

2021-2022 Gift Catalogue

HOLIDAY GIFTS GHA

THAT BRING REAL GLOBAL

With matched & high-need COVID-19 gifts!

COVID-19 KITS

\$50 PAGE 6



GOAT **\$80** PAGE 25



GIRL POWER \$100 PAGE 5



800 387-1418 plangifts.ca

EVERY GIFT IS A CHANCE TO CREATE CHANGE

The holidays hold renewed promise, but as we look ahead, many still face daily dangers due to COVID-19 and vast inequality.

We can't move forward, until we all can - but we all have the power to help.

With Gifts of Hope, even holiday gifting brings a chance to take part in a global movement for good. Inside, you'll find authentic, ethical gifts that truly do reach families in developing countries – sharing vital goods and services that help ensure no child is left at risk or permanently setback from this pandemic.

Now is the moment to act. and Gifts of Hope are a powerful chance to overcome, together.

CHOOSE MEANINGFUL GIFTS THAT DO MORE WITH GIFTS OF HOPE.

OUR COMMITMENT TO YOU

With Plan International Canada, your donation goes directly to the gift you choose, helping others around the world, just as described. We strongly believe in transparency, so you can trust that every Gift of Hope is a real gift given to those most in need, for real, positive impact.



say, a goat.





A family in a developing country goat project, helping transform their life!

"This holiday, I want to be even more globally conscious of what I give and receive, and really make a difference. Gifts of Hope make it easy. Every gift is a powerful chance to help share opportunities and right inequalities, so we can all contribute to creating the world we want to see, right now.

Maitreyi Ramakrishnan, Plan International Canada Global Ambassador & Star of Netflix's hit show Never Have I Ever

See Maitreyi's favourite gift on page 9

PLUS: 84% OF GIFTS ARE MATCHED TO STRETCH YOUR IMPACT!

MATCH

Gifts with this marking are multiplied by generous partners to do even more good.



This symbol marks gifts needed now to protect children from global crises.



When you see a QR code. hover your smartphone camera above it to be securely directed online.

GIFTS BY CATEGORY

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3 MOST-NEEDED WATCHED GIFTS

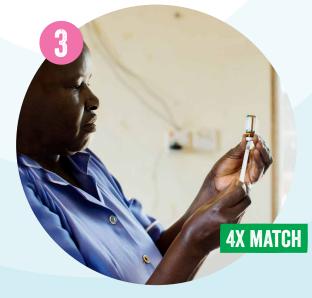
These 3 gifts have the power to help stop the spread of COVID-19 in still heavily affected communities, helping save lives and end the global pandemic. Plus, they're all matched – multiplying your impact many times over and making your gift that much more meaningful.



COVID-19 FACE MASKS \$12 Page 7



COVID-19 KITS \$50 Page 6



COVID-19 VACCINE ROLL-OUT \$50 Page 7













The global COVID-19 pandemic has unraveled decades of progress, while pushing girls who are already vulnerable further into danger, and away from their rights. Beyond the serious health risks, instances of genderbased violence and child marriages have surged with girls pulled from school. If we don't act now, girls may be permanently left behind.

GIRL POWER \$100 8X MATCH

This gift is about helping every girl unleash her power. It's about offering girls nourishment, education and protection and creating safe spaces where they can secure a quality education, helping protect them from early, forced marriage. It's about engaging boys and men to help achieve gender equality and opening economic opportunities to women so they can overcome poverty and lead. It's about creating a world where every girl has the chance to harness her unique power to shape her own life and the future.



HEALTH & SAFETY

Good health is critical for a happy, long life. But this year it's been even more threatened by the COVID-19 pandemic – particularly for families living in poverty, who still face extreme challenges and dangers. For decades, we've been helping bring lifesaving care to hard-to-reach communities: today, it's even more vital. Help ensure every person has what they need to stay safe, protect their families and take their health into their own hands.

COVID-19 KITS \$50 4X MATCH

Help stop the spread of COVID-19 and protect vulnerable, 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 lifesaving power.





COVID-19 FACE MASKS \$12 4X MATCH

Face masks are one of the most effective guards against COVID-19. This gift provides children, teachers and community members with reusable masks and training on use, as well as equipping health workers with medical-grade masks Shielded by these layers of protection, communities can prevent the spread of this deadly virus and begin to recover their lives and futures.



