



FH SWITZERLAND
FOOD FOR THE HUNGRY

Annual Report 2023

Who we are?

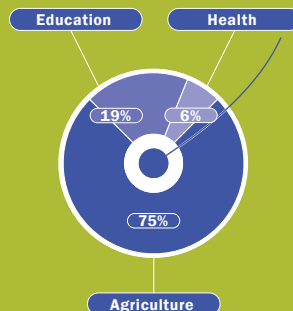
FH Switzerland supports rural families suffering from hunger in Africa, in the Great Lakes region.

As pioneers in agroecology, we have been working for over ten years with communities, leaders, and families to develop a form of agriculture and livestock farming that meets their needs for food security and food system transformation. FH Switzerland is an association based in Geneva, founded in 1996, with a branch in German-speaking Switzerland. FH Switzerland is part of the international Food for the Hungry (FH) network and a member of the Fédération Genevoise de Coopération (FGC) and the Interaction umbrella organization.

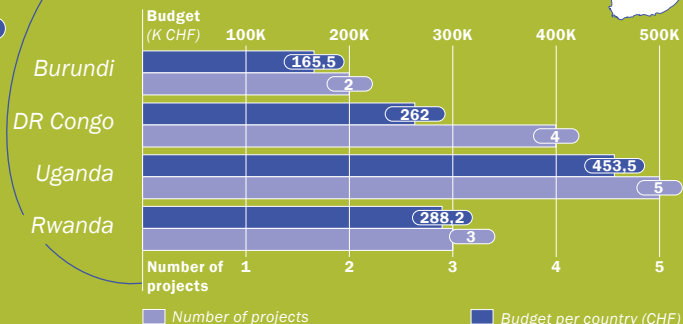
FH Switzerland in few numbers:

More than **20'000 farming families** supported with **14 projects** in **4 countries**

Allocated budget per area of intervention



Number of projects and budget per country



Pictures

Left page: FH Switzerland team in Geneva: Sandro Gusberti, Ariane Ninck-Lehmann, Loubna El Hadri, Kristina Kunova-Petrova, Roger Zürcher and Karina Ripamonti.

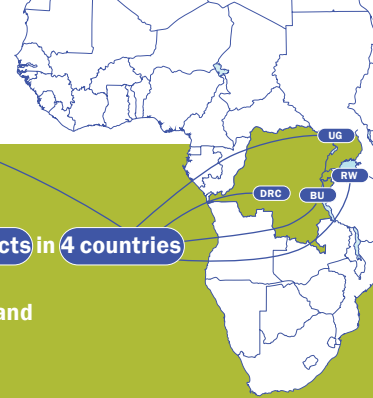
Right page: The committee and the team - Sandro Gusberti, Vreni Rutishauser, Karina Ripamonti, Patrick Fuchsloch, Kristina Kunova-Petrova, Edmond Granges, Giorgio Heiman, Roger Zürcher, Ariane Ninck-Lehmann, Daniel Hahling.

Cover: Burundi, Kabarore (Kayanza province), farmers go to work in the fields.

© Pictures:

Food for the Hungry / FH Suisse.

Cover picture: Jenny Gutzmann, Food for the Hungry.





A word from the president

The year 2023 went smoothly without major difficulties, and the various projects funded by our partners continued to operate satisfactorily.

During this year, an important change occurred in the leadership of our association as Daniel Hahling, who was in charge, took a well-deserved retirement. Daniel had to juggle his role with multiple challenges, both administrative, strategic, and financial. I would like to sincerely thank him for his commitment over his seven years with FH Switzerland.

To ensure his replacement, the committee hired Kristina Kunova as Administrative and Financial Director, effective August 1, 2023. She quickly got to work and has already demonstrated her many qualities and great skills on numerous occasions.

This year is also my last as President, as I will be leaving the committee at the end of the General Assembly in May 2024. I am very grateful to have had the opportunity to gain such a rewarding experience, yet demanding in all areas over the past six years. I thank Edmond Granges, Vice-President, as well as the committee for all the support they have given me. I also extend my greetings to all the collaborators in Egnach and Geneva for their great commitment to our association.

I also wish Edmond, who will take over as President, to find the same satisfaction I had in this role.

I would also like to highlight the loyalty of all our private donors, institutional donors, foundations, and churches. May all these entities find in these lines the expression of my deepest gratitude. Without them, we would not exist.

