

GIFTS F Everyon

2022–2023 Gift Catalogue



50+ AFFORDABLE HOLIDAY GIFTS THAT BRING CHANGE!





SEND A GIRL TO SCHOOL \$295 HELP CHILDREN IN Emergencies \$55





GIRL POWER \$100

FREE CARD WITH EVERY GIFT

\$10

plangifts.ca | 1-800-387-1418

YOUR SOURCE FOR **INSPIRING HOLIDAY GIFTS**

Gifts of Hope multiply the joy of your holiday giving. This catalogue is filled with gifts that will delight everyone on your shopping list this year. But there's more! Each gift you choose will bring positive change to children and communities around the world.

It's easy to get started now!



You choose a gift - say, a goat like me



Your friend or family member gets a **beautifully** personalized holiday card describing all the good their gift will do.



A family in need benefits from a goat project, helping transform their lives!

ORDER NOW AT Plangifts.ca or 1-800-387-1418

Scan the QR Code to shop now



BEST-SELLING AND LIFE-CHANGING GIFTS

Every Gift of Hope provides real, tangible items and services that will make a difference in children's lives around the world. Here are some of the most popular gifts that can be especially meaningful for your friends and family.



GIRL POWER \$100 Pg 24



GOATS \$80 Pg 17



CLEAN WATER FOR FAMILIES \$80 Pg 15



SCHOOL ESSENTIALS \$18 Pg 22

FOOD BASKET \$50 Pg 13

HOW GIFT-MATCHING WORKS

OUR MATCHIN Partners' Contribution







\$250 TOTAL DONATIO

GIFTS OF HOPE CHANGE LIVES

Your Gifts of Hope will delight family and friends while helping girls like Luisa pursue their full potential and a better future.

For Luisa, it started with the simple gift of a goat, which also includes the training and support she needs to make her new business a success. This Gift of Hope will help Luisa reach for her dreams.

66

I WILL USE THE SKILLS I GAIN HERE **TO RAISE MONEY AND TAKE MYSELF BACK TO SCHOOL AND COMPLETE** MY EDUCATION. 99

- Luisa, Zambia

GIFTS BY CATEGORY

Humanitarian assistance	Pg 4
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Water	Pg 14
Livestock	Pg 16
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Transformative gifts	Pg 28
Order form	Pg 30

Cecilia, Zambia

GOAT GIFTS INSPIRE CHANGE

HUMANITARIAN ASSISTANCE

Your Gifts of Hope will help women and children who are most at risk in times of crisis. Your emergency gifts will help provide food, water, shelter and cash assistance to meet the immediate needs of children. Your gifts also help ensure the rights, health and dignity of children are protected when disaster strikes.

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Help reach children who are refugees or internally displaced, at the most critical time. Besides providing basic food, water and shelter, this gift keeps children safe by reuniting them with their families and giving them hope that life will once again feel normal.

NEW GIFT MATCH

CASH ASSISTANCE IN CRISIS \$25

Help families at their most critical moments. You'll help girls and women secure financial assistance like food vouchers, cash and e-transfers during displacement and extreme hunger crises. Help families meet their most urgent needs while empowering women to lead themselves and their families through emergencies.







HELP CHILDREN IN EMERGENCIES \$55

When disaster hits, children are separated from their families, and girls are open to the risk of trafficking, violence and forced labour. Plan International responds immediately to save lives in the wake of natural disasters or other emergencies, assisting families and ensuring children are safe.

HEALTH CARE

Children, especially girls, are suffering and dying every day from health issues such as pregnancy complications, malaria and HIV/AIDS. Your health care gifts ensure the needs of girls like Eunice are not forgotten or ignored. Together we will share valuable knowledge and resources to help maintain children's health throughout their lives.

PADS FOR PERIODS \$25

Provide girls in low-income countries with pads and period education so they can stay healthy, safe, in school and have access to the same opportunities as boys. This gift also educates communities about periods, eliminating the shame and stigma that can surround one of the most natural events in girls' lives.



Dorcas, 20, at university in Togo

66

MY PARENTS HAVE TO SELL A LOT OF Corn to buy a month's worth of Sanitary towels, but if there is not Enough Money, I have to use rags.

