

CELEBRATING 10 YEARS! 2015 - 2025

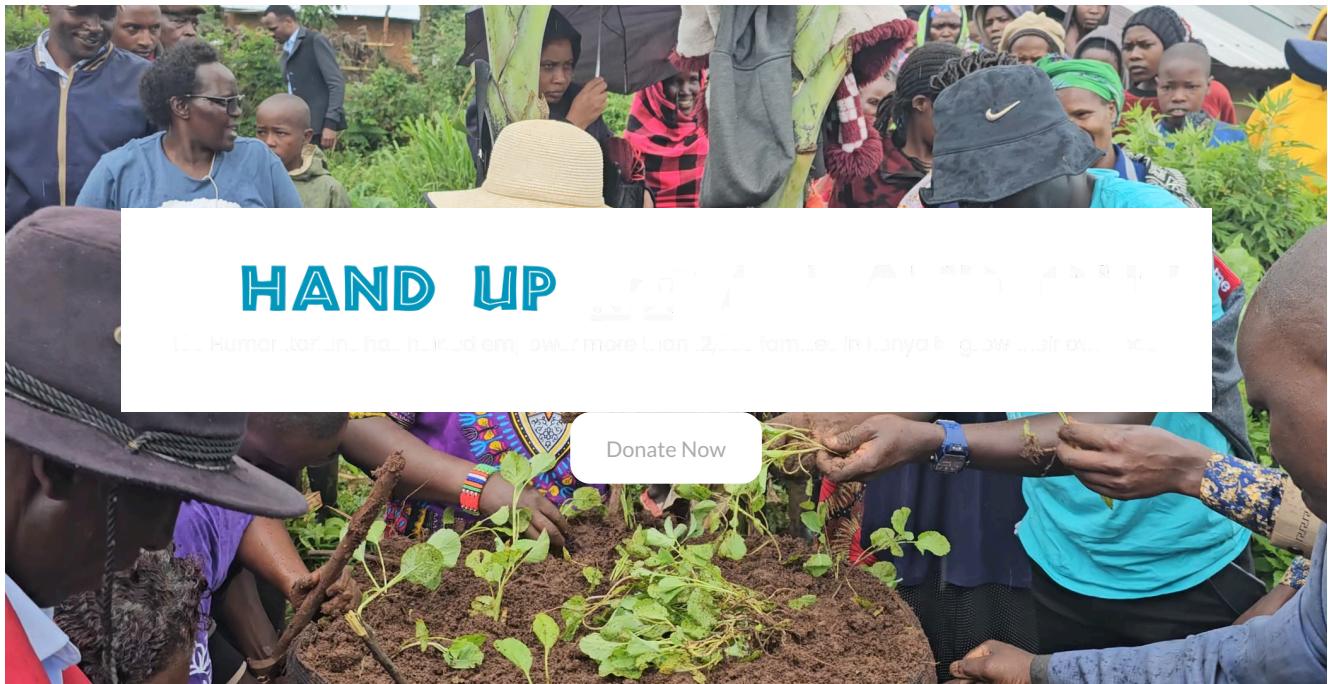
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The Challenges Families in Kenya are Facing Every Day



Nourishing Families, Growing Futures:

In communities facing extreme poverty, putting food on the table is a daily challenge. Without access to nutritious meals, children face malnutrition and slowed growth. Together, we can change that. By supporting sustainable farming and family gardens, we help parents grow healthy food right at home—empowering them to nourish their children and create a future full of promise.



Clean Water, Healthy Lives:

When clean water is out of reach, families are left to depend on unsafe sources, often leading to preventable illness. Children miss school, parents struggle to care for their homes, and dreams are put on hold. But together, we can offer the gift of health. Through clean water projects and education, we help families turn on a tap to safety, dignity, and brighter days ahead.



Opening Doors Through Education:

For many families, the cost of school fees stands between their children and a brighter future. Without access to education, young dreams are quietly set aside, and the cycle of poverty continues. Together, we can change the story. By helping cover school fees, we empower children to step into classrooms with confidence—and into lives filled with possibility.



