

YOUR IMPACT



In This Issue

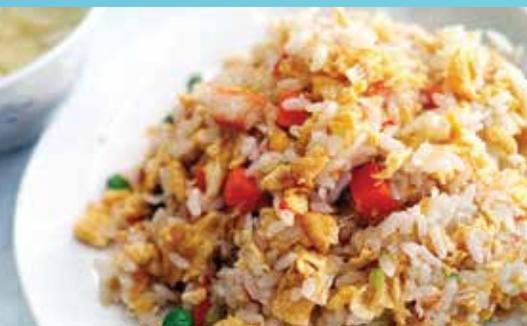
A Healthy Start For Mom-to-Be Meyling
and it is all thanks to donors like you

Ask Amy B.
Get your questions answered!

All Grown Up
Meet former sponsored child Elizabeth

International Flavor
A recipe for you to try at home

Keep your work going!
Name Plan as a beneficiary on your retirement account like Ben and Barbara did



You're supporting amazing programs like this one in Kenya that helped more than 34,000 children attend preschool for the first time!

You're Giving Kids in Kenya a Strong Foundation For Success!

Some of Kenya's most recent graduates were all giggles at their commencement. But that's ok. They're just 5 years old, and they were graduating from preschool!

Since 2012, Plan International USA has been working with the Conrad N. Hilton Foundation and donors like you to ensure a strong and healthy start to life for children in vulnerable communities impacted by HIV/AIDS.

Using an approach that helps communities take ownership over their children's development, Plan has enhanced preschool opportunities for children ages 5 and under.

The Community-Led Action for Children (CLAC) Project brought together parents, teachers, and government workers to support more than 34,000 children.

Because of amazing donors like you and the Conrad N. Hilton Foundation, we're that much closer to ensuring that all children have access to effective, quality early childhood support. Thank you! ■



When you support programs like this one in Kenya, you're supporting the whole community including parents, siblings, teachers, and more!



Ask Amy B.

Amy Bickford, Senior Director of Donor Engagement & Loyalty at Plan, answers your questions about sponsorships, Gifts of Hope, and anything else you want to know.

“Can I visit my sponsored child?”

- Ruth,
Grand Rapids, MI

Have a question for Amy?

Simply return the enclosed slip or send an email to donorrelations@planusa.org with “Ask Amy” in the subject line, and your question may be featured in a future newsletter!

Hello Ruth,

Absolutely! As a sponsor, you have an incredible impact on your child, their community, and even their country. A visit is the best way to see firsthand how your support is making a difference. Sponsors often tell us that meeting their child was a life-changing experience, and a day they'll never forget.

Because we care as much as you do, the safety of our sponsored children is our top priority. No visits can take place without clearance and approval through Plan, and we ask for at least six weeks' notice to make all of the arrangements with our program staff.

Visits require compliance with our Child Protection Policy and Standards and a criminal background check for all visitors over the age of 18. All visits take place in a community setting, accompanied by Plan staff. You will also have the opportunity to tour the community and see the projects made possible by dedicated sponsors like you.

If you would like to begin planning your visit, please contact our Donor Loyalty Team at 800.556.7918 or donorrelations@planusa.org.

We look forward to arranging a wonderful visit for you!

With gratitude, *Amy B.*



All Grown Up: Meet Former Sponsored Child Elizabeth

Elizabeth lives in Guatemala. She was just 6 when she became a sponsored child, and remembers learning about her rights with her younger sisters. Later, she joined a Plan International youth group and became a gender equality champion.

“Thanks to Plan, I have learned a lot about what I could do if I didn't marry young,” Elizabeth says. “And, thanks to the guidance on sexual health and reproductive rights, I learned how to say ‘no.’”

With a scholarship from Plan and her own hard work, Elizabeth beat the odds and graduated from high school. Now 22, she works for Plan Guatemala as a Sponsorship Assistant. Each day, she sees the photos and stories of children like her, who are just starting out on the path to a better future.

Her job enables her to pay for classes at the University of Jalapa, where she is studying to become a psychologist. “I understand the kind of life I want for me and my family,” she says. ■



Your Gifts of Hope are Ensuring a Happy New Year for Moms-to-be

Because of You, Meyling's Baby Will Have a Healthy Start!