I cannot end this message without mentioning with emotion the recent passing of two founding members of FH Switzerland, Françoise André and Jacques Bottarelli. Their constant support was essential for the association. The committee and the collaborators of FH Switzerland extend their heartfelt and grateful thoughts to their families.

A very big THANK YOU to everyone and I look forward to closely following the future development of FH Switzerland.

Patrick Fuchsloch

Our vision of agroecology

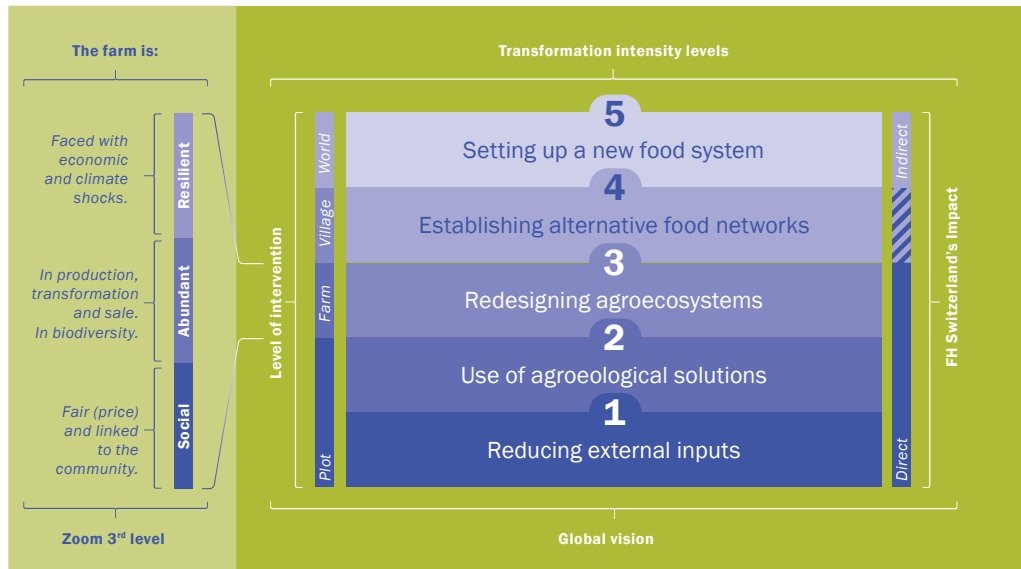
The levels theorized by Gliessman refer to a holistic conception of agricultural systems, particularly in the context of sustainable agriculture and agroecology.

These levels represent a progression **towards more sustainable, resilient, and equitable agricultural systems**, providing a useful framework for understanding the different stages of the transition to sustainable agriculture.

Adopted by FAO - Food and Agriculture Organization of the United Nations - as a guiding thread for transforming food systems, FH Switzerland bases its interventions on these same levels and **the associated 13 agroecological principles**.

We have been working on these different levels for over 10 years. This allows us to place the agroecosystem and the farm at the center of our action, bringing resilience to crises, abundance in production and income, as well as equity and community connection. This allows for positive action on biodiversity, climate change adaptation, and food system transformation on a local scale.

The 5 levels of transition to sustainable food systems, according to Gliessman (2016)

