



AIXIN FOUNDATION 2019—2020 WORK REPORT

爱心基金会工作报告



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Letter from AiXin Foundation

—— Yongkai Weng, President of AiXin Foundation

Dear AiXin Friends,

With the raging of the COVID-19 pandemic in 2019-2020, the situation in the world and China underwent tremendous changes, which also brought great challenges to the work of AiXin Foundation.

In the past two years, we always had a clear goal and made unremitting efforts through continuously playing the role as supporter and facilitator, collaborating with countless people by participating in and promoting public welfare projects at the grassroots level, to serve the society and the people in China. With the strong support from our donors and partners, AiXin made steady progress in 2019-2020.

AiXin Foundation continued to sponsor more than 300 children in Aihui, Hebei, Shanxi, and Yunnan provinces, who are motivated learners from family in poverty or with disability. With the rapid development of China's economy, the government escalated its efforts in poverty alleviation, and children at school age can all receive compulsory education. Although the financial support that AiXin Rural Education Program brought to the students was limited, what we valued more was the love, encouragement, and support that we passed on to the children in need. Unfortunately, due to the impact of the pandemic, our volunteers were not able to visit as many student families and schools as before.

In the past two years, AiXin Foundation continued to promote and advance the AiXin Health Program in the pilot area. The project won support among the local people, and the lessons learned were summarized and shared with others. In December 2013, AiXin Foundation facilitated the research in Xin County of Henan Province with ten institutes, including local governments, academic organizations, and public welfare organizations. We launched the first National Health Promotion Demonstration County in September 2014, which was introduced as one of the exemplary experiences of Chinese grassroots at the 9th Global Health Promotion Conference in November 2016.

Over the past seven years, we have been working diligently to promote Healthy Xin County as the rural pilot program of Healthy China, and have achieved great results in various areas, including policy advocacy, and the integration, effective utilization and sharing of resources. In August 2020, the Healthy Xin County Program won the 3rd China Healthcare Innovation Platform (CHIP) Award – China Health Policy Public Welfare Award at the 2020 China Health Industry Innovation Summit held in Shanghai. AiXin Foundation promoted “Everyone Participates, Everyone Enjoys Health” initiative, which mobilized women in pilot area to dictate and compile short stories of their health-gaining experience into a book, and published My Healthy Stories, which was well received by many people and families. AiXin Foundation also supported local non-profit organizations' mental health supervision programs, participated in grassroots mental health counseling and psychological hotline services through both online and offline approaches, and strengthened mentorship training for local mental health counselors.

Food and Nutrition Education is a program fully supported and advocated by AiXin Foundation, with the goal to assist every child to acquire the ability to maintain lifelong health from childhood. We established pilot zones and pilot schools for Food and Nutrition Education, carried out teaching practice and teacher training, and composed and published teaching materials. Through these innovative explorations, the program rapidly expanded to the whole country, received recognition and support from various parties, and made a positive impact in many ways.

In 2019-2020, the “Building Bridges”, a China-US college students joint teaching program, was successively held in Xupu County in Hunan Province and Huize County in Yunnan Province. The program increased the understanding and communication between Chinese and American young people, broadened the horizon of children in the rural areas, and was well received by all the participants.

AiXin Foundation continued to support a number of NGOs in the fields of health, education, and ecological environmental protection, to strengthen their capacity building and development through training, team building and empowerment efforts.

We also continued to publish the AiXin Column on weekly basis in the media in the Washington metropolitan area, to help overseas friends who care about China to understand what is happening at grassroots level in China through vivid stories of people.

At the beginning of 2020, the pandemic ravaged the world. AiXin Foundation donated 100,000 RMB to Xin County Hospital in Henan Province of China, and 23,000 USD to Shady Grove Hospital in Maryland of United States respectively, to express our support and care for the local people fighting the pandemic.

All the achievements mentioned above would not be possible without the support and love from our caring donors and partners. Our advantage lies in the trust and support from the people in the Washington metropolitan area, the participation of domestic grassroots volunteers, and the support from local governments – all these made it possible for the programs to launch and develop smoothly. As a small non-profit organization, AiXin Foundation starts with little things and keeps earnest and down-to-earth, with the hope to help friends at home and abroad who care about China to fulfill their wishes to spread love and joy to others. AiXin Foundation will continue to live up to the trust and love we receive, and we look forward to your encouragement and support as always. We thank you for your dedication to those in need.



