

7 Gifts That Save Lives

1) Goat (\$120) Seven-year-old Mira Sunwar (pictured) holds a family goat at her home in Tleyanpur Village, Nepal. For just \$120, this gifted goat can provide a full ton of milk per year to a family, and the extra milk can be used to make cheese, butter and yogurt. Plus, the goat's kids can be given to other impoverished families. –

2) Sexual Exploitation Recovery (\$35) Help exploited young girls heal by restoring their physical and spiritual health. Your gift provides safe shelter, medical care, nutritious food, vocational training, compassionate counseling and (sometimes) placement with a loving family. –

3) Rabbits (\$60) Rabbits produce manure for farming, boosting crop productivity in an organic, sustainable way. Plus, they birth up to six litters a year, giving a family further provision. –

4) Education for Girls (\$35) Help a girl get an education to break the cycle of poverty in her family and lineage. –

5) Coffee (\$13) A highly prized commodity in African markets, coffee is a strong cash crop that can help pay for medicine, clothes and education. –

6) Eggs (\$20) Provide a family with chicks, ducks or goslings to help with their daily intake of protein. Eggs can also be sold to provide for clothing, medicine and even more. –

7) Donkey (\$122) A donkey can literally lighten the load for a family, as it can carry heavy weights long distances and help make farming easier for the whole family. –