRICULTURE, A LEGACY OF GIVING

Barb Preis has been horse crazy since she was 8 years old. Now, as the sole proprietor of Good HorseKeeping, she lives out her passion through her work. Her lifelong connection to farming makes Heifer's mission — and her commitment to it — a natural fit.

Barb Preis doesn't remember exactly how she first learned about Heifer — her best guess is through direct mail. But she clearly remembers what captured her attention: the opportunity to purchase shares of farm animals to help families build their futures.

"I practically grew up on a horse farm," Barb said. "I started riding lessons and had my first pony by age 8. After that, I was hooked on farm life."

Her love of agriculture shaped her life. As an adult single parent, Barb began a nontraditional college journey and graduated magna cum laude from the University of Delaware in 1997 with a bachelor's degree in general agriculture and a minor in entomology. She served as treasurer of the Alpha Zeta agricultural fraternity and was active in her collegiate Future Farmers of America program.

"That's an enormous amount of agricultural inundation," she jokes.

After graduation, Barb worked in pet supply retail and later as a medical and pet supplies purchaser for a large urban veterinary hospital.

But her most rewarding chapter began more than 20 years ago when she became a business owner. As sole proprietor of Good

HorseKeeping, she provides farm sitting and equine services — a career that reflects her lifelong passion for horses and agriculture.

WHY HEIFER RESONATES

Barb's life experiences give her a deep appreciation for Heifer's emphasis on gender equity. As a female business owner, she's experienced what it's like to struggle to be taken seriously.

"Heifer's [focus on] women and inclusion speaks to me," she said.

Barb earned her agricultural education through Pell Grants, dairy work-study scholarships and limited support from her aging parents. She knows firsthand how transformative access to opportunity can be.

As a world traveler who has visited 41 countries — and counting — she has also seen the realities of poverty and food insecurity beyond tourist destinations.

"I often return from vacation wishing I could do more," she said. "Philanthropy is my way to put the Golden Rule into action."

Coming from a Christian background, Barb was inspired to learn that many of the world's major religions share some version of that same principle.

A QUARTER CENTURY OF COMMITMENT

Barb has been a Heifer monthly donor since 2000. Over time, her commitment deepened to include a charitable gift annuity and, most recently, inclusion in her estate plan.

“
If I've been supporting Heifer's work for more than a quarter of a century while I'm alive, there's no reason I shouldn't continue to support them after I'm gone. The need for training programs and resources will continue to be a worldwide issue.”

Barb Preis

For Barb, supporting Heifer isn't just charitable giving — it's a reflection of who she is. With deep roots in agriculture and decades of entrepreneurial experience, she understands firsthand what it takes to build a livelihood from the ground up.

That perspective has guided her giving for more than 25 years — and is why she has chosen to ensure her support continues for generations to come. **Simply put: "I get them." ♦**

YOUR SUPPORT BRINGS SOLAR POWER TO DAIRY FARMERS IN UGANDA



Solar power is transforming dairy cooperatives across Uganda — reducing costs, eliminating spoilage and helping smallholder farmers earn more for the milk they produce. With dependable solar energy, farmers no longer rely on inconsistent grid power or costly diesel generators.



Johnson Nuwagaba (5) helps gather milk with his uncle Daniel Mutekanga. Thanks to higher milk yields and fair prices through a Heifer-supported cooperative, the family has increased its income and stability.

In Uganda, most of the country's milk comes from smallholder farmers — families who depend on just a few cows for nutrition, income and stability. Dairy farming is a cornerstone of rural life, helping countless families pay school fees, cover medical costs and put food on the table.

But there's a challenge many farmers can't control: electricity. While access to electricity has improved to 51.5 percent of Ugandans in recent years, reliable power remains out of reach for many families. The country's electricity infrastructure is concentrated in urban areas, leaving rural communities with limited and often unreliable

service. Without reliable power, keeping milk fresh until it reaches market is difficult. And when milk spoils, farmers lose income they worked hard to earn — income that could otherwise help pay for health care, education or other essentials.

For years, many dairy cooperatives relied on diesel generators to chill milk before it could be sold. These generators were unreliable, bad for the environment, and expensive to maintain — and the high operating costs reduced what farmers ultimately earned for their milk.

That's where your support comes in.

SOLAR POWER FOR SUSTAINABLE INCOME

Through a partnership with Carbon Trust under the Powering Renewable Energy Opportunities program, and with funding from Heifer Foundation, Heifer is bringing solar-powered milk chilling systems to dairy cooperatives across Uganda.

The Migina Milk Collection Centre — which serves more than 820 milk suppliers — was the first to receive a solar chilling system. Farmers deliver milk to the



A reliable source of power results in good quality milk, which fetches a good market price from the [buyer]. This enables the cooperative to pay farmers well."

