



An effective gift

Are you still looking for an appropriate gift idea for Christmas? We have recently entered into a partnership with Néctar and have a great idea for you and your loved ones.

Néctar is a womens project in Switzerland that combines creativity, entrepreneurship, art and fashion. They produce their self-designed, high-quality scarves, which they also market themselves. Néctar has now created two inspiring models exclusively for THP and will make a donation of 20% of the selling price to THP for every scarf sold. The models are not only beautiful, they are also ambassadors of a better world. Both designs (see below) are available in different sizes and materials (silk and wool) at www.swiss-nectar.com!



Save the Date 15.12.19: Invitation to our reporting on a project visit to Ethiopia

Alexandra Koch and the two investors Doris Ragettli and Adrianos Moros travelled to Ethiopia in November, where they visited two Epicenters. Please be there when they report on their experiences with beautiful pictures shortly after their return. The event is part of a human rights church service. You can also come directly to the inspiring presentation in the "Kirchgemeindehaus". We are looking forward to your visit!

.....

*Date: Sunday, December 15th,
Human Rights Service at 10:15 a.m.
Place: Reformierte Kirche Baden,
Bahnhofplatz 6, Baden, from 11:30 a.m.
Report on our project visit to Ethiopia in the
"Kirchgemeindehaus"*

.....

Interview with the two founders of Néctar Belén and Trinidad:

What led you to Néctar and what brought Néctar to THP?
«We are two Argentine friends who have been living in Switzerland for about 7 years. Although we were happy with our professions, we always dreamed of running our own fashion shop. Néctar was born with the idea of creating unique and sustainable scarves that convey our values and feelings both through the design and manufacture of the product. We want every person who wears our homemade scarves to feel identified and valued as the person they are.



THE HUNGER PROJECT SWITZERLAND

Contact: The Hunger Project Switzerland, Alexandra Koch, Blumenweg 6B, CH-5300 Turgi
Telephone +41 44 586 68 34, mobile +41 78 870 40 75
alexandra.koch@hungerprojekt.ch, www.hungerprojekt.ch, www.thp.org

Domicil: The Hunger Project Switzerland, Avenue De-Luserna 30, CH-1203 Genève

Postal account: 12-25633-7, **Bank account:** Bank Cler SA, 4002 Basel, IBAN CH 88 0844 0360 1332 9009 1

Both on a personal level and with Néctar, we are always looking for ways to actively participate in solidarity and humanitarian projects. When we heard about the idea of creating an exclusive design for THP, we didn't hesitate a minute to get involved in this great project.»

What inspired you to create the THP models «One-World, One Place» and «Hope»?

«**One-World, One Place**»: This design has been inspired by the whole world. The cardinal points are the center, which reminds us that we share the same planet. We might be from different places and cultures but we all share the same home, the same dreams. The attitude behind is respect and courage to connect. One world, one place. A better one.

«**Hope**»: This colourful design reflects a young spirit. It transmits the joy of hope and the message that THP sends to the world. It includes women from different cultures united by a common cause: common work towards dignity and self-reliance. From impossible to possible through empowerment for change!

What are the next steps for Néctar? Which dreams should come true?

«We are always looking for new materials that are sustainable and our customers like. Our next steps are currently focused on finding more points of sale in Zurich and throughout Switzerland. As a small company that has only just started, we dream of selling our scarves in the big stores in Switzerland and exporting our designs to other countries as well».



Partner Story from Alemensh Degetu in Ethiopia

In the village Mekiche, Alemensh Degetu and her family live in a small house with a small garden. Alemensh is 35 years old and she is the mother of five. Her youngest is four months old (photo by Johannes Odé).

During her last pregnancy she started to attend the 1000-days program meetings at the epicenter. Here, mothers get information on healthy food for their babies, especially during the first 1000 days of their lives, counted from the first day of the pregnancy until their second birthday. Alemensh: «This is where I first heard about Moringa. During this pregnancy I started to drink Moringa tea. And after the delivery I used it to regain my strength.» Moringa's leaves contain so many vitamins and minerals, they hugely enhance the nutritional value of a daily meal.



After her baby was born, she exclusively breastfed her and continued to do so until she was six months old. «After those six months I will keep breastfeeding her, but I will give her additional food too, like a porridge made with milk, eggs, some vegetables and some chopped banana tree trunk (false banana). If I can I will also give her some fruit, avocado and moringa. My favourite meal is the flatbread Injera with vegetables in a sauce of tomatoes and boiled potatoes. Now that I breastfeed, I try to eat

extra fruit and vegetables. I learned that during one of the workshops on the 1000-day program. For my older children I prepare eggs and tomatoes in a sauce with beans and sometimes I prepare some meat.» Alemensh and her family have enough to eat. This wasn't always the case. When she was just married (at the age of 16) there were times when there wasn't a lot of food available. «My husband and I used to live on false banana for about three to four years. However, I now have a piece of land where I grow vegetables for our family. And we make a decent enough living to also be able to buy other produce. The Hunger Project granted me a micro credit, which I used to buy some sheep and cows. I fattened them up and sold them to make a profit. My husband has used his micro credit to buy a tuk-tuk with which he drives customers to the city. We will not experience food shortages ever again! »

Thank you for your commitment and dedication to ending chronic, persistent hunger by 2030! Alexandra Koch, Managing Director THP Switzerland

A handwritten signature in blue ink, appearing to read 'A. Koch'.