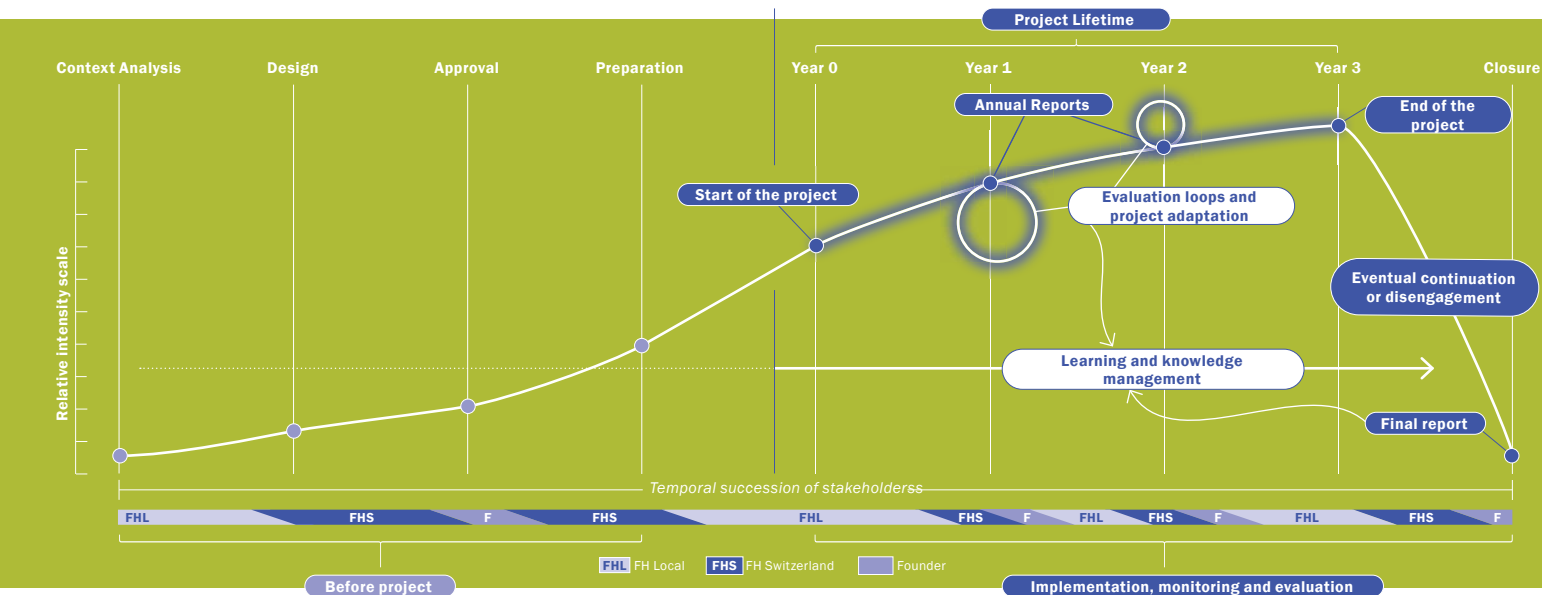


The 13 agroecological principles:

1. Recycling
2. Input reduction
3. Soil health
4. Animal health
5. Biodiversity
6. Synergies
7. Economic diversification
8. Co-creation of knowledge
9. Social values and dietary patterns
10. Equity
11. Connectivity
12. Land and resource governance
13. Participation

Project process

Life cycle



Context: Presentation of a context by a local FH partner country to FH Switzerland following surveys to target a particularly vulnerable area for intervention.

Design: Designing a project in response to the presented situation. Collaborative work between the local FH partner and FH Switzerland.

Approval: Approval from all parties, including the donor.

Preparation: Project preparation by FH Switzerland teams, the local FH partner, and third-party stakeholders.

First year: Project setup and launch. Initial project participants reached. Annual report and compilation of data from the intervention area.

Years 1-3: Drafting of an annual or interim report by compiling data from the intervention area. Evaluation and adaptation of the project accordingly.

Closure: Gradual disengagement, final report from the local FH partner, final reports from FH Switzerland for the donor. Overall evaluation and possibly initiation of a continuation project.



AGRICULTURE

Our goal

We want the farmers we support to be able to cultivate on restored lands producing sufficient and healthy crops. With agroecological practices, tree planting, and anti-erosion terraces construction, we help strengthen farmers' resilience to climate change.

A mulched banana field in Burundi. Mulching is an important technique in agroecology: it helps protect the soil by reducing erosion, promoting microfauna, and maintaining soil fertility. It also helps preserve soil moisture.

«We would like to give young people a new image of agriculture.»

Extracts from an interview with Roger Mushagasha, Program Manager of FH DR Congo.

What is the main strength of the agricultural projects you are following in South Kivu?

The work we are doing in partnership with schools. We would like to give young people a new perception of agriculture and convey the message that working the land is as valuable as any other profession. This is an innovation because, with colonization, bureaucracy has gained momentum, and work in public administration has been highly valued at the expense of agro-pastoral activities, considered the work of the «uneducated». This negative image of agriculture persists today. We also find that schools allow for the rapid dissemination of agroecological practices. Indeed, each student represents a family of about 7 people whom they can sensitize. Specifically, we train teachers in agroecolo-

gy and set up demonstration fields in school gardens. Students learn to put agroecological techniques into practice by working in vegetable gardens. We have also set up agroforestry nurseries, and all the children were able to take 5 plants to plant at home. The new practices thus naturally spread to family gardens and fields.