COVID-19 VACCINE ROLL-OUT \$50 4X MATCH

Support the world's most urgent cause: help get COVID-19 vaccinations into remote and poorly resourced communities, and to those who need them most, and risk being forgotten. This gift will fuel the transport of vaccines and train health workers to promote smooth distribution, including addressing common myths and misconceptions. It will also help ensure vulnerable groups can attend clinics and secure doses – protecting lives that would otherwise be in danger.



PROTECT GIRLS' HEALTH RIGHTS \$60 8X MATCH

This gift shatters stereotypes and removes barriers that keep girls from quality care, health and protection. It helps young women secure income to purchase health supplies, educates communities on girls' rights and even renovates clinics. It also trains medical staff and forms safe spaces where adolescent girls can access sexual reproductive health information – supporting them to take control over decisions that affect their bodies and drive their own lives.



EQUIP HEALTH WORKERS \$75 6X MATCH

This gift helps protect health care workers as they work to treat and protect their communities against COVID-19. It supplies them and their health facilities with sanitizers, Personal Protective Equipment (PPE), transport or mobile clinic vehicles for hard-to-reach communities, training and even digital tools to stay informed on key updates, so workers can continue to help provide essential services.



MENTAL HEALTH SUPPORT FOR CHILDREN 60 6X MATCH

This gift connects children suffering trauma from war, conflict or disasters with a range of mental health and psychosocial services. It creates safe spaces for children to access therapeutic outlets like arts, sports and social connection to support emotional healing, as well as professional care and counselling from trained social workers. It even works to reunite children and parents or guardians separated by emergencies and helps orphaned children secure safe foster families. Give this gift to help a survivor find their lifeline.

"This truly is my favourite gift, as it unlocks access to human rights such as the power to vote and create change – plus it provides protection from child marriage or trafficking, and so much more."

Check out the rest of Maitreyi's top gift picks



– Maitreyi Ramakrishnan, Actor



\$100 8X MATCH

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 is engaging communities with awareness, prevention and treatment. This is grand-scale work on the small-scale level with entire communities coming together to prevent new infections, save lives and stop these illnesses cold.



BIRTH CERTIFICATE \$27 4X MATCH

A birth certificate is an open door, a bridge and a shield, but many go without being registered. It provides access to essential human rights, and bestows an identity, the ability to vote and 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.



PADS FOR PERIODS \$25 5X MATCH

Provide pads and period education to girls in developing countries, so they can stay healthy, safe, in school and able to harness equal opportunities as boys. This gift also educates entire communities about periods, eliminating the unjust shame and stigma that can surround one of the most natural events in a girl's life.



\$35 4X MATCH

Given to expectant parents, these kits will make all the difference. From hygiene items to a warm wrap for swaddling little ones, the kits are packed with essentials to safely deliver babies and empower new moms and dads. This special gift will also improve access to health clinics and services for mothers and children – reducing worries alongside risks.



HYGIENE KIT FOR GIRLS \$45 5X MATCH

For girls seeking refuge after fleeing violence or natural disasters, this gift holds much more than everyday basics. Filled to the brim with essentials like soap, a toothbrush and toothpaste, as well as sanitary products like menstrual pads, this kit protects girls' health, promotes hygiene and prevents stigmatization so girls can carry on with confidence.



STOCK A PHARMACY \$195 4X MATCH

Families in some parts of the world are walking out of pharmacies empty-handed because of a lack of supply. And because of that, children are dying from illnesses easily cured with basic medicine. This gift will help stop that from happening, improving the supply of medicine in developing countries.



from all deadly health threats. Gifts of Hope help children avoid added risks to stay safe, through it all.⁹⁹

Tanjina Mirza, MBBS, MMedSc, PhD, Chief Program Officer, Plan International Canada



8X MATCH

This gift provides insecticidetreated nets to families and

training in how to use them, helping protect children in countries where malaria-infected mosquitos threaten lives year round. With a focus on malaria prevention, this gift will help stop a killer in its tracks and save lives.





THE DAD CLUB **\$29** 5X MATCH

This gift is about strengthening the links between supportive fatherhood, equal gender relationships and healthy families. It includes facilitating community fathers' groups, where men can meet to learn and talk about such topics as maternal, newborn and child health; sexual and reproductive health, including family planning; and men's roles in these areas. It helps ensure health clinics are welcoming to both men and women and even engages community leaders in breaking stereotypes to champion change.



BABY BLANKET \$17 4X MATCH

Sometimes newborn babies need the simplest things - like a clean, warm place to curl up. This gift provides soft, cozy blankets to keep babies safe and snug. Wrap up newborns in warmth and safety.



