



Breaking the cycle of poverty, creating sustainable change.

2021 ANNUAL REPORT



A Note from Our Director

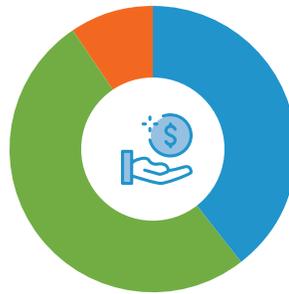
Your generosity and thoughtfulness have impacted poverty. You touched and lifted hundreds of families in 2021 by delivering health, education, light, and opportunity. During this year of uncertainty, you gave regardless. As a result, you made the world a better place.

The pandemic hit developing world economies especially hard and prevented our on-site healthcare delivery in 2021. Health & Hope Foundation's remote community health outreach, education, and women's empowerment programs, however, continued with strength. Highlights of the many ways your support in 2021 impacted cycles of poverty through these programs follow in this annual report.

I was able to spend October 2021 living and sharing with Tanzanian families. They are grateful, hopeful, and focused on making the best of each opportunity. I join them in thanking you for what you do.

Loree Bolin, DDS
Founder and Director

2021 by the Numbers



\$182,600 in Donations

\$72,100 Individual gifts

\$93,500 Grants

\$17,000 Fundraising events

Our Financial Impact

In 2021, Health & Hope Foundation provided healthcare, education, and economic opportunity for hundreds of women and children in Tanzania. Here's a breakdown of where every dollar was spent:

\$152,900 in Awards and Grants

- » \$16,800 Healthcare and Community Wellness
- » \$113,200 Education
- » \$13,500 Women's Economic Empowerment
- » \$9,400 International Team

\$19,000 in Operational Costs

- » \$7,100 in Professional Fees
- » \$4,400 in Printing & Postage
- » \$7,500 in Fundraising

\$171,900 Total Expenses

- » Our 2021 surplus of \$10,700 will provide programs sustainability in 2022.

Providing Healthcare and Community Wellness to Those Who Need it Most



Community healthcare leaders were provided with 100 PPE Kits, including N95 masks, shields, gloves, and surgical gowns. Donors also funded supplies for hand wash stations, soaps, hand sanitizer, temperature monitoring stations, and testing of community water sites for safety.



At-home volunteers in Washington stayed focused on producing washable menstrual kits. Kits were delivered to 350 girls in 2021, and 500 kits are ready for delivery in 2022.



Our 3rd annual Woodinville Leprechaun Leap 5K/10K was sponsored by local businesses and organized by volunteers. This family, stroller, and dog-friendly walk/run netted \$9,400 to support our healthcare programs for vulnerable women and children. Join us to “Move with a Mission” at the 2022 Leprechaun Leap this March 12th!

STORY SPOTLIGHT

Lighting up 2021 with New Solar Lights

It might be hard to imagine the idea of a new lamp changing your life, but for 110 families in Tanzania, the gift of a new solar light was transformative. Previously living in darkness, the recipients of these lights included the families of each Tumaini Tutor School student and the women involved in our Women’s Empowerment Program. To enhance project sustainability, family savings plans have been established along with a reserve fund for future lamp replacement.

Rhoda, age 16, a Tumaini Tutor student lives with her grandmother and 6 other children:

“There is no good news about living without light. Sometimes we would eat dinner in total darkness or use moonlight. It was not easy for us to all flock around the kerosene or candle to study. The soot and smoke hurt our eyes and made a mess on pages. The flame goes out easily and if we run out of matches then it is just to bed without doing our homework or studying. One night the house almost burned when we were asleep and my sister knocked over the kerosene. Grandmother put out the fire and saved us.

The solar lighting is so helpful to us. Each room in our house has its own bulb. They are bright for many hours. We no longer stress about using the light or having smoke in our eyes. Grandmother has a light for her business and has more customers because they can find her. Thank you for the solar light. It is the best.”



Empowering Women to Support Themselves



How the Women of Mwanza Provide for Their Family and Community

In 2021, our incredible businesswomen continued to push their six different businesses forward. With an average of 15 women involved in each business, they met weekly to network, trade within the groups, and stay current on best buying and selling techniques.

These women are consistently praised for good service, a clean environment, and quality products. In 2021 they became even more easily identified by their signature blue aprons as well as new solar lights at evening markets. These businesses include:



Cooking: Propane cooking has replaced slower, messy charcoal fires. The women now offer covered, dine-in seating in addition to their take-away meals.



Fishing: The women now have ice chests to keep fish fresh and nicely displayed as well as table covers and food service gloves for enhanced sanitation.



Farming: Three farm plots have been leased and they've planted tomatoes, potatoes, eggplant, spinach, maize, amaranth, onions, and peppers. Their irrigation pump continues to save many hours of hard labor carrying water by hand.



Pig Farming: The ladies launched this new business in 2021! These female farmers own four sows and expect 15 piglets to be born in early 2022. They are building additional stalls to accommodate this growth and plan to purchase a boar in the new year.



Poultry: Egg and fryer production continues to provide food for home use, the Tumaini Nutrition Program, and market sales. Hens hatched in 2021 will begin egg production in May 2022.



Solar Drying: As refrigeration is not available, glass solar dryers preserve fish and vegetables for the community while providing increased nutrition, taste, and shelf life.



With your help, in 2021 our Women's Economic Empowerment program provided education, guidance, and start-up funds to 146 women in Mwanza and the Nainokanoka Village.

