



Living Gifts

So many ways to make a difference

Catalogue 2024- 2025

An economical, environmentally friendly, and sustainable way to give, these gifts improve lives and foster long-term well-being.

Order online and instantly download a gift certificate to print or email.

www.qsa.org.au/living-gifts



Quaker Service Australia is a member of the Australian Council for International Development (ACFID) and is a signatory to its Code of Conduct.

www.acfid.asn.au

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Uganda

Materials for 5 girls to make menstrual pads **\$30**

Menstrual health management is a fundamental human right and essential for achieving gender equality. In Uganda, many women and girls cannot afford commercial sanitary products, and they are often unavailable in rural areas. Providing sustainable, affordable, and practical solutions helps address this critical need, empowering women and girls to manage their health with dignity and participate fully in education and community life.



Uganda

Training in nutrition, water, hygiene and sanitation **\$25**

Learning about a balanced diet and growing and eating diverse foods is essential to achieve food security. Access to safe water, constructing basic infrastructure and managing waste around the household are also critical to good health. This gift funds training for a local trainer who can support farmers between training sessions and agricultural extension visits, ensuring the adoption of these practices.



Uganda

Training and skills for 40 rural primary school students **\$40**

Visits to rural schools support the transformation of idle land into food forests, providing educational opportunities and enhancing school meal programs. During a training and agricultural extension visit, 40 children will be guided in creating and maintaining these gardens as part of their curriculum, with the produce supplementing meals for all students.



Uganda

Vegetable seeds for 15 female farmers **\$45**

Access to quality vegetable seeds empowers small-scale farmers with less than 1.3 acres to begin sustainable farming. By learning crop diversification, they grow a variety of vegetables to enhance family diets, improve nutrition, ensure year-round food security, and increase incomes. This approach strengthens resilience against the impacts of climate change.



Support where it's needed most

If all that choice is too difficult, let QSA allocate the funds you nominate to where they are most needed. You choose the amount, and QSA will do the rest.



In memory of a loved one

You select an amount, and QSA will donate the funds to an appropriate community in their memory.



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