MEDICINE FOR MOMS AND BABIES \$22 5X MATCH

Around the world, far too many moms and babies die of preventable causes. This gift will save lives by providing malaria medications, antibiotics and other important medicines, as well as supplies such as stethoscopes, blood pressure cuffs and delivery tables. Give moms and their babies the gift of health and hope for a thriving life together.

"I was fortunate to have been born into never having to struggle to acquire the simple necessities of life. I can only imagine how hard it is. It is great to see families gaining a means for themselves; I give to do my small part to help."

Gary Cooper, Ontario



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 women, newborns and children in the most vulnerable situations. Help families get healthy and stay healthy, while communities everywhere build healthier tomorrows





WATER PURIFICATION KIT \$120 4X MATCH

For communities impacted by droughts and floods and unable to drill wells, water contamination is a big problem that needs to be dealt with - fast. This innovative gift does just that by producing 10 litres of clean drinking water within 4-6 hours. Just fill the portable, solar-powered kit with untreated water and expose it to natural UV light to filter out dirt and destroy potentially-deadly bacteria. Paired with training at remote schools, this gift will boost attendance, alongside students' health, distilling out a fresh source of hope.

"We enjoy drinking water treated from the kit. We save time and money no longer using firewood to boil dirty water."

Florence. 13. received one of more than 2.000 water purification kits, boosting her family's income while preventing deadly illness.



HAND WASHING STATIONS \$80 4X MATCH

Hand washing is one of the most effective ways of preventing the spread of infectious diseases like COVID-19, yet billions of people lack sufficient access to facilities. Help establish hand washing stations across public spaces like schools and clinics, and improve community access to clean water, soap and hygiene information to increase families' safety and resilience. With this gift, protecting lives is in your hands.



CLEAN WATER FOR FAMILIES \$80 4X MATCH

Many global families go without safe drinking water, and the burden of finding it usually falls on girls, who must travel long distances every day - missing school and leaving them vulnerable to risks. Community-based water solutions, complemented by training on proper sanitation and hygiene, keep girls safe and in school, bringing water - and peace of mind – to everyone.



WATER AND SANITATION FOR COMMUNITIES \$1,000 5X MATCH

It's a basic need and a basic right, but every year, far too many children die from illnesses related to drinking unclean water. Help bring clean water and reduce entirely preventable deaths in dozens of developing communities. 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.



COVID-19 HAS PUSHED PROGRESS, EQUALITY AND CHILDREN'S RIGHTS BACKWARDS.

But Gifts of Hope are helping forge a comeback. See how children are overcoming setbacks to rewrite their futures with support from donors who have purchased Gifts of Hope.

FOOD BASKET

"Plan International gave my family a voucher. With it we could get groceries like sugar, eggs, noodles and many other things." - Genesis, 12, and her younger brother, who received assistance during lockdown in Peru



WATCH THE STORY ONLINE ▶

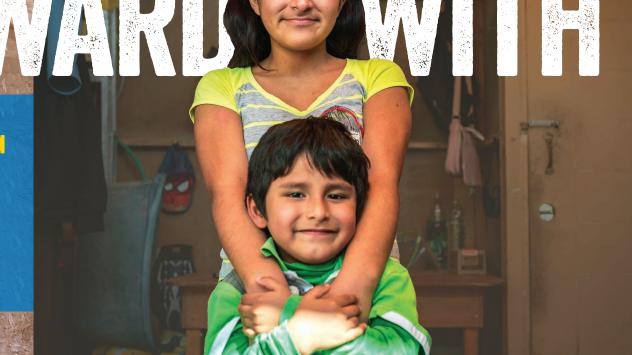
CLEAN WATER FOR FAMILIES 4X T.

"I'm very happy Plan International has helped my family build our new latrine. All the children of my village and I are in good health."

- Beatrice from Benin, who now has access to vital hygiene resources

WATCH THE STORY ONLINE ►









WATCH THEIR VIDEOS ▶

Scan this code with your smartphone camera to watch the whole story unfold online at plangifts.ca/forward-impact

Every day, hunger takes lives across communities affected by poverty, lack of resources, conflict and climate crises. Most often, it is children's lives that are quietly claimed. The global pandemic has only heightened malnutrition, with food becoming even scarcer and income and livelihoods being paused through lockdowns. Help improve global food security, sharing nourishment with those most in need.