About AiXin Foundation

In November 2002, a group of overseas Chinese professionals from China, Taiwan and Hong Kong established the AiXin Foundation in the capital of the United States, with the initial goal to gather resources to support China's fight against AIDS. Since 2004, AiXin Foundation has committed to health education and health promotion, which focus on prevention with a community-based approach. Meanwhile, AiXin Foundation has been providing financial aid for youth living in the poverty-stricken areas of China to complete their studies, encouraging them to be independent and resilient, and contribute to the community. Nowadays, the focus of AiXin Foundation is to support and facilitate the development of public health, basic education, culture exchange between Chinese and American youth, as well as capacity building of non-profit organizations in China.

AiXin Foundation never collects administration fees, nor has any full-time staff since its establishment. To ensure 100% of all donations collected will be distributed directly to the people and places that are in desperate need of help, all our work relies on the devotion of our volunteers, the thorough implementation by our dedicated partners, and the generous contributions from our donors.

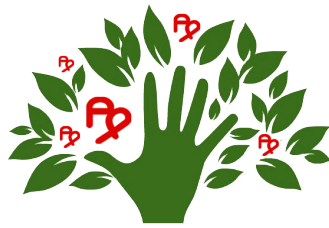
Since established in 2002, AiXin Foundation has positioned itself as a public welfare platform. We operate through generous donations and dedicated volunteers from the United States and China. Although we are small, we keep working hard. We aim to maximize the benefits from the limited resources, and develop effective and distinctive programs.



Our Mission and Approach

AiXin Foundation is committed to improving the basic education and public health in the impoverished areas of China; to supporting capacity building and development of non-profit organizations; and to promoting cultural exchanges between China and the United States at non-governmental level.

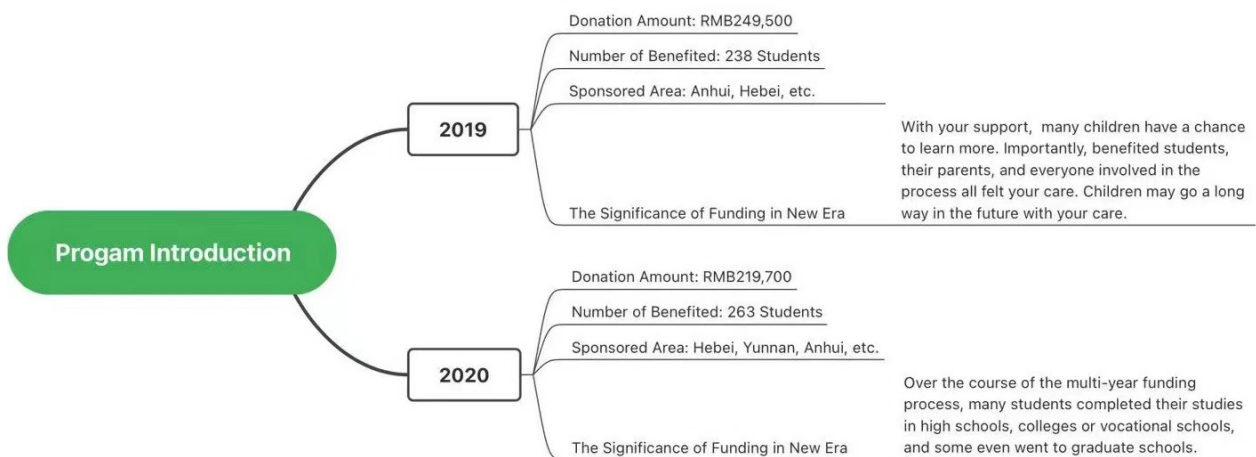
AiXin Foundation helps friends at home and abroad who care about China to fulfill their wishes by giving love and joy to those in need. We hope everyone can take part in supporting the social development and progress in China.



Rural Education Support Program

1. Program Introduction

AiXin Foundation's Rural Education Support Program was launched in 2006 with the aim of helping students in poverty-stricken areas of China, as well as those from families with disabilities, to complete their studies. The program encourages students to develop the quality of self-independence and resilience, and instills in them a willingness and capacity to serve others in the future. At the same time, the program seeks to assist overseas donors in fulfilling their dreams of helping disadvantaged youth in China. Over time, the program has gained popularity, and many domestic donors in China have also started supporting the program.



Although the Chinese government has stepped up its efforts to invest in education, some children living in poverty, left-behind children, and school dropouts in certain areas still require assistance. Today, AiXin's Rural Education Support Program focuses on providing financial support to relieve the pressure on impoverished students to pay for their living expenses and educational expenses. Above all, the program values the unconditional love and support behind every generous donation.