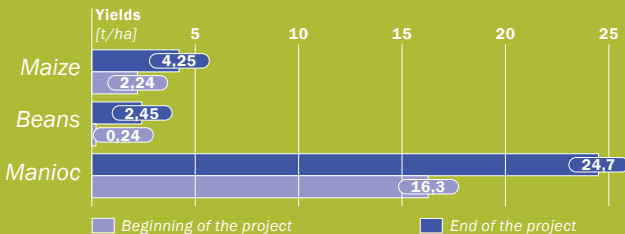
What are the challenges?

Access to land. The Bukavu region is densely populated, with an average of 400 inhabitants per square kilometer. Cultivable spaces are therefore very small. Land is passed down through inheritance. High birth rates mean that a family property of 1-2 hectares 50 years ago is now shared among more than 20 people. To expand their cultivable area, these families must therefore rent land

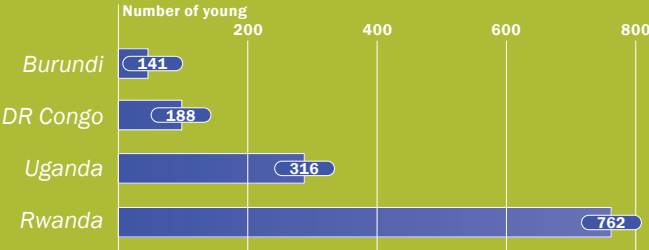
from large landowners. But this poses a constraint for the program because someone who is not the landowner may not be willing to invest much in restoring it. There is indeed a risk that after the work of restoration and fertilization of the land, the owner may want to take back the plot to cultivate it himself. There is no long-term commitment. Another option is to look for other lands, which is what we do, for example, by carrying out drainage work in marshy areas.

Read the rest of the interview on:
fh-switzerland.org

Evolution of yields [t/ha] of 3 crops in Rwanda over 3 years



Number of young farmers setting up a new farm, 2021-24 period



WATER AND HEALTH



Our goal

We aim to provide access to clean water, which promotes good health, an essential condition for an active life and the development of agricultural activities. We also support training in hygiene practices, disease prevention and environmental protection

Information and awareness session on hygiene and sanitation in Losidok in the Amudat region, North-East Uganda. This activity is part of our clean water access project, which also includes the construction and rehabilitation of boreholes.

A precious gift

Testimony by Adolphe N., member of the development committee of Gitasi Hill, Mwumba zone in Northern Burundi.



We've been waiting for a long time to have access to drinking water. We had to fetch water from the undeveloped spring in the valley, we were in poor health and our children were constantly suffering from diseases from dirty hands. All these problems hampered our children's success at school. We asked for help from the government and

humanitarian organisations, but without success. Finally, in June 2023 that we received the precious gift of clean water in our village! 854 families on our hill benefit from it! The neighbouring hill, Kabasazi, is also benefiting from this new extension, with 324 households now having access to drinking water! On behalf of the community and my

family, I would like to express my sincere thanks to FH Burundi for this support.



North-East Uganda (Amudat)

Construction of a new block of 3 latrines at the Karita health centre.

Training of teams of health volunteers who visit families to prevent illness and provide follow-up care.



11 new water points installed (new boreholes and rehabilitation of faulty pumps).

Northern Burundi (Mwumba)

Extension of a 1.5 km supply network giving access to drinking water to two new villages, covering almost 1,200 people.



DR Congo, South-Kivu

Support for 120 women survivors of violence in the Bukavu area: training in agro-ecology and setting up small businesses to enable them to regain a place in their community.

EDUCATION



Our goal

We aim to enable disadvantaged children and families to develop their potential. We support the ongoing training of farmers, particularly in the transmission of agroecological practices. We also support basic education for children so that all children in a community can go to school.

I learned to protect my land from erosion.

Testimony of Cyprien N., a farmer and seed multiplier in Busoni, Burundi.

My family depends on agriculture for a living. We have a 2.8 hectare piece of land where we cultivate beans, maize, sweet potatoes, cassava, and sorghum. We earn money by selling a portion of our harvest. Additionally, we raise cows, goats, and chickens, which serve as a second source of income. It's thanks to the various training sessions I've attended that I am now able to provide for my family's needs.

Previously, I didn't produce enough to sell a portion of my harvest at the market. I didn't have money to cover other expenses, such as paying school fees for my children or medical treatments.