ENDLESS HARVEST \$42 4X MATCH

This is the gift of food security, right from families' own yards. Seeds, agricultural tools and training in garden management all help grow crops and sell surplus to generate an income. It also includes providing food to families while they are establishing their gardens. For those most at risk of malnutrition, including young children and pregnant women, this gift is a chance to grow healthy.



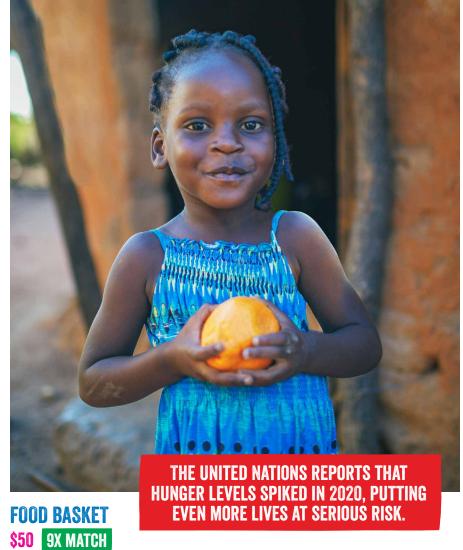
PLANT A COMMUNITY GARDEN \$100 4X MATCH

Increase communities' food availability and families incomes – even during the toughest of seasons – by establishing and equipping resilient vegetable nurseries and greenhouses in regions with poor growing conditions affected by climate issues. Plus, these gardens double as hubs for community trainings to learn and sow a thriving future, together.



HELP END GLOBAL HUNGER \$2,500 9X MATCH

This gift will help nourish entire populations in some of the scarcest, most climate-challenged parts of the planet, like those affected by drought. It will provide at-risk girls, women and their families with immediate food distributions, along with opportunities to harvest their own sustainable resources, including agricultural training and supplies, like resilient seeds improving access to food for a lifetime.

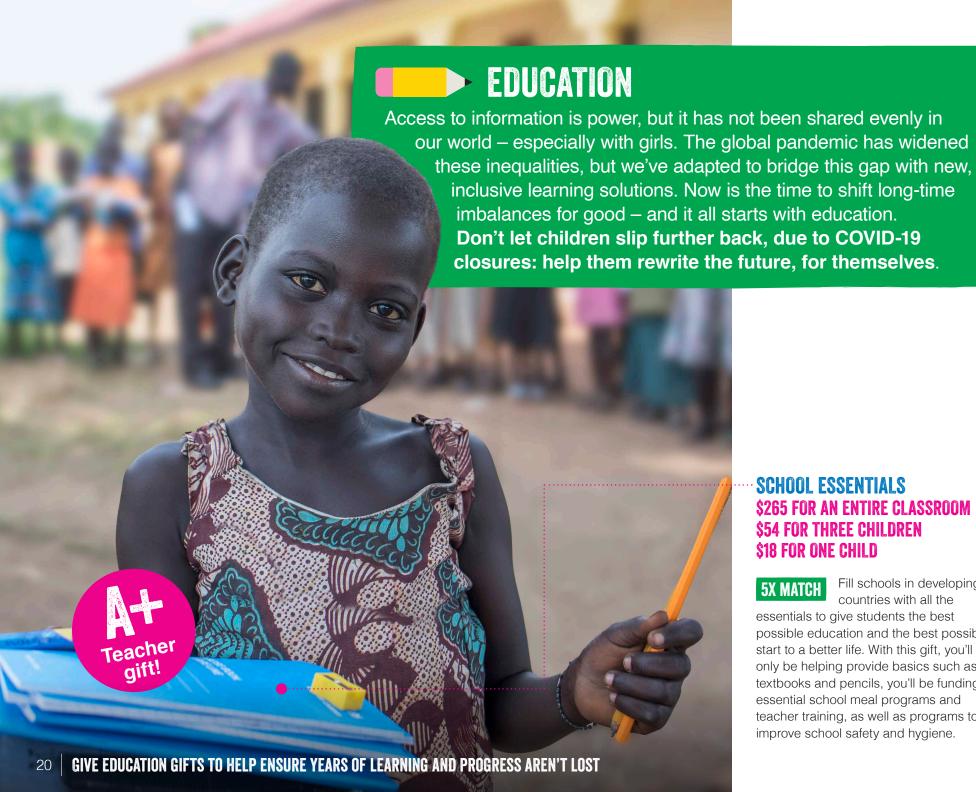


Filled with staples like beans, cooking oil, fortified cereal blends and sugar, it's a basic food basket with an impact that is anything but. This gift of food for thousands of pregnant women, mothers and young children under five who are malnourished is a critical step to prevent a slide into a life-and-death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



SCHOOL MEALS \$10 5X MATCH

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 even take-away portions for home – and the benefits of good nutrition to grow healthy and fuel learning.