Edna Nyamwaka,
Heifer Project Manager



Solar photovoltaic systems power milk chilling equipment at milk collection centers across Uganda, reducing operating costs and protecting farmers' hard-earned income.

cooperative every day, where it is stored safely until it is sold in bulk to milk processing companies.

Before the solar system was installed, the cooperative spent about \$30,000 a year fueling and maintaining their generators. Breakdowns were common and expensive to repair, with each added cost cutting into the farmers' hard-earned profits.

But today, things look very different. With reliable and renewable solar energy, the collection center now chills more than 52,000 gallons of milk each month — worth nearly \$50,000 — and has reduced annual power costs to about \$18,170. Even more important: **milk losses have dropped to zero.**

With no milk lost to spoilage, the cooperative can now pay farmers more for every liter they deliver. That means more money in farmers' pockets — and greater stability for their families.

In a market where milk prices fluctuate between wet and dry seasons, quality matters. Solar power helps ensure farmers can

consistently deliver milk that earns the best possible price.

EXPANDING YOUR IMPACT

Following the success of the Migina Milk Collection Centre, Heifer has installed six more solar-powered chilling systems across Uganda, with plans to install 20 more.

Each installation reduces spoilage, lowers operating costs and cuts carbon emissions by eliminating diesel generators. And each one increases profits and strengthens the long-term resilience of the farmers who rely on milk sales to provide for their families.

POWER FOR THE FUTURE

By bringing renewable energy directly to dairy farmers, your support is helping farmers increase income, reduce risk and build sustainable businesses.

Because when farmers have reliable power, they don't just preserve their milk — they preserve their livelihoods and build brighter futures for their families. Thank you for investing in the solutions that make this lasting change possible! ♦



(Left to right) Johana Castillo, Paulina Congo and Digna Plúa are members of Galafruit, a fruit-processing company in the Galápagos. By turning surplus harvests into frozen pulp, the company reduces waste, strengthens local markets and creates new economic opportunities for island farmers.



THE POWER OF PULP

On San Cristóbal Island in Ecuador's Galápagos, what was once wasted fruit is now fueling a growing local enterprise.

Galafruit, a fruit-processing company formed by members of the Santa Mónica Agricultural Production Association, began with a simple challenge: surplus harvests were spoiling before they could be sold. Rather than letting excess mangoes, oranges and other fruits go to waste, farmers came together to process the fruit into juice and freeze the pulp — extending shelf life and creating new market opportunities.

When Heifer Ecuador began working with Galafruit in 2022 as part of the *Future of Food* project, the company had storage capacity for just about 660 pounds of pulp. Through Heifer's Rural Business School, association members strengthened their management and organizational skills and received technical training across every stage of production: from harvesting and pulping to fermentation and quality control.

Three years later, with additional freezers and a specialized refrigeration system installed to meet the standards of a major cruise line buyer, Galafruit can now store up to almost 9,000 pounds of pulp. The enterprise sells both locally and to the cruise market, creating reliable demand and higher-value opportunities for island farmers.

In a place as ecologically delicate as the Galápagos, that kind of growth matters — not only economically, but systemically.

FEEDING THE GALÁPAGOS

Approximately 33,000 people live across the Galápagos Islands, including 7,000 on San Cristóbal. To meet demand across the archipelago, an estimated 1,450 tons of agricultural produce are required each month — and more than 55% of that food arrives by boat or plane from mainland Ecuador.



Bags of frozen fruit pulp fill a freezer at Galafruit's processing facility in San Cristóbal, Galápagos. Since partnering with Heifer Ecuador in 2022, the company has expanded its storage capacity from approximately 660 pounds to nearly 9,000 pounds — significantly increasing its ability to serve both local customers and larger commercial buyers.

Reducing dependence on imports while protecting one of the world's most biodiverse ecosystems is a complex task. But through Heifer Ecuador's *Future of Food* project, farmers are building a more resilient local food system.

Galafruit demonstrates how strategic investment in training and infrastructure can turn that vision into a lasting reality for farming families. By creating value-added products from

