



FARM STEW
from extreme poverty to abundant life

3rd Quarter 2026

IMPACT REPORT

Simple + Practical = the Love of Jesus

By Mishel Rodriguez, Trainer in Chácara, Panama

A nutritious meal is more than food—it can represent a family learning how to grow, prepare, and provide healthy food for themselves. In addition, **natural materials can become simple remedies for debilitating health problems when families learn how to use them.**

Thanks to your support for Panama, FARM STEW is **equipping more than 500 vulnerable families** with practical skills in farming, nutrition, sanitation, healthy living, savings, and small-business development.

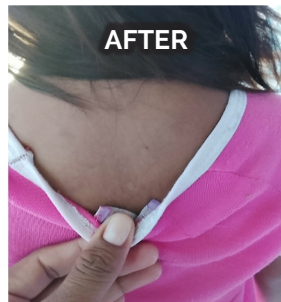
I have seen the impact first-hand. During a visit to Chácara village in Panama, I noticed a three-year-old girl whose head, neck, and back were covered in a rash. Since



Your gifts have brought a smile to this three-year-old's face.



BEFORE



AFTER

I had taught her mother how to use charcoal through FARM STEW training, I gave her instructions for a simple charcoal paste. She prepared it that same day and applied it to her daughter's skin for five days. Thank God, **the girl improved tremendously**, and within a few days the rash disappeared!

I was so happy to see the change. It reminded me that **simple, practical knowledge shared with the love of Jesus** can make a big difference in families' lives.

17 FARM STEW Panama participants have also **chosen to be baptized**, discovering that abundant life includes both healthier families and hope in Christ. **Thank you for sharing Jesus' practical love.**



Akola's chief, Achor, stands beside the new borehole you provided.

You've brought Clean Water and New Hope

By Larson Madut, Trainer in Akola A, South Sudan

For years, families in Akola A Village walked 25 minutes to collect **unsafe water**. But now, 580 households have access to **clean, safe water** through a new borehole provided by FARM STEW donors like you. And through FARM STEW trainers whom you sent, they are gaining **access to something even greater: Jesus**, the Water of Life. Scan the QR code to watch their story and see how clean water—and the hope of Christ—are changing lives in Akola A Village.

farmstew.link/3Q2026water



A Smoke-Free Stove Brings Hope to Bella

By Zipola Ndayishimiye, Trainer in Rusuguti, Burundi



For many years Bella Lithiane, a mother from Rusuguti, Burundi, relied on a traditional three-stone fire stove that was difficult and dangerous to use. **Bella longed for a better way** to prepare meals for her family.

"I used to live with constant worry," Bella says. "Whenever it was time to cook, I dreaded going into the kitchen because of the heavy smoke. It made me cough and brought tears to my eyes. I also used a lot of firewood, which was becoming very difficult to obtain."

When FARM STEW began working in Rusuguti, Bella attended the training sessions and learned how to build an improved cookstove.

"FARM STEW became the solution to my problem," she says. "I learned how to build an improved cookstove with mud and bricks, and cured with the juice of sweet potato leaves that produces very little smoke and uses much less firewood. **Cooking is no longer a burden, and I now save both time and fuel."**

Bella is deeply grateful to FARM STEW for the practical and biblical skills she received.

You can Make This Change Possible!

Bella's family is being transformed through the generosity of a donor like you who chose to sponsor the entire village of Rusuguti. This donor's investment is making a difference not just in Bella's life, but throughout the entire village as families learn practical, Biblical skills for healthier, more abundant lives.

Your gifts can transform another village like Rusuguti. Learn more about village sponsorship at farmstew.org/village or scan the QR code.



You Helped a Village Help Itself

By Ephah Nyirenda, Trainer in Mguntha, Malawi

Because of you, families in Mguntha Village, Malawi, are turning small steps into lasting change. What began in 2025 with 18 active FARM STEW members is now a community saving money, growing more food, praying together, and investing in **a goat enterprise that benefits every member.**

Through FARM STEW's wholistic training, members **learned financial literacy, farming, and enterprise skills.** After training on the Crown Money Map and Village Savings and Loan Association (VSLA), they began saving and planting "Irish" potatoes and sweet potatoes.

The group created a VSLA fund to purchase goats together, making the business cost-effective and allowing members to benefit equally. Crop



sales and VSLA loans helped them purchase 10 female goats for 10 households.

Through the goat pass-on system, each recipient passes a young female goat (when it is born) to one of the eight members who has not yet received one. The

process will continue until everyone has benefited.