A BOOK \$10 5X MATCH

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. Give a teacher a book and the combo opens a world of hope and possibility for students. It really is as simple as this – buy a book, put it in the hands of a teacher or child. change lives.



HELP EQUIP A SCHOOL **\$500** 5X MATCH

Send thousands of children to school by helping equip and rehabilitate pre-schools, primary schools and other education facilities. The schools will have playgrounds, blackboards, desks and trees, as well as access to water. separate latrines for girls, and canteens filled with essential food staples.

OUT-OF-SCHOOL LEARNING \$65 4X MATCH

It's every child's right to learn, but school closures - like those caused by COVID-19 can permanently impact billions of children's education. Support distance learning activities from delivering workbooks to providing families with solar-powered radios and broadcasting lessons across entire regions. Help teachers and governments adapt to crisis, so no child gets left behind.



BACK-TO-**SCHOOL KIT** \$45 5X MATCH

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 helps provide 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.



5X MATCH Fill schools in developing 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, as well as programs to improve school safety and hygiene.





SEND A GIRL TO SCHOOL \$295 5X MATCH

Girls in many parts of the world have the desire to continue their studies, but not the means. This gift helps supply that part of the equation. It provides girls in developing countries with the support they need to carry on with their schooling, opening choices beyond early marriage and motherhood, and giving them the chance to achieve whatever they set their minds to.



LEADERSHIP TRAINING FOR GIRLS

\$3,200 4X MATCH

Give the gift of leadership training, mentorship and opportunities for girls who live in diverse contexts within developing communities around the world. You'll help form youth-led rights groups; open platforms for safe and effective advocacy; support officially-recognized student parliaments and back local women's organizations. You'll also help establish a network of community members, including male allies, and local leaders that can champion and protect girls' rights with girls in the driver's seat, taking their own chosen paths.

YOUR HOLIDAY GIFT GUIDE

SHOP ONLINE AT PLANGIFTS.CA

Forget the must-haves, these are this year's must-give gifts!

And we've got the perfect picks, uniquely curated for everyone on your list...



SCHOOL **ESSENTIALS**

Recognize their extra effort by passing on learning opportunities that can overcome any distance.





EQUIP HEALTH WORKERS

Thank caregivers. showing you also care, by helping protect others as well.





Creators and crafters

wool love the practical possibilities this far-from-cheesy gift brings.

SHEEP





WATER PURIFICATION KIT

What could be more innovative than a gift that supports both sustainability and saving lives?



FOOD BASKET

Swap the typical bottle or baked good for a gift that shares nourishment where needed most.



BIRTH **CERTIFICATE**

A gift that works to help every person access their equal rights? Now that's powerful.







A FAMILY RECEIVES THIS **MULTI-FACETED GIFT**

With each livestock gift, families also receive support like training in management, care supplies and access to veterinary services – forging new skills for a safe, successful and sustainable farming project.

IT HELPS BOOST THEIR HEALTH

Protein-rich foods can be costly and scarce, but milk and eggs from livestock provide an ongoing source of this nutrient - especially essential to children's growth. Fertilizer from manure even helps families improve crop productions!

OPPORTUNITIES SOAR

Families sell products like cheese or wool to pay for things like medicine or school fees. Market and environmental assessments also help ensure livestock gifts can provide families with a solid source of income and stable self-sufficiency.

THEIR INCOME AND

Ewe won't feel anything close to sheep-ish when you give this gift. A sheep provides milk, cheese and wool for growing families, all of which also to pay for such things as health care and

SHEEP

provides an income for mothers and young women education. Shear joy!

"My gift of a sheep was special to me as it was inspired by seeing a little girl standing with her sheep, while I was hiking in Peru. All Gifts of Hope are essential necessities of life to the world's most vulnerable.59

- Jane Robinson, British Columbia

GOAT \$825 FOR A HERD \$240 FOR 3 GOATS \$80 FOR 1 GOAT

Goat's milk means important protein for growing children, especially girls. The sale of offspring means an income to pay for essentials - like an education - that open up opportunities for girls. Hoofs down, we're m-a-a-a-d about this gift!