– Eunice, Uganda





TOP PICK

HEALTH WORKER TRAINING FOR WOMEN \$47

This gift provides training for health workers of all stripes, from midwives to community health volunteers to nurses. It's helping strengthen health systems to improve health care from the doorstep to the delivery room and everywhere in between, with a focus on reaching the people most at risk, especially women, newborns and children.



EQUIP HEALTH WORKERS -------\$75

Give health care workers the tools they need to do what they do best: save lives. This gift supplies health facilities with sanitizers, personal protective equipment (PPE) and mobile clinic vehicles for hard-to-reach communities. Workers are also offered training and digital tools to help them stay informed.



PROTECT GIRLS' HEALTH RIGHTS \$60

This gift shatters stereotypes and removes barriers that keep girls from quality care, health and protection. It renovates clinics, trains medical staff, secures health supplies and forms safe spaces where adolescent girls can access sexual reproductive health information – so they can take control over decisions that affect their bodies and drive their own lives.



HYGIENE KIT FOR GIRLS \$45

For girls seeking refuge from violence or natural disasters, this hygiene kit offers much more than everyday essentials like soap, toothpaste and menstrual pads. The kit helps protect girls' health, promotes hygiene and prevents stigmatization so girls can carry on confidently.





Help stop the spread of COVID-19 and protect at-risk, remote or densely populated communities around the world with a gift packed with hand soap, hand sanitizer, wipes, temperature sensors and masks. Combined with critical information on preventative hygiene practices, these seemingly simple items have life-saving power.

MENTAL HEALTH SUPPORT FOR CHILDREN \$60

This gift connects children suffering trauma from conflict or disasters with mental health and psychosocial services. Help children access safe spaces, therapeutic outlets and professional

counselling from trained social workers. Support children who are orphaned and help reunite families separated by emergencies. Help a survivor find their lifeline.







COVID-19 FACE MASKS

Face masks are one of the most effective guards against COVID-19. Help prevent the spread of this deadly virus by providing children, teachers and community members with reusable masks and training on use, as well as equipping health workers with medical-grade masks.

STOCK A PHARMACY \$195

HEALTH CARE

10

You walk into your drugstore with a prescription for your sick child and you expect to walk out with the medication your child needs. But families in some parts of the world are walking out of pharmacies empty-handed because of a lack of supply. Your gift will help change that.





END HIV, TB AND MALARIA \$100

The goal is big, bold, audacious – and it's possible. Help end HIV, tuberculosis and malaria infections around the world by 2030. Working at all levels of government and all levels of health care, this project provides community initiatives that address awareness, prevention and treatment.



MATCH

It's deadly, it kills more than 400,000 people every year and it's entirely preventable: it's malaria. This gift is a simple solution designed to stop a killer in its tracks. Mosquito nets are treated with insecticide and last up to three years.

66 NEED OUR SUPPORT.

MOSQUITO NETS \$100 For 12 Nets \$40 For 5 Nets \$10 For 1 Net

A boy sleeping under a net in his home in Zimbabwe

I AM HAPPY TO GIVE GIFTS OF HOPE TO MY FAMILY MEMBERS EVERY Year for the Holidays. It's a Beautiful way to help children IN OTHER PARTS OF THE WORLD WHO

> - Heather Christine, Ontario, Gifts of Hope giver

FOOD AND NUTRITION

Today, our world is facing a hunger crisis like we've never seen. More people than ever before are on the brink of starvation – and millions of them are children in desperate need.

Your food gifts will provide immediate assistance to help save the life of a malnourished child. They'll also support communities to create their own sustainable supply of nutrition for generations to come.

PLANT A COMMUNITY GARDEN\$100FOR THE GARDENER

Community gardens provide food and income for families even during the toughest of seasons. The nurseries and greenhouses your gift supports are

equipped with resilient vegetables that can even thrive in poor growing conditions due to climate issues. These gardens are also hubs where community members share what they have learned.

4X

MATCH



Add **a farmload of animals** (pg 19) to a community garden to improve families' livelihoods.

Or add **clean water for families** (pg 15) to a food basket to boost children's health.

POPULAR PAIRINGS

FOOD BASKET \$50 Best Seller

Filled with staples like beans, cooking oil, fortified cereal blends and sugar, it's a basic food basket with an impact that is anything but. This gift of food for thousands of pregnant women, mothers and young children under five who are malnourished is a critical step to prevent a slide into a life-and-death situation and instead restore children to health. Basket by basket, you'll be saving lives.