Goats make families more resilient. They provide milk, manure for composting crops, and, when needed, can be sold for cash during economic hardship.

Without the **Bible-based lessons** brought by the FARM STEW trainers you sent, these changes would not have happened in Mguntha Village. Thank you for making this transformation possible!

Learning to Farm, Learning from God

By Jose Palacio, Trainer in Caña Brava, Panama

Because you choose to support FARM STEW, people like Antonio Amador are gaining practical skills that can help transform their families' lives. In the remote community of Caña Brava, Panama, you are helping families learn to make better use of the land God has given them while **discovering His principles for a healthy, abundant life.**

Surrounded by beautiful landscapes, Caña Brava is home to people who live humbly and sustain themselves on small plots of crops such as yucca and plantains.

Among them is Antonio, a hardworking and determined leader committed to working and moving forward.



He has participated in FARM STEW classes for almost a year, enjoying the program and learning from each lesson.

Antonio compares his experience to that of a child going to school for the first time—learning new things step by step.

Thanks to you, Antonio is **learning how to care for his land and grow food** in better ways. He has already created raised beds in his garden and hopes to see success from his hard work this year.



But Antonio is learning more than farming. He also says

he is **learning about God's plan for good health and a healthy lifestyle.** As he cultivates his garden, he is also discovering that God cares about every part of his life.

Please pray for Antonio, the families of Caña Brava, and FARM STEW trainers. May God bless their work and the seeds of biblical knowledge they are planting for the future.



Small Changes, Abundant Life

By Bridget Chibambo, Virtual Learning Participant, in Malawi

When I joined the FARM STEW Virtual Learning Community (VLC), I expected to learn about farming and gardening. I did not expect the lessons to **transform how I eat, rest, and care for my health.**

Before joining the VLC, I often ate *Nsima* (white corn porridge) with only one side dish—fish or beans—and very little variety. When college became busy, I sometimes skipped meals altogether.

Two of the FARM STEW lessons especially inspired me. First, learning about compost reminded me that, like healthy soil, our bodies need consistent care. Second, the Rainbow Garden lesson taught me that **variety is essential for good health.**

Today, I enjoy more colorful, varied meals, eat regularly, and make time for adequate rest. I am also applying FARM STEW principles to my studies, **striving to do everything "to the glory of God"** (1 Corinthians 10:31).

I have shared what I have learned with friends and family so they can benefit, too. Growing up here in Malawi, I watched depleted land struggle to feed families around me. FARM STEW has shown me that **abundant life does not require expensive inputs or dramatic changes.** It begins with the right knowledge, applied consistently.

I am no longer just learning about abundant life. **I am living more of it—and sharing it with others.**

Would you like to join Bridget in learning the FARM STEW recipe for abundant life? Join the Virtual Learning Community for free anywhere in the world by visiting farmstew.org/learn or scan the QR code.



"You are Sent by God"

By Betty Mwesigwa, Trainer in Namundudi, Uganda

In Namundudi, Uganda, you sent FARM STEW trainers to help families **meet basic needs**, including providing reusable sanitary pads for school girls and their mothers. This is especially impactful because many elderly grandparents, widows, and young single mothers struggle to provide for their families.



When you sent FARM STEW trainers with washable pads to Namundudi, **women danced and shed tears of joy**. "We had begun to doubt all the people who came here and made promises, but you are truly sent by God," one woman said.

The pads help girls stay in school and allow mothers to use the money saved on pads for food and medicine.

"It may seem like a simple act, but you may not realize how much it has impacted their lives," said Majida, a community volunteer. "They will never forget it."

May God bless you for supporting the future of Namundudi.

"What will my dollar do?"

By Dr. Sherry Shrestha, FARM STEW Board Member



I was alone at the busy FARM STEW exhibit at campmeeting in Michigan when I noticed an 11-year-old boy watching our video about hunger and malnutrition. I briefly explained FARM STEW's message to him. Before I could finish, he asked, **"May I donate?"**

"Of course," I smiled.

He opened his billfold, carefully looked at the three dollars inside, and handed me one.

"What will my dollar do?" he asked. I explained that \$37 helps train a family for a month, so his gift could provide nearly a day of training.