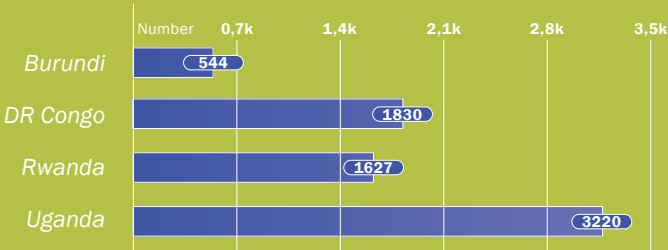
I wasn't familiar with appropriate farming techniques. Most of the time, my family only had one meal a day, sometimes two, and we didn't understand the importance of varied foods.

Since 2017, I have participated in all activities organized by FH. I've learned new agricultural practices and how to protect the land from erosion while keeping it productive. I've also discovered the benefits of a balanced diet on health.

Today, I am a farmer trainer, and as such, I pass on my newfound knowledge to about ten farmers in my neighborhood.



Number of women trained in agroecology and sustainable food, period 2021-24



Number of farmers trained in good agroecological practices, 2021-24 period



RESULTS

ADVOCACY

Our goal

Our actions have always targeted the food security and sovereignty of the populations we support. The global food system needs to be restructured, and promoting food sovereignty and agroecology contributes to this goal. In Switzerland, we aim to raise awareness among the population about the issues of food sovereignty and the global food system through organizing events and participating in actions in partnership with other associations.



World Food Day party, Place de Meyrin-Village.

Events in French-speaking Switzerland

19.03 - «Un dimanche pour son prochain», Lausanne

Roger Zürcher had the opportunity to lead an intergenerational worship service on the theme «Enough for everyone, living fully with less» in connection with StopPauvreté.

29.03 - Festival du Film vert, Geneva

Daniel Hahling participated in a roundtable discussion following the screening of the film «Amuka, Awakening of Congolese Farmers» at the Museum of Natural History. On this occasion, he presented FH Switzerland's agricultural projects in the DR Congo.

13.05 - BioAgri, Moudon

We were present at the BioAgri agricultural fair in Moudon. We were able to present our activities for the promotion of agroecology and engage with numerous visitors.

Two events were organized on World Food Day, October 16, with the support of the FGC and in collaboration with PSA, AgroEcology-Works!, GRAD, E-Changer, the Food Sector of Meyrin, Fève, and Farm Mamajah.

15.10 - «Faites de l'agroécologie», Meyrin

We organized a friendly day that brought together local and international solidarity aso-

ciations around activities, workshops, and music.

16.10 - Round Table on the challenges of agroecology in the North and South, Geneva

Event organized in collaboration with the City of Geneva. Among the speakers were Mr. Alfonso Gomez (Mayor of Geneva), Mr. Prosper Niyonsaba (FH Burundi), Mr. Tata Yawo Ametoenyenu (OADEL, Togo), Mr. Thomas Descombes (Ferme des Verpillères and Affaire TourneRêve), Ms. Barbara Pfenniger (FRC), and Ms. Elodie Marafico (OCAN). The panelists shared their expertise and experiences, addressing the crucial issues related to agroecology and sustainable food systems.

For more information and to watch the event, please visit: fh-switzerland.org.



Events in German-speaking Switzerland

Vreni Rutishauser, the head of our German Swiss branch, FH Schweiz, has been very active in promoting our activities in Thurgau and Eastern Switzerland. Numerous presentations in schools and churches have punctuated the year. Since early 2023, the town of Horn - through a partnership between the municipality, the school, and the Catholic and Protestant churches - has also supported our project in Uganda, which aims to improve the equipment of the Karita Health Center in the northeast of the country.



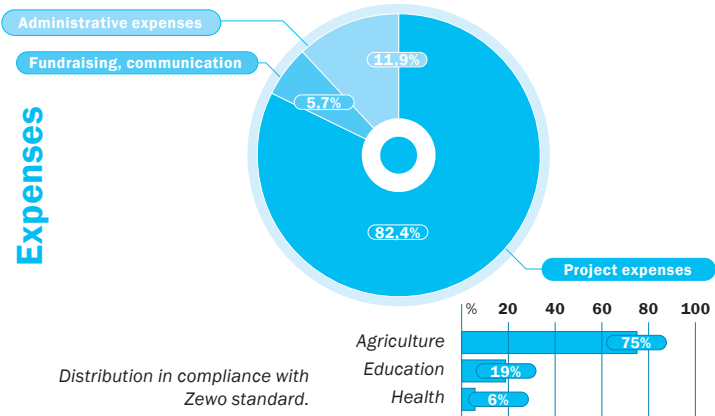
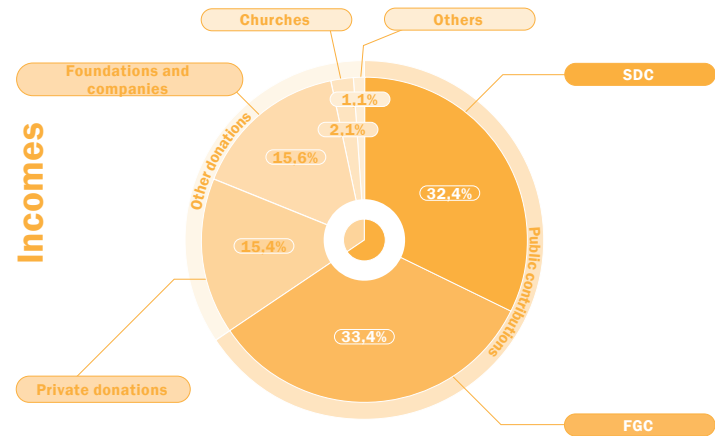
Financial report 2023