2. Donation Distribution



Between 2019 and 2020, AiXin Foundation's Rural Education Support Program accomplished the following with generous support from friends from all walks of life:

In 2019, AiXin Foundation received the donation of RMB 245,900, equivalent to USD \$34,731, and subsidized 238 students in poverty, including:

◎ Supported RMB 138,600 to 132 students in primary and secondary schools in Shitai County, Anhui Province;

◎ Funded RMB 43,400 to 35 students in primary and secondary schools in Pingshan County, Hebei Province;

◎ Assisted RMB 55,800 to 62 students in primary and secondary schools in Baituyao Village of Guyuan County in Hebei Province;

◎ Supported RMB 8,100 to 9 students in primary and secondary schools in Lingshou County, Hebei Province;

◎ And donated RMB 1,153.71 to Ke Tian School at Shitai Province of Anhui to sponsor its reading event.

In 2020, AiXin Foundation received RMB 219,700 in donation, equivalent to USD \$27,214, and sponsored 263 students in need, including:

◎ Supported RMB 44,600 to 36 students in primary and secondary schools, including 5 students got admitted to colleges;

◎ Assisted 61 junior high school students in Baituyao Village of Guyuan County in Hebei Province with RMB 54,900;

43 funded students from Baituyao Middle School, Hebei





Volunteers visiting the families of funded students from Fu County, Northern Shanxi

◎ Funded RMB 40,500 to 25 students in secondary schools in Huize County in Yunnan Province;

◎ Sponsored 23 students in secondary schools at House of Banyan Root (Rongshugen) in Dehong County of Yunnan Province with RMB 39,600;

◎ Supported RMB 27,000 to 10 students in Qinghe County, Hebei Province;

◎ Assisted 9 primary school students with RMB 8,100 in Lingshou County, Hebei Province;

◎ And according to donor's wish, sponsored 1 college student living in poverty with RMB 5,000 in Shitai County in Anhui Province.

AiXin Foundation's dedication to transparency and accountability in their charitable work is commendable. AiXin Foundation maximizes the use of each donation and reports updates to our donors in a timely manner. They have taken the responsibility to ensure that every donation goes directly to the intended beneficiaries and that donors are kept informed of the progress and impact of their contributions. They have also taken steps to respect and honor the wishes of donors who specify the use of their funds. AiXin Foundation has committed to covering any losses that may occur due to improper allocation of donations. It is important for charitable organizations to uphold such high standards of transparency and accountability to maintain the trust and confidence of their donors and stakeholders.

Furthermore, AiXin Foundation highly respects the donors' desire for the specified use of the Education Fund. The financial aid is distributed in a timely, specific, quantified, and targeted manner. Throughout the entire process, AiXin Foundation does not deduct any funds for administrative expenses. The transaction fees incurred during the collection



process are also not deducted from the donation amount and are instead covered by AiXin Foundation.

3. Report by School and Family Visiting

In order to understand the family economic conditions and the progress made in the rural education support program funded by AiXin Foundation under the current poverty alleviation policy of the Chinese Government, in May 2019, with the strong support and companion of Mr. Wu Liangshun, contact person of the rural education support program in Shitai County of Anhui Province, who is also the person in charge of the County Disabled Person's Federation, AiXin volunteers visited five primary and secondary schools and 10 families of the sponsored students in four townships in Shitai County. In June 2019, with the assistance and companion of Principal Su, Teacher Qin and Teacher Lei of Baituyao Township Middle School in Guyuan County, Hebei Province, our volunteers visited the families of 10 sponsored students. Volunteers from New Path Foundation in Beijing assisted in paying visits to families of three sponsored students. In 2020, due to the impact of COVID-19 pandemic, we were not able to visit students and their families in rural areas.

(1) Visits to Shitai County, Anhui Province

◎ Family economic conditions of sponsored students:

Because the home visits were led by the staff of Township Disabled Persons' Federation, while the staff of County Disabled Persons' Federation were in charge of the AiXin rural education support program in Shitai County, we can have a clear grasp of the family economic conditions of each students receiving financial aids. The walls of assisted families are also clearly marked with the names of the designated government staff who are responsible for following up with the family, the various subsidies provided to the family, sources of income and specific amounts, and whether or when this family is out of poverty. Poor families have government subsidies for raising chickens, pigs and growing tea. The poverty standard in Shitai County is annual income of 4,000 yuan per capita. Poor families that do not meet the standard will be subsidized to 4,000 yuan by the government. Generally speaking, the work of helping poor households has been well implemented, and industrial development is supported by the government. As long as the family members of the sponsored students have the ability to work, the financial situation of the families will be significantly improved through government support. It is relatively difficult for families with members who are old, weak, sick and disabled, who have no ability to work. They can only rely on government subsidies in the future.