He looked thoughtful. **"I'm glad I gave my money."**

As he disappeared into the crowd, I looked at that dollar and thought about what I had just witnessed. I don't think I can give to someone in need again without remembering that young man and the simple sacrifice he made. He had given a third of everything he had. I wondered if, as an adult, I had forgotten something this child understood so naturally: **real giving isn't about how much you have. It's about how willing you are to share what you do have.**

FARM STEW International P.O. Box 291 • Princeton, IL 61356
Help Families Help Themselves at: farmstew.org/give
If you have questions, call us at 815-200-4925

Thank You for Being a Good Samaritan

By Joy Kauffman, MPH
Founder & Executive Director

Sometimes life in this fallen world **feels overwhelming**. You hear about people struggling in every possible way, even losing hope for the future.

"But **what can one person do** when there is so much need in the world?" you might ask.

FARM STEW answers that question. **Together with you**, we demonstrate that equipping even **one person** with the tools to escape extreme poverty is worth the effort. Soon, a whole family—and then a whole village—benefits.

FARM STEW started small 11 years ago, when God told me to hire local people in Uganda. Today, by God's grace, we have reached more than 372,000 people and provided 120 borehole wells across 25 countries. In the last year alone, more than 23,374 households participated in 10,246 hands-on training sessions, and 37,357 girls and women have received pads. Praise God!

Like the Good Samaritan in Luke 10, Jesus calls us not to look away from suffering, but to show mercy. Through your ongoing generous support, FARM STEW offers practical compassion that equips families and villages for lifelong health and well-being.

Thank you for helping us **share the practical, positive, and powerful gospel message of FARM STEW.**

"Then Jesus said to him, 'Go and do likewise.'"
Luke 10:37

Extensive Experience, Faithful Oversight, and a Proven Model Led by Locals!

Our Leadership Team

FARM STEW International's management team brings together **expertise in public health, international development, nonprofit administration, education, and cross-cultural ministry**. Joy Kauffman, Masters in Public Health (MPH), Founder and Executive Director; Cherri Olin, Domestic Operations Director; Elizabeth Kreidler de Santa Cruz, MSA, International Operations Director; and (in partnership with Edunite2Serve) Professor Sharon Pittman, PhD, Global Capacity-building Lead, provide the day-to-day leadership that turns FARM STEW's mission into action around the world.



Joy Kauffman,
MPH



Cherri Olin



Elizabeth Kreidler
de Santa Cruz, MSA



Sharon Pittman,
PhD

Together, they guide FARM STEW's programs, operations, international growth, and training while supporting locally-led teams and ministry partners. Their diverse professional experience is united by a **shared Christian faith and a commitment to responsible stewardship, practical service, and empowering families** to experience the abundant life described in John 10:10.

Our Board of Directors

FARM STEW International is strengthened by a diverse Board of Directors whose experience spans law, finance and accounting, medicine and public health, international development, agriculture, ministry, nonprofit leadership, and community service. Board members bring **decades of professional and cross-cultural experience** from service in the United States and around the world.

Led by its officers, Susan Cherne, JD, Danny Stewart, CPA, and Cherri Olin, the Board provides governance, financial oversight, and strategic guidance to help FARM STEW remain faithful to its mission and responsible to those who entrust resources to our care. Their collective **wisdom, Christian commitment, and heart for service** help ensure that FARM STEW continues to grow with integrity while keeping the needs of the families and communities we serve at the center of our work.



Left-right: Rick Westermeyer, MD, Sherry Shrestha, MD,
Susan Cherne, JD, Edwin Dysinger, MPH.,
Cherri Olin, Jeff Weijohn, Dawna Sawatzky, MPH, RN,
Joy Kauffman, MPH.
Not pictured: Kevin Sadler, MBA, Paul Ogaga, MBA,
David McCoy, MDiv, Danny Stewart, CPA.

To learn more about who leads FARM STEW, visit www.farmstew.org/about



Your Gift at Work: Faithful Stewardship. Measurable Impact.

We are grateful for every gift entrusted to FARM STEW and committed to using each one faithfully and effectively. Our **cost-effective, high-impact model** combines a lean U.S.-based team with **robust locally-led field operations**, putting the vast majority of resources close to the families and communities we serve. Through training, equipping, and coaching, we go beyond counting participants—we certify families who are actually putting what they learn into practice.

What does a **Certified FARM STEW Home** look like? A certified home meets six core standards for farming, child nutrition, sanitation, hygiene, and cleanliness, plus at least three of five recommendations for faith, enterprise, temperance, and safe water.



Our impact is measurable. We've documented 22,690 Certified FARM STEW homes, representing approximately 136,140 people whose lives are transformed. Your generosity helps these families help themselves by putting God's Recipe for Abundant Life into practice—fighting hunger, saving lives, alleviating poverty, restoring hope, and building self-sufficiency.

