



## Agriculture



*Agricultural programs help families grow food to nourish themselves and build healthier communities for the long term. This is one of the ways ELCA World Hunger accompanies communities as we work to put an end to hunger - for good.*

# Growing food security in Nepal

Millions of people around the world live on small farms, where they work to feed themselves and their families. While farming families work hard, their livelihoods are often vulnerable to things outside their control – like weather, pests, climate change, conflict and a lack of resources.

One of these farmers is Kala, who lives in Jayprithvi, Nepal. On their 1,500 square meters of land, Kala and her seven other family members must grow enough to feed themselves. But their production was only lasting six months, leaving them looking for other jobs to survive the rest of the year.

Everything changed when Kala became part of a women's farming group after she began to participate in an agricultural training program of United Mission to Nepal, supported in part by your gifts to ELCA World Hunger.

“Being a member of the group, I have been involved in every meeting, interaction session and training,” Kala says. “It gave me energy and motivated me to start vegetable cultivation.”

Along with the other members, Kala received improved seeds, training and materials for a greenhouse. Now, she's making her family's land go further. Growing cucumbers, tomatoes, spinach, broadleaf mustard, onion, garlic, squash and potatoes, Kala feeds her family and has more to spare to sell at the market. With this comes not only food security but also greater income so she can send her children to school and build a safety net for things like medical expenses.

“The income from vegetables has been easy and helpful for my household,” Kala says. “I don't need to opt for other work and request the money lender to provide education and medicine for my children.”

In addition, the program established a vegetable center for farmers to sell their produce.

“It is very helpful to sell vegetables in the collection center instead of roaming around at Chainpur with the vegetables,” Kala says. “This year I have cultivated vegetables on about 1,200 square meters of land and earned more than NPR 100,000.”

The additional income is about \$1,000 USD, a significant boost in a country where the gross domestic product per capita is about \$730 USD, according to the World Bank. Now Kala's family can enlarge their farming operation and save for the future.

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-Kala



“I am planning to scale up the area of production [by renting additional land],” Kala says. “I am very much pleased with the regular support and would like to thank all the helping hands ... for showing me the way of income generation and building up my confidence level by organizing and delivering training in the group.”

Thanks to your gifts to ELCA World Hunger, farmers like Kala can access resources that make it possible for their families to have a brighter, healthier future.