# Save the Children.





## Your partnership empowers girls like Sayeda<sup>\*</sup> to embroider a brand-new future

After the death of her father, Sayeda felt the pressure of providing for her family. She is the oldest after all, and her family, like many others in the Balkh Province of Afghanistan, was struggling to survive.

#### But that wouldn't keep Sayeda down. She had ambitions and big dreams for her life and the lives of her younger brother and sister.

Sayeda's ambitions led her to learn how to sew. Setting up a small shop in her village, she began to stitch together a new and better life for her family. Working as a tailor, Sayeda tried to provide for all her family's needs — including the funds for her siblings to attend school.

But it was never enough. Sayeda didn't have the right equipment, so simple projects took her a long time to complete.

#### This is where your Partner for Children support helped make an incredible difference.

Because of your consistent, ongoing generous support, Save the Children provided Sayeda the resources and equipment she needed to help her grow her tailoring business. With support from donors like you, she received a sewing machine, scissors, metal ruler, battery and solar power needed to use the machine — and her small business has flourished.

Not only is Sayeda providing for her family's urgent needs, but she's also embroidering a brand-new future — a tapestry of hope that's also changing the life of her brother and sister, who can now attend school!

Sayeda has so much work now that she's also hired apprentices to help her keep up.

"My hope is to have a good life in the future and help my sister and brother reach their dreams," Sayeda says. "I feel good now; before I couldn't meet their needs and I felt disappointed. Because I was helped by Save the Children, I can help them and I feel good."

This is the kind of impact your monthly support creates, empowering girls like Sayeda to reach their dreams — one stitch at a time. Thank you for your generosity.

# Afghanistan

Afghanistan has long been one of the most difficult places in the world for children to grow up. Now, after over a year since the Taliban took power, the economic pressure on households is pushing children to the breaking point.

Girls and boys are facing extreme hunger. Around 25% of the children have been forced out of school in order to work, while 1 in every 20 girls has faced child marriage.

Yet even amid the most severe conflict, there is hope.

Your Partner for Children support has helped reach over 1 million people in Afghanistan over the last year.



Scan the QR code with your smartphone to see how your monthly partnership is creating change that lasts a lifetime for children in Afghanistan. Or visit savethechildren.org/afghanistan-video

#### HERE'S THE DIFFERENCE YOU'RE HELPING TO MAKE FOR CHILDREN AND THEIR FAMILIES IN AFGHANISTAN:

Nearly 15,000 people have received nutritional support and resources <sup>Over</sup> 5,000

**moms with babies** have been provided with newborn care More than **10,000** children have been treated for malaria and diarrhea Nearly 70,000 people have received medical support and treatment

\$12 million has been provided to households via cash transfers

Over

#### PROGRAM UPDATE: For girls only!

It's been five years since many of the Rohingya people fled horrific conditions in Myanmar to Cox's Bazar, Bangladesh.

For many moms and women, it's a real challenge to live in a camp — especially for those who are single parents or those who are the breadwinners for their families. They simply don't have the same opportunities to earn money.

#### Through your support, a unique solution of an all-female construction team was formed!

By training other women in the community, moms and daughters throughout the community have learned the skills they need to build homes and shelters and to make repairs within their camps. More importantly, they're earning an income for their work and skills so that they can care for their families.

While the effort started out small, the team has earned respect for their excellent skills and work ethic. For the first time ever, they built a full community shelter from top to bottom. Today, there is no difference between the effort of the male group and the newly formed female group. They work alongside each other, and the male construction workers are enthusiastic about the abilities of their female coworkers.

These women have never earned their living before. Thanks to your help, they now have the skills they need to earn money and support their families.



"Save the Children staff employed us in construction work. We earned money and were able to buy some good food with the money."

–Noor,\* female construction team member

## An unusual recipe is feeding children in the DRC





In the Democratic Republic of Congo (DRC), nearly 28% of the population is experiencing crisis levels of acute food insecurity — the largest in the world.

With hunger and food prices rising, families are being taught to make a cheap, accessible and highly nutritious locally sourced dish called Musabu. It combines caterpillar protein powder, oil, corn flour and avocado puree in a porridge.

The unusual recipe is packed with nutrients and vitamins, and it ensures children under 5 get the fats and proteins they need to overcome malnutrition.

How do you make caterpillar protein powder?

You start with masamba and binkubala caterpillars, which are harvested locally in central DRC. After being sorted for size and quality, they are grilled for 5 to 10 minutes and then ground with a mortar and pestle. The resulting high-protein and highenergy flour is then sifted to create a fine caterpillar powder. Marceline, a community volunteer in the DRC, is supported by Save the Children to host cooking demonstrations in villages to show mothers and grandmothers how to source ingredients and then make Musabu themselves for their children. Marceline says:

"All the products we use are available in nature, in our fields, so they are easily accessible. The children love it. Mothers manage to make the recipe at home, and sometimes they come back to us to share amended versions of the recipe but always with local ingredients and rich in nutrients for the children."

While supporting cooking demonstrations of *Musabu* in the DRC, Save the Children is also providing:

- ✓ Nutrition screenings
- ✓ Treatment for malnourished children
- ✓ Emergency health support for families

#### PROJECT SPOTLIGHT

#### Team Tomorrow is building the future today

Team Tomorrow is a radical new way of giving monthly that empowers you to customize your giving based on the global issues that matter most to you. Whether it's the issue of inequality, climate crisis, conflict or poverty in the United States — as a Team Tomorrow member, you can be a part of the solution to help build a better world. Starting today!





Want to learn more about Team Tomorrow? Scan the QR code with your smartphone. Or visit savethechildren.org/tomorrow.