Accountability matters, too. FARM STEW has received a **squeaky clean, independent audit every year** since our first audit in 2018. You can **view them all at www.farmstew.org/financials or by scanning the QR code**. We've also received the highest standard from charity watchdog groups.



Every gift matters. Every family matters. And every investment is producing lasting fruit.

Advancing the Mission and Multiplying Your Impact



Joy Kauffman and Elizabeth Kreidler lead a Training of Trainers for leaders in West Africa.

You are helping FARM STEW go farther than we could go alone. In 2026, your generosity helped equip leaders across Africa to share God's Recipe for Abundant Life with others.

In Kenya, **19 leaders** from seven countries were trained. In Nigeria, **77 leaders** from 12 countries completed an intensive Training of Trainers in English and French following a gathering of approximately 4,200 pastors and spouses from 22 countries.

These leaders didn't just learn—they **committed to action**. Participants developed plans to implement FARM STEW in their countries, and some began sharing what they learned within days.

Your gift doesn't stop with one family or one leader. It **equips leaders who equip others**, multiplying the reach of your generosity into communities and countries beyond our current reach.

The FARM STEW Family says, "Thank you for helping us help ourselves!"



Rolando — United States "I believe that the part where you can teach people how to be self-sufficient, industrious and useful, along with learning hygiene and entrepreneurship, helps get rid of the problem of selfishness in our own lives by serving and teaching others. Getting to do farming as an enterprise will create stable income and help me deal with issues of poverty, dependence, and hopelessness."



Koudani — Burkina Faso "FARM STEW is a light. FARM STEW has strengthened our prayer habits, helped us manage our households, and enabled us to nourish our children well."



Susan — South Sudan "I thank God for FARM STEW, which has a unique way of solving human problems by teaching us self-reliance and independence through training in hand-to-hand skills for an improved life."

Your gifts are working globally!
To see where you are making a difference visit: farmstew.link/villagemap2026 or scan the QR code:



Gisma — South Sudan "I have never heard any NGO challenging communities to work, all have been fighting hunger with food aid since my childhood, but FARM STEW is fighting hunger with skills."



Sugeily — Venezuela "My life has improved significantly since this project came to my home, allowing me to gain practical knowledge that benefits my daily life."



Rosemary — Kenya "Knowing that seeds contain life and sustain life has helped us account for every seed and grain. No wastage! We ensure every seed is either consumed, sold or replanted."



NORMI — Panama "I am very grateful for the opportunity God has given us in these lessons that are helping us to have life in abundance. I am grateful to all the people who support us from far away."



Raymond - Cameroon "FARM STEW taught me that health is not just for the body but also for the heart. I learned to forgive, and today I live in peace. Thank you for this life-changing program."



Lilian — Kenya "The eight ingredients of FARM STEW are all geared towards equipping my family and I to deal with life challenges... I will be able to address the issues of disease and hunger. Farming will create stable income and help me deal with poverty, dependence, and hopelessness."



Lucía - Ecuador "FARM STEW is excellent. It helps and teaches us how to live better. We didn't know much about these things before, but now we are learning them, and that helps us improve our lives."



Odette — Burundi "FARM STEW opened my eyes and helped me see that it is possible to transform your life even if you are not wealthy. It showed me that living a healthy and dignified life does not depend on being wealthy but on knowing how to make good use of the resources you already have."



Ruth — Malawi "By using simple and practical techniques shared in the FARM STEW lessons, our family has harvested enough food to sustain us the whole year. Many thanks to FARM STEW for the inspiration found in the lessons."

Over the past year (October 2025 - September 2026), your gifts have supported:

262
local trainers and staff

809
communities reached

10,246
full-day, hands-on training sessions

23,374
households trained

37,357
menstrual hygiene kits distributed

16
new wells

Virtual Learning Community: Expanding Our Reach

FARM STEW's **Virtual Learning Community (VLC)** is opening the door for people to learn to have an abundant life wherever they live—even in countries we cannot currently reach with in-person trainers. Through online cohorts, learners gain practical knowledge they can apply and share within their own families and communities.

Since October 2025, the VLC has grown tremendously, reaching **2,575 learners** and drawing participation from **74 countries**, a remarkably broad geographic area. Completion rates have also improved dramatically, shifting from 15% to 65% of participants completing their VLC programs. This demonstrates the VLC's potential to carry FARM STEW far beyond the reach of our current field teams.

Learn more or sign up at www.farmstew.org/learn

