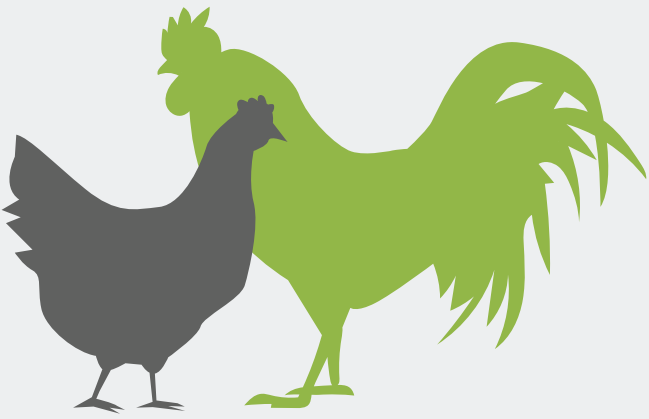


# Chickens

The gift that keeps  
on giving



A single hen can produce up to

**200 EGGS**  
each year!

Research shows  
that eating an egg a  
day leads to **healthy  
development** in  
young children and  
**prevents stunted  
growth.**



Chicken manure is high in  
nitrogen and makes **great  
fertilizer** for growing  
nutritious fruits and veggies.



The **protein** found in chicken  
eggs and meat promotes  
strong bones and muscles.



Chickens can be bred to  
produce **chicks** which can be  
sold at market for **income.**



A farmer can also raise the  
chicks to **build up his flock** and  
produce even more eggs and  
meat to sell or feed his family.

Manasse, a father in Uganda,  
made enough money from  
raising chickens to **build a new  
home** for his family!

• **Watch Manasse's story at**  
**[christmasgiving.org/chickens](http://christmasgiving.org/chickens).** •