

Nahimana and Jean-Paul's Story



It starts on an African farm



Nahimana, Jean-Paul and their son Arcade

In Burundi, one in two children under five are stunted, putting their growth and future at risk.

For parents like Nahimana and Jean-Paul in Burundi, this is the heartbreak they used to live with every day. They struggled to feed their four children. Before joining Ripple Effect's project, Nahimana and Jean-Paul were feeling the catastrophic impact of climate change on their land - long periods of drought coupled with crop destroying heavy rain and hail meant crop yields were low.

Nahimana shared their story: ***"We'd only eat sweet potatoes without any other vegetables as we couldn't afford them. We only ate in the evenings. My children always complained that they didn't get enough food."***

Can you imagine hearing that from your own child – knowing there was nothing more you could give?

Nahimana and her family are working hard to give their children a brighter future. With the support of Ripple Effect, families like Nahimana's are learning to grow nutritious food, plant drought-resistant crops, and share 'pass-on' gifts of livestock with their neighbours - creating ripples of hope through their communities.

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Nahimana's hopes for the future:

"I will buy a cow which will help with milk to improve the nutrition for my children. I want to see them finish school and be very well developed. I don't want my children to live in this way. I want them to complete their studies."

Left: Nahimana with beans she has harvested as part of a Ripple Effect project in Burundi.

Nahimana told us: "A peer farmer trainer is helping us maintain our small plot and improve soil quality. I've received fruit seedlings and learned farming techniques which are supporting us. Now when there is drought, we will plant drought-resistant crops like amaranth."

Pass-on gifts are central to our work. With your support, each family we work with passes on produce or livestock to another. This generosity ripples through the whole community. Nahimana and Jean-Paul, received four pigs from fellow farmers in the project, and in time they will pass on gifts too, creating further ripples of change in the community.

This Christmas, churches and congregations can stand with families like Nahimana's and help make their wishes a reality.

Please pray:

Lord, we lift up Nahimana, Jean-Paul, and their children to you. Bless their family with health, strength, and enough food to grow and thrive. Guide us, Lord, to support families like theirs in Burundi and create ripples of hope that reach far beyond what we can ever ask or imagine. Amen.

For further information visit rippleeffect.org/church-xmas