URGENT: HELP FEED FAMILIES

Order now at plangifts.ca or 1-800-387-1418 13





CLEAN, LIFE-GIVING WATER

Water and safe sanitation are fundamental to good health. Without these necessities, poverty grows while children suffer and die. That's why your gift of clean, life-giving water is so vital to ensure that children, families and communities are able to flourish.

I AM CONFIDENT THAT MY FAMILY'S HEALTH AND MY OWN WILL BE **GREAT SINCE WE ARE DRINKING** SAFE WATER.

- Ojwang, 18, who received a water purification kit in Kenya



WATER AND SANITATION FOR COMMUNITIES \$1.000

It's a basic need and a basic right. It's water. And every year, more than 1.5 million children die from illnesses related to drinking unclean water. Help thousands of people have access to clean, reliable water systems and sanitation facilities and give them the training and skills needed to protect their water supply and ensure it will be there for future generations.



in labour where

#COVID1

HAND WASHING STATIONS

Hand washing is one of the most effective ways to prevent the spread of infectious diseases like COVID-19, yet 3 billion people lack sufficient access to facilities. Help establish hand washing stations and improve access to clean water, soap and hygiene information that will increase families' safety and resilience.

WATER PURIFICATION KIT \$120 FOR THE ENVIRONMENTALIST

These solar-powered water purification kits are a crystal clear solution to water contamination. Communities affected by droughts and floods, or an inability to drill wells, can get clear drinking water - fast. Training is offered at remote schools, boosting students' health and attendance and distilling a fresh source of hope.

CLEAN WATER FOR FAMILIES

When you don't have access to clean water, you'll go to any lengths to find it. The burden of finding safe drinking water usually falls on girls, who miss school to travel long, often unsafe distances every day. Community-based water solutions keep girls safe and in school, bringing water to everyone.







LIVESTOCK FOR LIFE



In Bangladesh, Swopna, 14, and her family received chickens through Gifts of Hope to boost their income during the pandemic. Now they've earned

enough money to buy goats and expand their business, which will help Swopna stay in school and pursue her dreams.

Livestock gifts are some of the most popular Gifts of Hope. They're fun to give and each one makes a lasting difference for families and children like Swopna who receive the animals.

I WILL SELL EGGS AND CHICKENS AND BUY A GOAT IN THE FUTURE. NOW I AM VERY HAPPY.

– Swopna, 14, Bangladesh



3 HENS AND A ROOSTER \$80 GREAT FOR ENTREPRENEURS

Allow us to crow for a moment about the kind of change this poultry quartet can orchestrate for a family. This gift means food with nutritious and protein-rich eggs. It also means income and the ability to provide for a family.



Rozina.

Bangladesh

GOATS \$240 FOR 3 GOATS \$80 FOR 1 GOAT

This just might be the most unique gift you'll give this year. It most certainly will be the most life-changing. Goat's milk means important protein for growing children, especially girls. The sale of offspring means income to pay for essentials – like education – that open up opportunities for girls.



HERD OF GOATS \$825

If one goat can change a life, just think what a whole herd of goats will do. You can help a family provide milk for themselves and extra to sell at the market. And with that nutrition and income, the family and children grow even stronger.



BABY CHICKS \$18

A ball of fluff, combined with powerful income-generating ability: this gift is irresistibly sweet and undeniably life-changing. Once the chicks mature, they can help feed a family with their nutritious eggs, provide an income for women, and teach girls important poultry management skills to crack open a brighter, better and bigger future.

POPULAR PAIRINGS

Add **savings groups for women** (pg 26) to baby chicks to help women's businesses take flight!



BUZZING BEES

\$35 FOR THE SWEET TOOTH

it's also helping local crops thrive.

Or add **3 hens and a rooster** (pg 16) to buzzing bees to create thriving farms.

The humble bee is responsible for pollinating approximately one third of the

food we eat. So when you give the gift of buzzing bees, it not only launches a

livelihood and income for women to help pay for housing, health care and food,



<u>3</u>X

IATCH

TOP PICK





A FARMLOAD OF ANIMALS \$195 PERFECT FOR ANIMAL LOVERS

A farmload of animals makes for a farmload of food, income and hope. This gift of farm animals divided up between families in a community will help produce food like milk to nourish children and generate income.

