

First Steps: Gifts of Kindness

Delivering better health and nutrition in Christ's name to children in North Korea

Ongoing Needs



Soybeans

First Steps regularly ships soybeans to help supply our soymilk making operations due to shortages as well as to supplement the supplies grown by our North Korean partners. With food in short supply, soybeans are used to make 'bean meat', tofu, bean paste, bean sprouts and many other tasty foods to help sustain the children.

Donate \$_____ towards soybeans.



Milk Cans

Industrial grade 20-litre stainless-steel milk cans are vital for storing and transporting soymilk from our production centres to the children we serve in various schools.

Cost \$100 or donate \$_____ towards milk cans.



Micro-nutrient Sprinkles

Developed in Canada, Sprinkles are an innovation in fortifying food in the home. Low-cost and highly effective, Sprinkles are given to pregnant and nursing women, as well as babies up to 24 months. Sprinkles are successfully preventing anemia and other diseases in moms and babies. One packet of Sprinkles costs just 2¢ and First Steps ships them in bulk for distribution by primary healthcare clinics.

Cost is \$6 for a carton of 300 sachets or donate \$_____ towards Sprinkles.



A VitaGoat

The VitaGoat is powered by assorted combustible fuels (wood, coal, etc.) It also processes soybeans directly into soymilk and provides around 1,500 children with a daily drink. The advantage of the VitaGoat is that it keeps running through the frequent power outages.

Donate a VitaGoat to one of our partner sites in the DPRK.
Cost \$4,000 or donate \$_____ towards a VitaGoat.



A VitaCow

First Steps currently has 73 VitaCows and VitaGoats helping to reach more than 80,000 children with a daily cup of nutritious soy milk. VitaCows process soybeans directly into soymilk and provide children with a warm, protein-rich drink. For many children, it is the only protein they will receive each day. The VitaCow is powered by electricity and it can produce 2,000 cups of soymilk per day to feed hungry children.

Donate a Vitacow to one of our partner sites in the DPRK.
Cost \$7,000 or donate \$_____ towards a VitaCow.