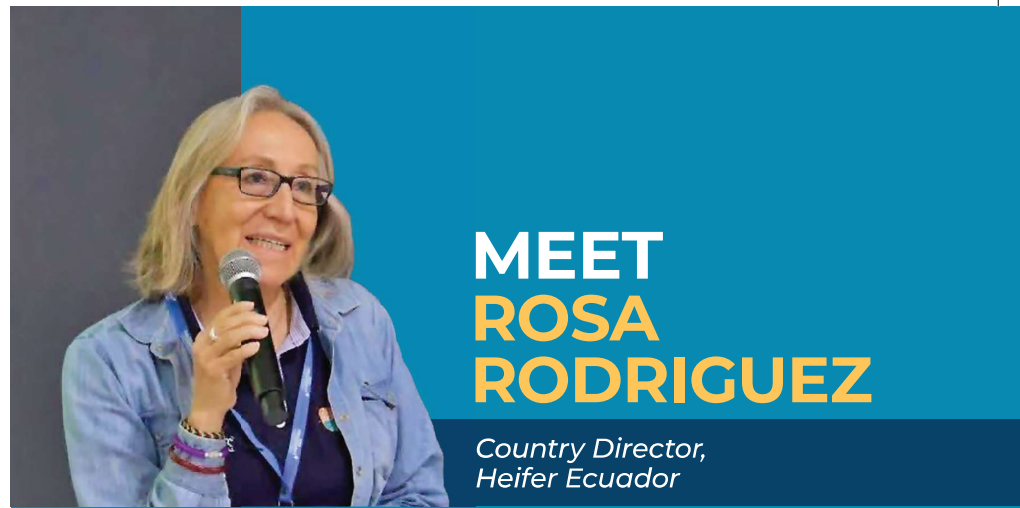


Digna Plúa, a member of Galafruit, stands inside the frozen fruit pulp facility in San Cristóbal, Galápagos. With support from Heifer Ecuador, the association strengthened its management capacity and upgraded its equipment, positioning the business for long-term growth.



surplus fruit, farmers are able to compete in higher-value, competitive markets while keeping the economic benefits within their own communities.

The power of pulp is not just in what it preserves, but in what it makes possible — stronger livelihoods and a more resilient future for island communities. Thank you for bringing this power to the people who call the Galápagos home. ♦



MEET ROSA RODRIGUEZ

Country Director,
Heifer Ecuador

What inspired you to join Heifer?

I was deeply moved by its vision of dignity-centered development — one that does not see rural families as beneficiaries, but as protagonists of their own transformation. What inspired me then, and sustains me today, is witnessing how that vision becomes real for farming families.

What is the greatest challenge facing women in your country?

The greatest challenge is the persistent invisibility of women's contributions, despite their central role in sustaining food systems and rural economies. Women in agriculture face limited access to land, financing, and decision-making spaces, while also carrying a disproportionate burden of unpaid care work. However, beyond constraints, I also see immense potential. The challenge, then, is not only to close gaps, but to transform systems so that women's leadership is fully recognized and supported.

What accomplishment at Heifer you are most proud of?

I am most proud of having contributed to building a vision of sustainable food systems that is truly rooted in local leadership. During the COVID-19 pandemic, we were able to demonstrate the true strength and relevance of the work we had been building for years. In a moment of deep uncertainty, we did not stop — we adapted quickly and responsibly, protecting the health and safety of farming families. Together with communities and partners, we opened new opportunities for production and created alternative channels for commercialization so farmers could continue sustaining their livelihoods. This became particularly evident in places like the Galápagos, where food systems had long depended on products from the mainland.

What's a recent book that inspired you?

A recent book that deeply inspired me is *The Spirit of Hope* by Byung-Chul Han. It reflects on hope not as naive optimism, but as a conscious, ethical stance in times of uncertainty. It resonated strongly with my experience in rural development, where hope is not abstract — it is cultivated every day through collective effort, resilience, and the decision to keep building.

What message would you like to share with our supporters?

Your support goes far beyond projects — it becomes part of people's lives, aspirations and futures. In Ecuador, your contribution has helped families strengthen their livelihoods, restore ecosystems, and build organizations that endure. Most importantly, it has reinforced a sense of dignity and possibility. Every investment is translated into opportunities that are led locally, sustained collectively, and multiplied across communities. Your trust allows us to walk alongside rural families as they shape their own pathways toward a more just and sustainable future.



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SHE HAS A STORY TO TELL. ARE YOU LISTENING?

The United Nations declared 2026 as the International Year of the Woman Farmer — recognizing women as powerful leaders and changemakers. At Heifer, we're letting their voices take center stage.



Lidia Maribel Moo Poot
Mexico

"This is no longer just a job. I no longer see them as just my colleagues, I see them as a family. If someone in the group has a problem, we support her. That is what we do."



Rebeka Begum
Bangladesh

"I learned that sons and daughters are equal in the family, and we have to look at them as equal. I used to do that, but I learned it better from Heifer."



Nabukenya Zam
Uganda

"I am both a businesswoman and a farmer. Before I got the solar panels, I used to live in darkness. But now, I have reliable energy, and my home is always lit."

WOMEN FEED THE WORLD.

Around the world, women grow food, raise livestock, and sustain their communities — often with fewer resources than men.



41%

of the global agrifood workforce is women, yet many lack the resources to thrive



45 M

people could escape food insecurity by closing gender gaps in agriculture



58 M

people's incomes could rise through targeted investment in rural women

READ HOW YOUR SUPPORT HELPS WOMEN FARMERS AT [HEIFER.ORG/IYWF](https://www.heifer.org/iywf).