WE THOUGHT SENDING A GOAT TO A FAMILY WOULD BE A GREAT CHOICE. WE PLAN TO CONTINUE THIS EVERY HOLIDAY FROM NOW ON.

– Annabel, Quebec

LIVESTOCK

EDUCATION AND LEARNING

Your education Gifts of Hope help girls like Sibusisiwe in Zimbabwe enroll in school. She's grateful for the help of a scholarship and determined to let nothing stand in her way of achieving her goals and dreams.

"Today I stand confident and ready to face the future because I do not have to worry about my fees," says Sibusisiwe. "My dream job is to be a policewoman."

HELP EQUIP A SCHOOL \$500

Send thousands of children to school by helping equip and rehabilitate pre-schools, primary schools and other education facilities. The schools will have access to water, separate latrines for girls, and canteens filled with tables, chairs, pots and pans, and essential food staples for making healthy, filling meals.





Florence, 17, at her school in Rwanda

SEN S298 MATCH

SEND A GIRL TO SCHOOL \$295

Girls in many parts of the world have the desire to continue their studies, but not the means. This gift supplies that part of the equation. It provides girls in low-income countries with the support they need to carry on with their schooling. DUCATION

BEST SELLER

SCHOOL ESSENTIALS \$265 FOR AN ENTIRE CLASSROOM \$54 FOR 3 CHILDREN \$18 FOR ONE CHILD

Fill schools in low-income countries with all the essentials to give students the best possible education and the best possible start to a better life. With this gift, you'll not only be helping provide basics such as textbooks and pencils, you'll be funding essential school meal programs and teacher training.



22

EDUCAT

A boy studying at a school supported by Plan International in Kaya, Burkina Faso

TOP PICK

MATCH **BACK-TO-SCHOOL KIT**

\$45 PERFECT FOR PARENTS

A pair of shoes, a school bag, a pencil, a notebook: simple items many families can't afford, simple items that too often keep children out of school. This gift provides children with everything they need to get to the door of their classroom, ready to learn – everything from shoes, books and supplies, to bursaries that help with transportation expenses and uniforms.







SCHOOL MEALS \$10

Help nourish bodies and minds with daily meals for an entire school. This gift supplies school kitchens with nutritious ingredients, cookware and even clean water. You'll help classrooms of children enjoy hot lunches, protein-rich snacks and the benefits of good nutrition to grow healthy and fuel learning.

A BOOK \$10 FOR THE READER

A book is the most basic of objects, essentially a pile of paper and ink. But combine it with the curious mind of a child and a book ignites change of the world-shifting variety.

EMPOWERMENT

"I missed the opportunity to get a scholarship because I was stateless," says Napeu, an Indigenous girl from Nepal.

Your empowerment Gifts of Hope can help girls like Napeu and all children claim their equal rights and the education they deserve. When Napeu received a birth certificate, she could enroll in school and begin her journey toward becoming a nurse.



Girls have a unique ability to change the world and the lives of those around them. This gift is about unleashing that power in every girl. It's about offering girls nourishment, education and protection. It's about creating schools that are safe, and ensuring that girls are not forced into early and unsafe marriages. It's about engaging boys and men to help achieve gender equality, and opening up economic opportunities to women so they can lead themselves and their families out of poverty. It's about creating a world where every girl has the chance to harness her unique power to shape her own future and change the world.





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BIRTH CERTIFICATE \$27 OPENS DOORS OF OPPORTUNITY

A birth certificate enables an individual to access fundamental human rights because it bestows an identity and the ability to vote and have a say in shaping the world. Particularly for girls, it offers special protection against the perils of child marriage, child trafficking and forced or exploitative labour.



Gonzalo, leader of the Association of LGBTI+ Rights in El Salvador





LGBTQ+ SAFE SPACES \$50

Help create safe spaces where LGBTQ+ individuals, especially youth, can learn about their rights, access resources like legal and psychosocial counselling and receive referrals to accessible health services. You'll also support advocacy efforts, encouraging institutions and communities to become inclusive, progressive and equitable.

SPORT SUPPLIES \$24 FOR SPORTS FANS

This gift provides the safety, spaces and supplies children need for a chance to enjoy their childhoods and talents in full swing. You'll help organize inclusive sports clubs where girls can equally participate and where teamwork can unite youth in challenging circumstances, like refugee camps. This gift knocks it out of the park!