◎ School situations of sponsored students:

All students in Shitai County enjoy free lunch, but they need to pay 4-5 yuan for breakfast and dinner. School uniforms cost about 70-80 yuan per year and students have to pay a small amount for their work books and reference books. Students from poor

families receive government subsidy of 500 yuan per semester. Each student spends about 2,000 yuan a year at the school. In Shitai County, there are currently no children who cannot afford to go to school due to poverty.

(2) Visits to Baituyao Township, Guyuan County, Hebei Province

◎ Family economic conditions of sponsored students:

Baituyao Township Middle School is the main responsible contact unit of the impoverished students in Baituyao Township. Both the school principal and the teachers in charge of student aid work are very responsible and attentive to AiXin Foundation's rural education support program. However, because we didn't reach out to local government for assistance in this program, the school management doesn't know about family economic conditions of sponsored students as much as township or village government departments. Compared among the 10 student families visited, it seems that the living condition is relatively challenging for poor households. Basically, there are no large enterprises in Baituyao Township. The local peasant families mainly rely on growing vegetables and doing part-time jobs to make a living. Each person can earn 100-160 yuan per day working part-time. Among the 10 sponsored student families visited, one is financially secure, while the others are still relatively poor.

◎ School situations of sponsored students:

Each student in Baituyao Middle School receives a meal subsidy of 20 yuan each week, and the government provides 200 days of meal subsidies a year. The 20 yuan

Picture of Mr. Liangshun Wu and visiting volunteers together with 6 funded students from Xiaohe Center School, Shitai County





subsidy is allocated to buy milk every day, 5 days a week, for a total of 9 yuan. The remaining 11 yuan subsidy is used to provide additional dishes such as beef stew, chicken drumsticks, to student's lunch, twice a week, to improve their nutrition. The food expenses for students are about 700-800 yuan per semester for primary school students, and 900 yuan per month for junior high school students. All impoverished students who have established a file (local government establishes a filing system for poor households, and the designated person responsible for following up the family is noted on the walls of the assisted family) enjoy two exemptions (free tuition and free meals) and one subsidy (living allowance). Approximately 15% of the students are children left-behind.

(3) Suggestions from the principal of the recipients' schools

◎ If the financial aid is directly managed by the school, it should be able to support the sponsored students more effectively. It is hoped that the funding will be used for students' education; however, some impoverished families may not be willing to spend money on their children's studies after receiving the grants. It is hoped that AiXin Foundation can consider to allow the grant be managed by the school directly in the future, to pay for living expenses, meals, extracurricular reading materials, and other expenses on behalf of the sponsored students, and allocate the grants according to the learning needs of students.

On holidays, weekends, and after school is over at 3:30 every afternoon, children are left unattended. Many left-behind children live with their grandparents, who can't help with the homework. Some students don't turn in their homework at all when they go to school on Monday. It is hoped that there will be semi-public welfare subsidies, which can be used to recruit retired teachers or current teachers to help left-behind children with homework.

◎ Several school principals mentioned that they hope to broaden the horizons of students, such as taking students to have a tour at a nearby provincial university for a day.

◎ Rural schools are in great need of teacher training, for example, attending teaching demonstration classes in schools with good teaching quality.

◎ Hope to provide more new books to students.

4. Transformation of Beneficiary Students

Children who receive support from AiXin Foundation, no matter where they are, are filled with gratitude towards their sponsors. They are willing to pay it forward and become people who can make a positive impact on others and society.

It makes me feel warm that many strangers care about me and love me. Uncles and Aunts, I will study hard and return your love with the best grades. Thank you all! (Wu Sitong)

I appreciate your support over the years. Though we are thousands of miles apart and have never met before, I am very touched by your selfless support to me, a child from the rural village. I will strive to become a useful person to the country. I will pay you a visit in Beijing and pass on your love and give back to the society. (Yang

Qianlin)

Thank you for your support for so many years, enabling me to study in such an excellent learning environment. Your help reduces the burden of my family that allows me to continue my studies, to fulfill my dreams and work hard for my future. (Cui Xiaotian)

Thank you for sponsoring me all these years, which has enabled me to study in such an excellent learning environment. Your help has reduced the burden on my family and allowed me to continue my studies, so that I can strive to achieve my goals. (Wang Ziyi)

Heartfelt thanks to Uncles and Aunts for your generosity and selfless help. (Du Yiran)

Children's Transformation: Love Keeps on Spreading

Aside from expressing their gratitude, the children frequently mention in their letters the words "warmth", "love", and "passing on", indicating their willingness to share the love they received.