Operating account 2023 (in CHF)

INCOME	2023	2022
Public Contributions		
SDC (via Interaction)	460'724	268'633
Geneva Federation of Cooperation (FGC)	475'024	474'456
Other donations		
Private donations	220'959	228'340
Donations from foundations and companies	221'360	230'240
Donations from churches	28'616	36'749
Other income	16'096	3'426
TOTAL INCOME	1'422'779	1'241'844

EXPENSES	2023	2022
Project Expenses	1'206'397	1'005'316
Fundraising, communication	83'519	99'353
Administrative Expenses	174'354	108'303
Total Operating Expenses	1'464'270	1'212'972
Result before change in funds	-43'664	26'033
Change in funds	99'465	10'278

RESULT FOR THE YEAR	55'801	36'311
----------------------------	---------------	---------------



Financial report 2023

Balance sheet as of December 31, 2023 (in CHF)

ASSETS	2023	2022
Liquid assets	326'858	376'680
Other short term assets	12'444	11'796
Accrued Assets	9'119	-
Total Current Assets	348'421	388'476
Tangible fixed assets	3'547	5'403
Financial fixed assets	9'458	9'458
Total fixed assets	13'005	14'861
TOTAL ASSETS	361'426	403'337

In 2023, FH Switzerland received almost all of the institutional contributions promised and budgeted at the beginning of the year. This allowed the association to fulfill its commitments to its partners in the countries where projects are conducted and to continue project-related activities without delay.

All received funds were allocated to ongoing project activities. The downward trend in private funds was confirmed in 2023. The profit made in 2023 is reinvested in the association's capital.

The accounting follows Swiss Gaap RPC 21 standards and is audited by CRF Révision SA, 1260 Nyon.

LIABILITIES	2023	2022
Debts for purchase of services	1'852	2'449
Other short term debts	22'417	10'224
Accrued liabilities	15'329	25'173
Total short term Foreign Funds	39'598	37'846
Fund Capital	144'333	243'797
Association's capital	177'495	121'694
TOTAL LIABILITIES	361'426	403'337

FH Switzerland is certified with the Zewo quality label, which attests to the effective and compliant use of donations according to both the association's purpose and its financial resources.

The complete financial report is available on our website: fh-switzerland.org.

How to support our actions?

Become a member

Join FH Switzerland by becoming a member of our association! You will enable us to pursue our mission every year through the contributions you provide

As a member you will be able to:

- Receive up-to-date information on the progress of our projects.
- Get involved in the life and development of the association and participate in our General Assembly.

Contact us for more information or directly fill out the form online.

Volunteer

Do you have some time and a desire to get involved in our association?

We need support in various areas: **mailing, translations, writing and proofreading texts, event preparation, project management assistance.**

We need you!

Feel free to contact us:
info@fhsuisse.org.

Make a donation

Through a donation, you help families in need in a concrete way.

Also, you can deduct all donations made

to FH Switzerland from your taxes.

- Becoming a regular donor to our actions or becoming a sponsor of a project will allow you to offer targeted long-term assistance and receive regular updates.

How to make a donation:

Via **IBAN** CH81 0900 0000 2356 0722,
via **TWINT** or with our form **online.**

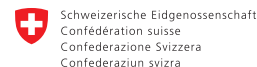
**Donate now with
TWINT!**



Scan the QR code with the
TWINT app



Confirm amount and
donation



Swiss Agency for Development
and Cooperation SDC

Join us on social
network



Your donation
in good hands.