YOUTH LEADERS IN CANADA \$55

This gift unites and enables youth to ignite their passion, hone their skills, build networks and amplify their voices through inclusive workshops, mentorship, conferences and clubs. Support youth of all backgrounds, throughout Canada, to embrace their potential and power to become the next generation of global leaders.

LIVELIHOOD

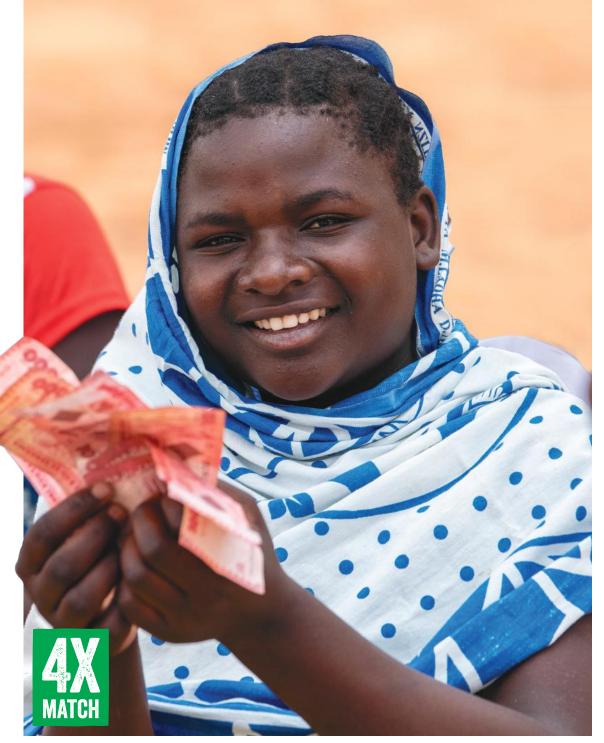
Your livelihood gifts will help provide women and youth like Castrol with the tools, skills and resources they need to gain financial freedom, harness their power and participate fully in life and their community.

IN A YEAR, I WANT TO USE THE **SKILLS I WILL LEARN FROM THE GIFTS OF HOPE PROJECT TO GENERATE ENOUGH MONEY FOR MYSELF AND** START BUILDING MY OWN HOUSE.

- Castrol, a youth Gifts of Hope project participant in Zambia

SAVINGS GROUPS FOR WOMEN \$250

Give the gift of financial empowerment to women who don't have access to banks or financing options. This gift helps women experiencing poverty to come together to save money and invest in their children and community. It also offers money management training that improves their household income and boosts their independence.







THE MOM SHOP \$75 PERFECT FOR MOMS

What will you see when you enter the mom shop? You'll see entrepreneurial women carving out their own path and designing their own future. You'll see mothers who are able to look after their families and keep their children nourished, healthy and in school.





THE DAD CLUB \$29

Although gender roles often place women at the centre of child care, families are stronger and children are happier when dads are equally involved. This gift makes that happen.



LITERACY TRAINING FOR 2 WOMEN \$125

What if your life depended on this phrase: Khajc jklc aslkjp akhcbp. Can't make sense of it? That's what life is like for the millions of illiterate women in the world. But this gift of literacy, including financial literacy, is helping the world make sense for thousands of women in low-income countries.

TRANSFORMATIVE GIFTS

Are you ready to help make change happen in a big way? Then transformative gifts are for you! Each of these special Gifts of Hope will help create safer environments for girls and women to grow and thrive.

Gifts of \$10,000+ unlock exclusive access to engage with projects in action!

For more information, email: leadership-giving@plancanada.ca



LEADERSHIP TRAINING FOR GIRLS \$3,200

Give the gift of leadership training, mentorship and opportunities for

girls who live in diverse settings within low-income communities around the world. This gift supports programs that help girls build their confidence, self-esteem and life skills so that they can make their own life choices, thrive and lead the way for the next generation. A girl leading a peer training session in Cusco, Peru

PLAN INTERNATION

CON IGUALDAD

JUCIALES PARA

LAVIDA

FIGHT THE WORLD HUNGER CRISIS

HELP END GLOBAL HUNGER\$2,500URGENT NEED

No child should go hungry – and this gift can help make sure of it. With both food distributions and agricultural supports, this gift helps ensure at-risk girls and families in some of the scarcest, most climate-challenged parts of the planet have not only nourishing meals for a day, but their own sustainable sources for a full, healthy lifetime.