This holiday season, you made a tremendous impact with your Gifts of Hope.



Meyling (above) is smiling because you gave her baby a healthy start! (below) Two maternal health center workers pose with some of the kits you provided through Gifts of Hope!

Long periods of drought are causing malnutrition and dehydration in Nicaragua, where 23-year-old Meyling lives with her husband. Expectant moms like her—as well as their newborns—are at great risk. **But thanks to you, women like Meyling are getting the help they need.**

Through your Gifts of Hope contributions, **she received a Mother-to-Be Care Kit and a Newborn Survival Kit, filled with essentials like nutritional supplements, vitamins, clothing, sheets, and diapers.** And Meyling goes for regular checkups and ultrasounds at Casa Madre, a Plan clinic right in her own community—a clinic funded by compassionate donors like you.

This means she and her husband no longer have to take an expensive bus to the far-away hospital for routine visits. They get medical care, education, and nutritional support close to home—because of you.

Once nervous and scared because she didn't know what to expect, Meyling now attends weekly prenatal health workshops through Plan, and her confidence is growing.

"Thank you for helping me feel safe and better prepared!" Meyling says. She's ready now to welcome her new baby into the world. ■

*By giving differently with **Gifts of Hope** this year, you protected more than 500 girls from violence and trafficking, and helped them train for skilled jobs. With your gifts of livestock, like goats or chickens, you are helping thousands of families stay healthy, earn a living, and support their children. You gave children school supplies, scholarships, clean water, and emergency medical care. And you*



*made sure moms like Meyling and their babies started the new year strong. **Thank you!***

*"Right now, and 10 years from now, and 50 years from now, and hopefully a 100 years from now, there will be girls and women and societies that have changed because of what we're doing."
- Ben, California*

Keep your work going by naming Plan as a beneficiary on your retirement account.

For more information on how to get started, visit plannedgiving@planusa.org or contact our Planned Giving team at 401.562.8454.



You can **change** a life!

Give today with the enclosed form.

Help **moms like Meyling** in Nicaragua have a healthy pregnancy:

Mother-to-Be Care Kit \$24

Newborn Survival Kit \$100

Support **students** like the little graduates in Kenya with the tools for success:

School Supplies for a Child \$18

Train 3 Teachers \$54

Give **girls like Elizabeth** the chance to build the life they want for themselves:

Establish a Girls' Club \$100

Secondary School Scholarship for 10 Girls \$1,650

Support children around the world through your gift to the **Where Needed Most Fund** in any amount.

International Flavor

When we asked what you'd like to see in **Your Impact**, recipes from the countries where you're making a difference was a top choice! Here's an authentic, yummy recipe for Indonesian fried rice.

Nasi Goreng

Indonesian Fried Rice

serves: 4

Ingredients

5-6 cups long grain rice (cooked and cooled)
2 tablespoons of honey
2 tablespoons of soy sauce
1 tablespoon of sweet chili sauce
1 tablespoon of butter
1 brown onion (thinly sliced)
3 garlic cloves (finely chopped)
1 teaspoon of shrimp paste
1 teaspoon of sambal sauce

1 carrot (peeled and finely chopped)
1 small chicken breast fillet (chopped)
8-10 prawns (peeled and de-veined)
3 shallots (thinly sliced)
¼ of small Napa cabbage (finely shredded)
4 eggs (fried sunny-side-up)
Sliced cucumber (optional)
Red chilies, (thinly sliced, optional)

Directions

- Combine honey, soy sauce, and sweet chili sauce in a bowl and set aside.
- Heat butter over high heat.
- Add brown onion, sambal, garlic, shrimp paste, and carrot. Stir-fry for around 1 minute or until onion is translucent.
- Add chicken and stir-fry for 2 to 3 minutes.
- Add prawns and stir-fry for another 2 minutes.
- Add rice, soy mixture, shallots, and cabbage. Stir-fry for 5 minutes.
- Spoon onto serving plates, top with fried egg and serve with cucumber and chilies (optional).



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