I will keep this love in mind and turn it into my driving force for me to move forward. I will become a person like you who will be full of love and kindness to help those in need in the future. Your support not only provide me with material help, but also makes me believe in the warmth and love of this world. I believe I can pass on this love. (An Yunxiao)

Your love makes us feel the warmth of this society. We are deeply moved and driven to study hard, just like the spring breeze turns into rain after a long drought. (Kang Ziyue)

The home of the funded student, Lu Zhang





In the future, I want to find a stable job to make a living and support my family. Within my greatest ability, I also want to help others in need just like you do. I believe I will be able to do so in the future. Thank you for your help, and I will keep your kindness in mind and never forget it. (Zhang Guanbin)

I will study hard and become a successful caring person like you when I grow up. I will pass on the love, help those people in need, and make them feel the warmth and happiness of this world. (Wang Jiaxin)

Please accept my sincere appreciation. Thank you for fulfilling the dreams of helpless children. May all the good people have a safe life. (Guo Tao)

After I grow up, I will continue this love relay and pass on the baton by helping more people in need. (Lv Wenhao)

When I grow up, I want to be like Uncle, become a useful person to the society. I will also help other children to complete their studies, and let them grow up happily. (Lv Xiaomeng)

The money is not only a subsidy, but also carries your love and hope for me. Although we are thousands of miles apart and have never met before, this letter connects our hearts together. (Wang Hao)

Though we are thousands of miles apart, I know you must be a kind-hearted big sister. In fact, I do not know what to write, but these words come from the bottom of my heart. You are my role model, and I will for sure learn from you. (Shen Rui)

5. Letter from Donor to Beneficiary Students

The AiXin Foundation's Rural Education Support Program encourages communication and interaction between donors and sponsored children. The warm care and encouragement from donors provide tremendous support to the children. The following letter is from the five children of General Yeh Peigao, a famous general during the War of Resistance Against Japanese Aggression.

Dear Cui Yali,

We are delighted to have had the opportunity to meet you through the assistance of AiXin Foundation and to accompany you on your life journey. The financial aid you have received is in memory of our father, Yeh Peigao, who was a famous general during the War of Resistance Against Japanese Aggression. In this letter, we would like to share with you some stories about our father's life, so that you too can get to know him a little better.

Our father lost both of his parents at the age of six, became an orphan, and had no money for school. Relying on his second elderly brother to teach him how to read and use abacus, he could make a living by dispensing medicines at Chinese medicine shops. Our father was not satisfied being a medicine dispensing boy all his life. At the age of 18, he went to Yunnan Jiangwu School for three years and became a soldier. After graduation, he went on to Guangzhou Whampoa Military Academy and joined in the revolution. After graduating from the fourth cohort, he continued his studies and completed the Military training of the Whampoa Advance Class and the Army University. Not long after graduation, he became the commander of the regiment and the chief of staff of the 11th Division. He was shy of 30 years old. He truly achieved success with ten years of hard work, and changed his own

destiny.

Our father made significant contributions to the nation during the War of Resistance Against Japanese Aggression. His role was recorded in 'Introduction to 60 Famous Figures in the War of Resistance Against Japanese Aggression' (Edited by Wang Hongde and Peng Xunhou; National Defense University Press) and the album 'Famous General of the Anti-Japanese War Yeh Peigao' (written by Cao Yingzhe and Wang Chuying, Hong Kong Oriental Film Art Publishing House). The book comments on the two important battles our father participated in:

(Shanghai Defense War) 'After the first battle at Luodian, Division Commander Peng Shan told Yeh Peigao: "The occupy of Luodian is of great significance. It is a great victory against Japanese army since the war has begun on August 13th, and it is a glory of the 33rd Brigade and the whole army.'

(Battle of Western Yunnan) 'The 198 Division commanded by Yeh Peigao was awarded the highest collective honor of the Army, Navy, and Air Force by the Nationalist Government ---- "Tiger Banner", because of its outstanding military exploits in the counterattack of the Battle of Western Yunnan.'

Our father was out of school at a young age, and throughout his life, he encouraged people around him to study more and created opportunities for them to study. He established three schools – Yuelu Middle School in Changsha, Hunan, Datong Primary School in Hainan Island, and vocational school in Tengchong, Yunnan. The latter has become a school that can accommodate tens of thousands of students each year through the efforts of teachers and students. They made a bronze status of our father and commemorate it every year.