DIGITAL SAFE SPACES FOR GIRLS \$5,500

Help girls bridge the digital divide! This gift promotes equal access to information technology and creates safe online spaces where girls can learn about their rights and share their opinions without fear of discrimination or harassment. Help ensure girls can build thriving borderless communities.

FIGHT HEALTH STIGMA \$7,500

This gift helps tackle stigma that prevent millions of marginalized individuals from accessing life-saving health care. It helps empower women, girls and members of the LGBTQ+ community to assert their rights by helping them secure medical, legal and psychological support services. It helps ensure that everyone can survive and thrive as their authentic selves.

HUMANITARIAN AID \$10,000 HELP SAVE LIVES

Help refugees access urgent life-saving resources and long-term support to assist in their recovery. This gift addresses their immediate needs like food, hygiene kits and psychological first aid. It also supports programs like mental health services, savings and loan groups and agriculture training and tools to assist with their long-term recovery.

NEEDED NOW

GIVE TO WHERE THE NEED IS GREATEST \$100

Help improve the lives of children everywhere. Supporting initiatives like maternal and newborn health programs, and education and livelihood projects, this extra-special gift helps provide access to essentials and mobilize personnel to where the need is greatest.

START Shopping today:

Choose your gifts!

Order online at **plangifts.ca**

- Call **1-800-387-1418**
- Or fill out and mail the **attached form**

Get a **free**, premium-quality n 5 print or e-card to delight your gift recipients!



EVEN MORE GIFTS

Make a meaningful difference for girls, families and communities.

SHOP ONLINE NOW!

Scan the QR code to start shopping and help change lives!

4

Tangible, life-changing gifts!

Every Gift of Hope is a real item or service that goes directly to children and families to make a real difference in their lives.

CHOOSE YOUR GIFTS OF HOPE						
Gift of Hope	Pg	Code	Greeting card? 🗹	Price	Qty Total	AN EASY WAY IU HELP EVEN MUKE!
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Cash assistance in crisis	ı 2	CAC		\$25	60 4	nere tne need is gr
Help children in emergencies Pads for periods	2	PFP		\$55 \$25	9 9	
Health worker training		MHL		273	+ U	GRAND TOTAL (Gifts of Hope + added donation) \$
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Hygiene kit for girls	0 00	GDK		\$45	÷ ↔	DONOR CONTACT/PAYMENT INFORMATION
	6	MSC		\$60	\$	If already a donor, please provide donor ID
COVID-19 kits	0	CVK		\$50	÷	First name
COVID-19 face masks	0	CFM		\$12	- 6	
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End HIV, TB and malaria	10	EHB		\$100	÷	Address
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Herd of goats	17	GOS		\$825		[
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Buzzing bees	18	BZB		\$35	÷	to Plan International Canada Inc.
A farmload of animals	10	AMF		\$195	÷	Credit card information:
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Provide a second s	25	SEQ		\$24	ب ج	and by December 31 to receive a 2022 eligible tax receipt.
Youth leaders in Canada	25	GEC		\$55	+ 6 9	
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Literacy training for 2 women	27	LIT		\$125	÷	CBA Charity Benistration Number: 11892 8993 BB0001 Donations creater than \$25
Leadership training for girls	58	LTG		\$3,200	÷	are fax deductible and receipts will be issued for income tax purposes. In the event
Help end global hunger	53	ΗЩ		\$2,500	୫ ୧୦	 that money raised exceeds project requirements or cannot be programmed as planned due to unforeseen reasons, funds will be used to support similar activities for children
Digital safe spaces for girls	50	DSG		\$5,500	ଚ ୧୨	and communities in need and match ratios may change. Prices subject to change without notice.
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Total Gifts of Hope					θ	NOTICE US I FAIL INTERNATION CONTACLE.
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SELECT YOUR AFFORDABLE GIFTS OF HOPE TODAY





GIFTS STARTING AT \$10: School meals PG 23



ALL-TIME FAVOURITES: CLEAN WATER FOR FAMILIES PG 15

A card for your loved ones with every gift!





245 Eglinton Ave East, Suite 300 Toronto, ON M4P 0B3



Give a gift today! Scan the code plangifts.ca 1-800-387-1418