How Goats, Sheep, and Honey Have Become a Business for the Maasai of Nainokanoka Village

With your gifts, Maasai, traditionally pastoralists, have diversified their incomes beyond cattle. Goats, sheep, and honey have increased family nutrition and income for 80 Maasai families in Nainokanoka, a village on the rim of the Ngorongoro Crater, a World Heritage Site, in Northern Tanzania.



Honey: In 2021, our honey business grew from 10 to 40 beehives! These heavy boxes are hand carried to above 9000' elevation and placed high in forest trees—avoiding unintentional trampling by elephants! Honey is sold locally and to safari camps, with increased bee pollination strengthening the mountain ecology.



Goats and Sheep: Agriculture is not allowed in the Ngorongoro Area where the pandemic exacerbated endemic food poverty. To provide a sustainable solution to help alleviate hunger, 250 goats and sheep were provided to 70 of the most impoverished women. Women now have milk for family nutrition and opportunities to barter or sell animals as herds grow, providing additional income for family needs.

The work these women did in 2021 is truly awe-inspiring, and we can't wait to see what they do in 2022.



Opening Doors to Education



Tumaini Tutor School in 2021



Tumaini Tutor School provides free education supplementing public schools for 200 orphaned students six days a week. Our retention and pass rates continue to exceed national averages:

- » **90% student retention rate (7% moved, 2% child labor, 1% pregnancy)**
- » **100% of Grade 7 students passed their “Primary School Leaving Exam” to enter Secondary School**
- » **100% of Secondary School Graduates passed their Final National Exams**



The Tumaini Nutrition Program provided over 11,000 meals of eggs, porridge, fruit, and bread, purchased from Health & Hope Women’s Business Groups. Meals helped impact typical hunger and pandemic induced food insecurity.



Tumaini Tutor now has 10 computers and internet access! 100 students grades 5 and up are now happily enrolled in online keyboarding class. Learning computer skills is rare in public schools. As Tanzania develops, Tumaini students will have an advantage in the job market.





STORY SPOTLIGHT

Uniform Lending Library

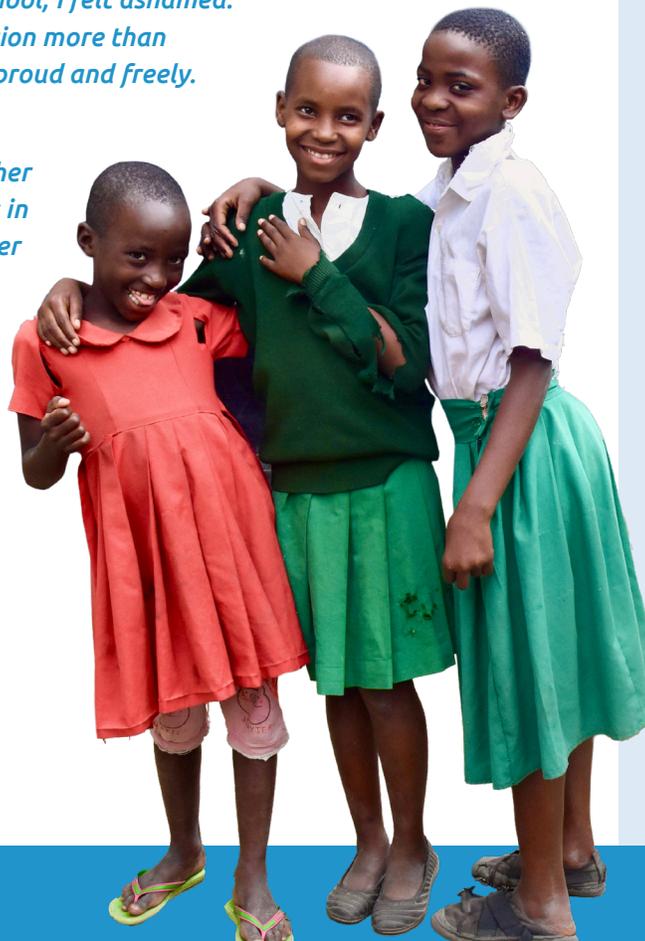
A uniform and proper footwear are required to attend public school in Tanzania. This becomes a barrier to education for vulnerable children with limited access to resources. Families often have to choose between buying food or the necessary uniform. So, we came up with a solution: Create a Uniform Lending Library!

In 2021, donors raised funds to establish a sustainable Uniform Library. This will enable all Tumaini students to attend public school in 2022 and beyond, borrowing as they grow. Additionally, sourcing local materials and hiring tradespeople to make the clothing and shoes provides income for 10 families, boosting the local economy.

“Without a uniform, I could not join school. When I saw students pass on their walk to school, I felt ashamed. I wanted to hide. I wanted education more than anything. Now I can go to school proud and freely. Thank you for my uniform.”

“At school uniform check, my brother and I shifted places with students in line, hiding our feet without proper school shoes so we would not be sent home. Now we will enjoy inspection, with our school shoes we will dance freely for all to see!”

“I feel proud. I am like a royal now! Before, my skirt was not right, and I was sent home. I love school. I love my strong beautiful skirt. Thank you!”



**MORE STELLAR
STATS FROM THE
HEALTH & HOPE
FOUNDATION IN 2021**



4 post-secondary sponsorships

were awarded to students who are studying medicine, nursing, teaching, and mechanics.



10 teachers

were given financial support and teaching supplies.



27 children

were provided scholarships to attend public school.



Your work, support, and donations continue to encourage and inspire so many. On behalf of everyone here at Health & Hope Foundation, thank you for your charitable giving. We can't wait to see what we can accomplish together in 2022.



Donate today at healthandhopefoundation.org

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