Dignity for Girls, Every Day of the Month:

Without access to menstrual hygiene products and safe spaces, too many girls are forced to miss school—or leave entirely—putting their futures at risk. What should be a natural part of growing up becomes a barrier to education and opportunity. Together, we can change this. By providing essential supplies and education, we help girls stay in school, stay empowered, and boldly shape their own paths forward.

21000+
Sustainable Food Projects

12000+
Families Empowered

40
Expeditions to Kenya

We Help *End Poverty in Kenya*
in 4 Ways:



Sustainable Food Garden Towers | Chicken Businesses | Goats

100 Humanitarians International is breaking the cycle of poverty in Kenya through sustainable food programs that empower families to achieve self-reliance.

Empowering Families – Training and resources help families grow food and generate income.

Sustainable Solutions – **Garden Towers** and **Chicken Businesses** improve nutrition and economic stability.

Long-Term Impact – Over 20,000 Garden Towers built, transforming lives and communities.



Clean Water Storage Tanks | Rainwater Capture | Spring Protection

100 Humanitarians International is alleviating poverty by improving access to clean water in rural Kenyan communities.

Safe Water Access – **Rainwater capture**, **spring protection**, and boreholes provide clean, reliable water.

Empowering Communities – Reducing the burden on women and girls, allowing for education and economic growth.

Long-Term Impact – Improved health, increased productivity, and stronger, self-sufficient communities.



Education School Fees | Skills Development | Literacy Programs

100 Humanitarians International is breaking the cycle of poverty by investing in education programs that empower children and families in rural Kenya.

Expanding Access – **School fees**, supplies, and **training** ensure children can pursue education.

Empowering Families – Literacy, **sewing**, and computer skills help adults build sustainable incomes.

Building Stronger Communities – Education fosters self-reliance, opportunity, and long-term success.



Health HopeKits | HopeSaCs | Dental Clinic

100 Humanitarians International is addressing poverty by improving access to health resources and education in rural Kenyan communities.

Improving Health – Dental clinics, menstrual health programs, and clean water access enhance well-being.

Empowering Women & Girls – The HopeKit hygiene program reduces school absences and restores dignity.

Creating Self-Reliance – Better health enables families to invest in education and economic growth.

[Donate Now](#)



Partner Testimonial

This has been the most significant partnership we have ever made, and I am truly grateful for the 100 Humanitarians team, and how they have been so diligent and responsible for solving food security crisis in Kenya.

Brian Paul, President of [The USANA Foundation](#)

Become a [Monthly Giver](#)

Join the collective of monthly givers and get access to exclusive content



HopeKit
\$15

Garden Tower
\$25

School Fees
\$50

Water Tank
\$100

By becoming a monthly donor, you directly support life-changing projects that provide sustainable food, clean water, education, and health resources to families in Kenya. Your monthly gift empowers communities to break free from poverty, fostering self-reliance and brighter futures.

Together, we create lasting impact—one family at a time.

[Become a Monthly Donor](#)

About 100 Humanitarians International

Heidi Totten had no idea what she was getting herself into when she succumbed to peer pressure and got on a plane to go to Kenya, Africa in March 2015. A series of small and life-altering experiences changed the trajectory of the rest of her life.

Read her book [My Maasai Name is Nemparnat](#) to experience her first 3 years and 10 expeditions in Kenya.



Get Updated with 100 Humanitarians

Each week we send project updates to your inbox, so that you know exactly where your donations go.

We also keep you updated on volunteer opportunities and expeditions to Kenya.



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First Name

Last Name

Last Name

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Phone

I agree to [terms & conditions](#) provided by 100 Humanitarians International.

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Platinum
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Candid.



100 Humanitarians International is a 501(c)(3) nonprofit recognized by the IRS, and all donations to 100 Humanitarians International are tax-deductible in accordance with IRS regulations.

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Social Media



Cryptocurrency donations are accepted using [Every.org](#), a 501(c)(3) nonprofit who processes and sells the cryptocurrency, sends the tax receipt, and disburses the full realized gain to 100 Humanitarians International.

[More information here.](#)