We hope that the financial aid will not only help you complete your studies, but also provide you with General Yeh's life path as reference. Everyone can change their lives, keep improving, contribute to the nation and the society, and help the disadvantaged groups in society.

Cui Yali, May you be healthy and content with who you are.

(Children of General Yeh Peigao):

Yeh Zuyao, Yeh Xiangtao, Yeh Leilei, Yeh Lulu, Yeh Zuyu)

6.The Rural Reading Activity

Due to the constraint of change of school directors and coordinators, AiXin Foundation reading activity only took place at Ke Tian School of Shitai County in Anhui Province. A total of RMB 1,153.71 was donated to the school to purchase reading materials and support reading related activities.



AiXin Health Program

1. Program Introduction

A healthy and happy life is the ultimate goal of human society's development and pursuit. Since its establishment in 2002, AiXin Foundation has invested a great deal of effort in the field of public health. From combating AIDS in 2002 to shifting the focus to public health promotion in 2005, we have been emphasizing on preventive, family-based, and community-based public health education, and promotion. In support of the Healthy China Initiative, AiXin Foundation has been fully committed to collaborating with public welfare organizations and professional institutions, advocating for a shift from treating illness to promoting health, and promoting the integration of health promotion into public policies. We aim to mobilize the participation of people and society in promoting health, so that everyone can enjoy a healthy life.

Following the pilot program of "Health Services into Families" in Pingqiao District, Xinyang, Henan Province in 2011, AiXin Foundation has been actively promoting the development of Healthy Xin County since 2014, in line with the construction of national health promotion demonstration districts and counties. In the process of policy advocacy and pilot programs, we have been integrating resources to form a joint force, striving for better communication and coordination between local governments and public welfare organizations, providing various services and guidance, and continuously learning from real-world experience. This has been done to support evidence-based policymaking, and to create a better understanding of the importance of health promotion.

2. Challenges and Opportunities Brought by the Spread of the Pandemic

In late 2019, the COVID-19 pandemic began to spread in China and quickly spread across the world, posing enormous challenges to humanity. However, this crisis also presents an opportunity for us to reflect deeply and recognize that it is time for a change. As the ancient Chinese philosopher Lao Tzu said, "fortune comes with misfortune, and misfortune comes with good fortune." We must seize this opportunity to turn bad into good.

With the continuous development of the economy and society, people's living standards have improved significantly. However, many unhealthy lifestyles, such as an unhealthy diet, lack of exercise, mental illness, etc., pose a significant threat to public health. These problems reflect the lack of health knowledge, scientific literacy, and understanding of the importance of health. In the process of preventing and controlling COVID-19, we emphasize the need to improve people's health awareness, change unhealthy habits, and promote the integration of physical and mental health, including sleep, nutrition, mental care, and physical exercise, in order to achieve a healthier lifestyle.

3. Carrying Out the "Food and Nutrition Education" Program and Its Significance and

Effectiveness

Food and Nutrition Education is the education of nutrition, life, and returning to the basics of life, and is also known as "education on the tip of the tongue." Through Food and Nutrition Education, children can develop good eating and living habits, form a healthy lifestyle and life skills, cultivate cognitive abilities, and shape a correct outlook on life, values, and worldview. In a sense, Food and Nutrition Education is the foundation of moral education, intellectual education, physical education, aesthetic education, and labor education.

In recent years, the country has implemented a series of strategic plans in the health field. Particularly during the pandemic, society and individuals have paid more attention to maintaining health, and there is a growing desire to gain health management skills and an increasing awareness for enhancing immunity through physical exercise and healthy diet. This presents a great opportunity to promote food and nutrition education. Therefore, it is highly significant to promote scientific and systematic food and nutrition knowledge to the public, especially to youth, and advocate for "enabling each child to acquire the ability to maintain lifelong health from childhood."

Since 2013, supporting and promoting the Food and Nutrition Education Program has become an important component of AiXin Foundation's Health Program, which has also yielded positive results in pilot areas. The foundation takes a two-pronged approach, conducting rigorous exploration and practice at the grassroots level, while also actively promoting policy advocacy at higher levels. Through this process, we have continuously explored and solved issues arising during the program's development, gradually establishing a standardized program model and improving the program's processes, laying the groundwork for the nationwide promotion of the food and nutrition education program in the future.

In the fall of 2020, AiXin Foundation coordinated the drafting of an internal report entitled "Promoting Food and Nutrition Education: Cultivating the Ability of Every Child to Maintain Lifelong Health—New County, Henan Province: Six Years of Food and Nutrition Education Resolves Chronic Diseases and Poverty through Healthy Eating". The report was sent to the Chinese government's higher levels, advocating for a nationwide focus on children's health as the starting point, and had a positive impact.

