

The Difference a Goat Makes

☒ Over the last several decades the Children's AIDS Fund International has not only implemented HIV education, treatment and care projects, we have also supported HIV impacted children and their families more broadly, trying to meet comprehensive needs like education, nutrition, marketable skills, parenting education, microenterprise and more. We have given goats to impoverished grandparents raising their orphaned grandchildren, chickens and pigs to HIV support groups to generate both food and funds, seedlings for community gardens, and start-up funds for fish farms that provide nutrition and livelihood.

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While we see first-hand the difference these tangible contributions make as we walk through the acres of fresh vegetables, help feed the fish in the ponds, visit the piggeries, goats and chickens providing sustenance, some may question the value of such contributions thinking them gimmicky or frivolous.

New research provides important insight into how effective these projects can be. An article by Nicholas Kristof titled ["The Power of Hope is Real"](#) tells the story. "Give people reason to hope that they can achieve a better life, and that, too, can be self-fulfilling". writes Nicholas Kristof the article.

And next time you think about how to make a difference in the world, remember the difference a goat can make in the life of someone seeking livelihood, health and hope.