

# Vital project in Ethiopia



**Project:** Child nutrition

**Objective:**

To provide nutritious food to 14,219 children and raise the importance of child nutrition in Addis Ababa, Lalibela, Shebedino and Jimma.

**Target:** £23,790



## Why Plan works in Ethiopia

Ethiopia is one of the poorest countries in the world, with 81% of the population living on less than £1 a day. Malnutrition is responsible for over half of all deaths among children under five. Yet, many parents simply cannot afford to buy food such as milk or vegetables which are important in a child's health and development.

Nutrition is extremely important in preventing children from becoming malnourished or seriously ill and helps them to build up their resistance to life-threatening diseases. It also reduces the amount of absences from schools.

## How you can help

We aim to raise £23,790 to provide supplementary food such as milk and vegetables to 14,219 children in Addis Ababa, Lalibela, Shebedino and Jimma, ensuring children get a well-balanced, nutritious diet.

Plan staff will also support communities in improving children's health at home and at school. By training community-based health workers on how to educate families about nutrition and provide childcare assistance to expectant mothers. They will help teachers run food and nutrition programmes within the schools, providing children with snacks during break times and help them to recognise children who are severely malnourished so that they can refer them to a health centre for treatment.

Plan enables poor communities to take action together to achieve children's rights to an education, decent healthcare, clean drinking water and more. We give long-term practical support so poor communities can improve the lives of their children and themselves. We also campaign to change the way a whole range of adults - from parents to politicians - think and act, because we know their decisions can perpetuate poverty.

Children themselves can be powerful advocates for change, so we encourage them to take part in decision making, from village councils to national assemblies. And because children will be the leaders of tomorrow, we believe that strengthening their voices now will create a fairer, better world - now and in the future.

This is just one of many projects within Plan's wider health programme. With your support, this project can make a difference to the lives of many children, families and communities in Ethiopia.

# Yes, I'd like to help a Plan project in Ethiopia

Please complete and return this form to Plan UK, 5-6 Underhill Street, London NW1 7HS

**I would like to give £ \_\_\_\_\_ (*please indicate amount*) to help child nutrition in Ethiopia (ETH2010)**

Sometimes projects become fully-funded, and occasionally circumstance dictates that our priorities change and particular projects may have to be postponed or even abandoned. When this happens, funds may be transferred to other projects.

Please indicate how you would like to pay below:

- by cheque/postal order/charity voucher made payable to 'Plan International UK'. (Please write your supporter number, if you have one, on the reverse of the cheque and enclose it with this form.)
- by Visa / Mastercard / Amex / Diners / Maestro / CAF Charity Card: (*please circle*)

Name of cardholder: \_\_\_\_\_

Card number:              (Maestro only)

Expiry date:      /

Maestro only:    Valid from date: \_\_\_\_ / \_\_\_\_    Issue number: \_\_\_\_\_ (Maestro number)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please supply your contact details:

Title: \_\_\_\_\_ Full name: \_\_\_\_\_ Supporter reference number: \_\_\_\_\_

Home address: \_\_\_\_\_

Postcode: \_\_\_\_\_

I'm happy to receive information about Plan's work to my email address: \_\_\_\_\_

Please tick here if you would like us to acknowledge your donation.

*giftaid it*

**If you are a UK taxpayer, we can reclaim tax on your donations – at least 25p extra for every £1, at no further cost to you. Plus, until 5 April 2011, HMRC will add an extra 3p per £1. So just sign below. It's that simple:**

I declare that all donations I've made to Plan for the six years prior to this year and all donation I make from the date of this declaration until I notify you otherwise are Gift Aid donations.

Signature: \_\_\_\_\_

Notes: Gift Aid allows us to reclaim the tax you have paid on all donations to Plan's work. It doesn't commit you to supporting Plan for a specified length of time. You must pay an amount of UK income tax and/or capital gains tax at least equal to the tax Plan will reclaim on your donations during each tax year. If you pay tax at the higher rate, you can claim further tax relief in your Self Assessment tax return. To claim Gift Aid, we need to know your home address and your full name and title.

**Thank you for all your support**

**The support these programmes provide is thanks to the generosity of our supporters but with your help we can achieve even more. If you have any questions about our work, or your support, please contact us on 020 7482 9777, or visit [www.plan-uk.org](http://www.plan-uk.org).**