

Veronica's story



Veronica lives in rural Zambia. She has four children and will never forget the sadness she felt whilst trying to provide them with enough food to eat.

Due to climate change in Zambia, the dry season was getting longer and the rains were unpredictable, which meant that Veronica and her family didn't have enough water for the family.

Imagine what that would be like. Close your eyes and think about what you use water for during your day.

Because it was so dry, Veronica was unable to grow enough vegetables in her garden to feed her family. This meant that her children were often unwell, so Veronica would have to stay in her home to look after her children and not go to work on her land to tend to her vegetable garden.

To make matters worse, people have cut down trees to use for firewood, near to Veronica's land. Veronica's family and others in her community need firewood to cook any food they manage to grow. They won't have electric or gas cookers like you do in your home. Think about why trees are so important – their roots stop soil being washed away when it rains heavily, so that they don't lose the nutrients in the soil.

Here's the good news! Send a Cow has been working with Veronica and others in her community, providing them with seeds, tools and training to look after their land in the dry seasons and grow their own food. The families have been learning how to protect and improve their soil. You'll know just how important compost is to make your vegetables grow. That's one of the lessons Veronica has been learning, and it's making a huge difference to her family. Veronica's family have also been planting trees, which protect the soil near her home, making it easier to grow vegetables on her land.

If your class or school can raise £60 this Christmas, your support could provide 45 families like Veronica's with the seeds, tools and training needed to grow vegetables to eat throughout the year, so their children can grow healthy and strong