

HEALTHY ECOSYSTEMS



Learn about the
impact of your gift

RIPPLE EFFECT

It starts on an African farm



Thank you for joining our movement of kindness with the Healthy Ecosystems bundle.

The three gifts in this pack work together to restore nature in rural Africa, helping smallholder farmers on the frontline of the climate crisis regenerate ecosystems and adapt to increasingly extreme weather.

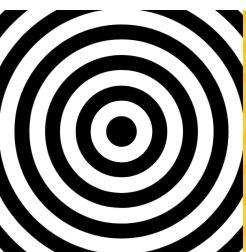
Climate change is bringing more frequent droughts and floods, while unsustainable farming practices continue to degrade soils and reduce biodiversity. In rural East Africa, families depend on healthy land for both food and income, making thriving ecosystems essential for their future. With the right knowledge and support, farmers can work in harmony with nature, restoring biodiversity and soil health, while building resilience for generations to come.



Bees, water and trees are key natural resources for environmental restoration. Together, they create a powerful ripple of change, helping build resilient ecosystems.

- **Bees** pollinate crops and wild plants, boosting biodiversity and supporting healthier ecosystems. Honey also provides farmers with an additional income.
- **Reliable access to water** reduces the impact of drought and protects crops as the climate crisis brings unpredictable weather. Farmers learn to conserve water and soil moisture, while wells, tanks and troughs bring clean water closer to communities.
- **Trees** restore degraded land by improving soil health and reducing erosion. They provide shade for crops and capture carbon. We plant fruit trees to support diets and incomes, alongside sturdier species on hillsides to help prevent landslides.

Farmers learn agroecological techniques including beekeeping, water conservation and agroforestry, helping restore their environment while producing food and income for their families. As knowledge spreads, more families adopt sustainable farming practices, creating a lasting ripple of environmental restoration for generations.



Read more about our climate work at:
rippleeffect.org/climate

ACTIVITY - Give your ecosystem a helping hand

Healthy ecosystems support us all, from the food we eat and the water we drink to the wildlife around us. Climate change and human activity are putting ecosystems under pressure, but small actions can create a ripple of positive change.

Start with one thing you can do today. Then see how far you can go.

Level 1: 5 minutes

Make your space a little friendlier to nature.

- ☐ Put out a bowl of clean water for birds or insects.
 - ☐ Leave a small patch of grass or plants to grow wild.
 - ☐ Move a plant somewhere it can get more sunlight.
 - ☐ Pick up litter when you can in public spaces
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Level 2: 15 minutes

- ☐ Plant some bee-friendly flowers or herbs, or scatter wildflower seeds where there aren't many flowers.
 - ☐ Make or buy a simple insect shelter to place at or near your home.
 - ☐ Collect rainwater to use on your plants.
 - ☐ Start a compost pile or food-waste collection.
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Level 3: 30 minutes

- ☐ Plant a tree or shrub.
- ☐ Grow something you can eat.
- ☐ Create a wildlife-friendly area in your garden or community.
- ☐ Find a way to reduce water use at home and stick with it.

Keep the ripple going. Choose one thing you've done in this challenge and share it with someone else, encouraging them to do it too and share with the next person.

Around the world, farming families are doing their part, restoring soil, planting trees, protecting biodiversity and finding ways to conserve water. Your gift is helping Ripple Effect support them to build healthier ecosystems and secure futures in which they, and others, can thrive.

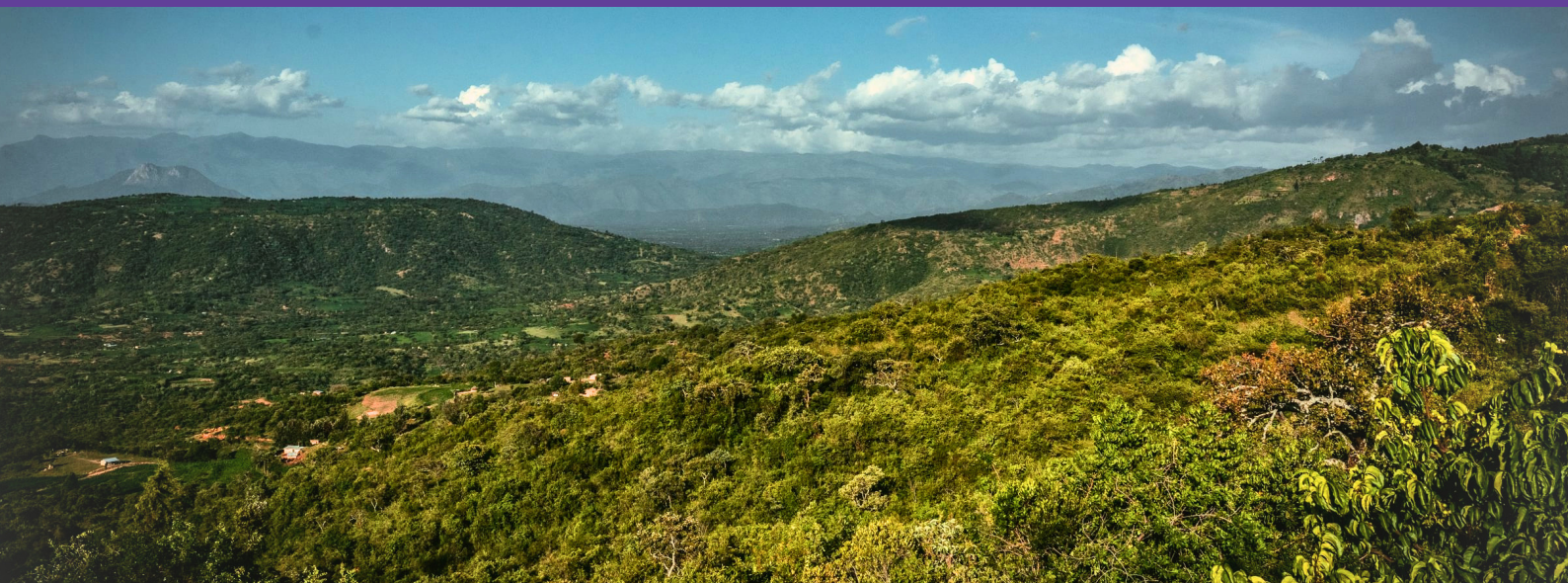


"I'm proud that this year people from Ripple Effect are encouraging farmers to grow plenty of them [trees]. I've received 100 avocados, 100 mangos and coffee [trees]. I'll be putting those dollars in my pocket - the money is coming! Millionaire woman! My name will change!"

- Lucy, Ripple Effect project participant, Kenya

Thank you for sharing your gift of kindness and starting your own ripple of change.

You're helping families in rural Africa learn new skills, grow more food, care for the environment, and build secure futures.



**Visit our website:
rippleeffect.org**



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