Lü Lü, the former Secretary of the Xinxian County Party Committee, said that "by starting with the children, we can influence parents through their children, and then use mothers in the family to influence the entire family's healthy eating habits. From children to families and then to society, creating a healthy environment, nurturing a healthy population, and shaping healthy attitudes are all beneficial to long-term and sustainable social and economic development. For grassroots governments, promoting food and nutrition education is not an indicator of performance assessment or direct GDP driver, but rather an important measure to innovate education mechanisms and achieve sustainable development in impoverished areas."

Yú Míngshàn, the former Director of the Sustainable Development Experimental Zone Office of the Pingqiao District, Xinyang City, who was one of the earliest grassroots workers to support the promotion of food and nutrition education, believes that food and nutrition education has fundamentally changed our understanding of basic education reform and curriculum development. Through food and nutrition education, the comprehensive soft power of rural education has been truly demonstrated, bringing about positive changes



Food and Nutrition Education course is widely embraced by students

in promoting community health.

In the years 2019-2020, efforts were mainly focused on the following areas:

(1) Supporting and promoting the establishment of a standardized model of food and nutrition program:

- 1.Exploring and developing accompanying teaching material;
- 2.Standardizing lesson plans;
- 3.Clarifying project implementation processes;
- 4.Establishing an evaluation system;
- 5.Providing food and nutrition education teacher training;
- 6.Promoting the program across the country.

(2) Supporting the exploration and expansion of food and nutrition education in kindergartens:

- 1.Compiling and publishing kindergarten food and nutrition education material;
- 2.Conducting small-scale pilot kindergarten food and nutrition education training;
- 3.Conducting teacher training.

(3) A localized food and nutrition education model was developed in the pilot areas of Pingqiao District

and Xin County in Xinyang, Henan Province.

The local government instructed the Bureau of Education to issue a document to incorporate food and nutrition education into the school-based curriculum throughout the district and county. Depending on the number of classes and the availability of food and nutrition education teachers, schools selectively offer food and nutrition education classes in the whole school or in lower and middle grades, with a frequency of 2 class hours per month. In addition to the curriculum, some qualified schools have established dedicated food and nutrition education classrooms and class vegetable gardens to enrich the food and nutrition education program.

1. Implementing Food and Nutrition Education Courses:

The food and nutrition education program consists of five components: Understanding Food, Reasonable Diet, Eating Habits and Health, Food Culture, and Dining Etiquette and Practice. Examples of courses include: “Little Food Pagoda Keeps Us Healthy,” “Rational Snack Choices,” “Starting the Day Right with Breakfast,” “Milk Helps Me Grow,” “Hometown Specialty Food: Chestnut,” “Hometown Tea Culture: Xinyang Maojian,” “Dragon Boat Festival – Making Rice Dumplings (Zongzi),” “Making Colorful Steamed Buns Together,” “I Am a Little Cooking Assistant,” and more.

2. Training food and nutrition education teachers:

In Pingqiao District and Xin County, five 2-3 day offline food and nutrition education teacher seminars are held each year respectively, with more than 100 regular teachers from 70 schools participating. These schools have established food and nutrition education working groups. The seminars include lectures on professional knowledge of food and nutrition education, instruction and practice of teaching skills, demonstrations of student food and nutrition education classes, supervision of food and nutrition education implementation in schools, assistance in arranging food and nutrition education culture on campus, and compilation of school-based lesson plans suitable for the local area. Currently, local food and nutrition education teachers in 70 schools of Pingqiao District and Xin County carry out food and nutrition courses for 1,000 class hours each year.

3. Establishing Food and Nutrition Education classrooms:

There are currently 20 schools in Pingqiao District and Xin County that have established food and nutrition education classrooms. To set up these classrooms, Joyoung introduced its Food and Nutrition Education

Students having the Food and Nutrition Education course



The Food and Nutrition Education course classroom in Guangcai School, Xin County, Henan





Workshop Project, and provided more than 30 sets of cooking appliances for food and nutrition education practical classes at each of the 20 schools. Additionally, the classrooms were designed and decorated with food and nutrition education culture to create a strong atmosphere for students to learn health knowledge in a relaxed and playful way, and to develop healthy eating habits.

4. Establishing class vegetable gardens:

Currently, there are 16 schools in Pingqiao District and Xin County that have established class vegetable gardens. Teachers lead students in selecting seeds, planting, weeding, fertilizing, watering, and finally harvesting the vegetables. Some class students sell the harvested vegetables at the school gate after school. Parents, teachers, and even students eagerly purchase these fresh vegetables. The entire process fully embodies the value and significance of labor education.