See how a goat gift helped get Monica to school n Zambia at plancanada.ca/goatimpact





BABY CHICKS

Both fluffy and powerful, baby chicks can grow to do big things. 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. Proof that great things really can come in small (and fluffy) packages!



3 HENS AND A ROOSTER

This gift means food with nutritious and protein-rich eggs. It means income and the ability to provide for a family: nutritious meals, health care, education, shelter and clothing. This poultry quartet means a whole symphony of choices, a wide-open door to the future and lives transformed.



A FARMLOAD OF ANIMALS

This gift of farm animals divided up between families in a community will help feed children with things like eggs and milk and generate income from sales of excess like wool to pay for housing, health care and education. Animals like chickens, sheep and goats help teach livestock management skills, growing generations of children who have the chance to provide for themselves, building stronger opportunities, families and communities.



THE MOM SHOP **\$75 5X MATCH**

When you enter the mom shop you'll see entrepreneurial women carving their own path and designing their future. You'll see mothers who have the means to keep their children nourished, healthy and in school. This gift includes literacy and vocational training courses and will help women work together to create small businesses like making honey, peanut butter, clothing or soap – initiatives that help nourish families and provide an income.



SAVINGS GROUPS FOR WOMEN \$250 4X MATCH

Give the gift of savings and loans to women in poverty who don't have access to banks or financing options. This gift provides financial programs for women's groups to save money together and invest in one another, their children and their community. It will also provide money management training, helping women improve household income, guide their small businesses and boost their independence.

TRANSFORMATIVE **INVESTMENTS**

Gifts of \$10,000+ unlock exclusive access to engage with projects in action! For more information about these special gifts and opportunities please email leadership-giving@plancanada.ca.



SOLAR-POWERED HUB \$5.500 4X MATCH

This ingenious gift establishes solar-powered kiosks for isolated communities to access electricity to jump-start businesses, and critical informationsharing technology. Picture a stall covered in solar panels and outfitted with charging stations, outlets, internet access and laptops – emitting enough energy to operate even a mobile mass food processing machine, making huge, local opportunities suddenly available. Women's groups will manage the kiosks, which will in-turn support other women-led businesses. These brilliant kiosks will bring a new meaning to connectedness as they become hubs for community meetings and business trainings.



INCLUSIVE SCHOOLS \$10,000 5X MATCH

Children with disabilities represent one of the largest groups of out-of-school children. This gift mobilizes every level of education – from governments to teachers – to better identify, respond to, and support children of every ability. It works extensively to train teachers and community members to support and respect children with diverse requirements, equally protecting their rights. You will also help provide learning materials designed to fit unique needs and help adapt and establish curriculums to accommodate varied abilities, as well as construct infrastructure like ramps to make schools more accessible.



FIGHT HEALTH STIGMA \$7,500 8X MATCH

Millions of women, girls and members of the LGBTQ+ community are discouraged from accessing health care, or even denied treatment, because of stigma regarding their gender, sexual orientation or health status. This gift will help dispel misinformation and change mindsets. Sensitization trainings will engage health workers and community leaders in promoting inclusivity. workshops will help empower marginalized individuals and community centres will provide them with medical, legal and psychological services. Help break down barriers and connect a multitude of people with prevention activities, like testing, and lifesaving treatment



EMERGENCY Our world sits at a critical moment in history. There are more refugees, fleeing violence, than ever before. Meanwhile, as some countries begin to overcome the impacts of the COVID-19 pandemic, entire populations continue to fall back. Soon, the damage may be permanent, and the gap may be impossible to close. We can't move forward until we all can, and we must act now to ensure no one gets left behind.



HELP CHILDREN IN EMERGENCIES \$55 9X MATCH

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, providing families with shelter, food, clean water, household essentials and medical supplies, as well as ensuring children are safe.



HELP REFUGEE CHILDREN \$75 5X MATCH

Help reach refugee and displaced children at the most critical time. Besides providing basic food, water and shelter, this gift keeps children safe, reuniting them with their families and giving them hope that life will once again feel normal. It protects girls at risk of exploitation and abuse, sets up safe spaces for children to learn and play, opens opportunities for continued education and also provides health care, medicine and training for health workers. Help get children out of the headlines, and into a world where they feel safe.



GIVE TO WHERE THE NEED IS GREATEST

Help improve the lives of the world's most vulnerable children. 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 ONLINE NOW!

hope this holiday season. Together, we can rewrite a better future - starting now.

Thank you for unleashing