(4) Milestones:

1. Food and Nutrition Education Program in Pingqiao District:

In 2019, Pingqiao District continued to deepen its food and nutrition education teacher training program for 43 schools. Throughout the year, teachers conducted 599 food and nutrition education classes, reaching over 31,000 students. In addition to this, the district expanded its food and nutrition education efforts and actively pursued educational research projects, selected outstanding student associations, and identified high-quality practical education courses. Other activities, such as on-campus planting and off-campus food and nutrition education practices, were also actively developed. Pingqiao District was a pioneer in offering food and nutrition education classes to young children in kindergartens and developed 24 courses focusing on the 24 solar terms. In October 2019, food and nutrition education institutes and individuals from across the country were invited to observe and learn about the food and nutrition education implementation in four schools in Pingqiao District. Participants greatly admired the teachers in Pingqiao District who were led by the Bureau of Education and Sports to carry out the food and nutrition education work. Through this visit and observation, they gained more confidence and faith in their own food and nutrition education practice.

2. Food and Nutrition Education Program in Xin County:

In 2019, Xin County continued to train over 60 food and nutrition education teachers in 27 county and township level schools. Through offline intensive seminars, teachers were led to learn professional knowledge of nutrition, conduct student food and nutrition education demonstration courses, provide guidance in campus food and nutrition education culture development and school work, improve lesson plans and supporting teaching materials, equip with food and nutrition education teaching kits, and incorporate the Joyoung Food and Nutrition Education Workshop, etc. At the beginning of 2019, the county applied for the Joyoung Hope Kitchen Program, and equipped six schools in Xin County with cooking appliances free of charge to better promote the development of food and nutrition education practical courses.

Xin County of Henan Province was previously a national-level poverty-stricken county with a high incidence of cardiovascular and cerebrovascular diseases, stone disease, esophageal cancer, and other diseases, and a poverty rate due to illnesses as high as 26.5%. After seven years of health promotion work, food and nutrition education, and nutritional interventions that have been promoted throughout the county, local primary school students have gradually developed good eating habits and healthy lifestyles, resulting

in decreased rates of overweight, obesity, and underweight. This impact has extended to families and communities. The prevalence of chronic diseases in the county was lower than the national average, and the average lifespan increased by 1.4 years. In 2019, the county successfully lifted itself out of poverty. According to the statistics from the Sanitation and Health Commission of Xin County, in 2019, the overweight and obesity rate of primary school students was 12.7%, and the underweight rate of primary school students was 8.6%, both of which were lower than the national average. The promotion of food and nutrition education has achieved remarkable results in Xin County. In recent years, during the period of the air force and civil aviation academies recruitment of pilots and conscription, the pass rate of students in Xin County ranked among the top in the city, according to Lv Lv, secretary of the Xin County Party Committee.

3.Supporting domestic and international exchanges on food and nutrition education

In 2019, the Food and Nutrition Education Promotion Plan delegation visited Japan for food and nutrition education tours and cultural exchanges. Despite many countries implementing food and nutrition education programs, Japan led the way in legislating on the matter. Since 2005, Japan has established "The 1st Basic Plan for Promotion of Food and Nutrition Education" and now "The 3rd Basic Plan for Promotion of Food and Nutrition Education," achieving top-down promotion of food and nutrition education from the country to the people and implementing a comprehensive food and nutrition education model in schools. During their visit, Chinese food and nutrition education practitioners, nutritionists, and government officials from the pilot areas visited primary schools, nursery schools, food suppliers, and food supply centers, benefiting greatly and strengthening their understanding and confidence in food and nutrition education.

4.Foster stable cooperation between the government and public welfare organizations and promote the sustainable development of food and nutrition education programs

During the implementation of food and nutrition education programs, the AiXin Foundation actively sought support from local governments and policies, which effectively facilitated the implementation of public welfare projects in the region. Firstly, district (county) governments have issued corresponding policy documents supporting food and nutrition education programs in schools. Secondly, food and nutrition education leading groups have been established in various areas to support schools in implementing food and nutrition education programs from top to bottom, and to establish effective incentive mechanisms, as indicated in policy documents. For example, food and nutrition education has been integrated into the school curriculum, high-quality food and nutrition education courses have been selected, teacher professional title

“Healthy Moms” community activity



“Healthy Family of the Year (2019)” award, Xin County





Health-promoting training for teachers



Health education lectures held in different towns of Xin County

assessment standards have been incorporated, food and nutrition education teachers have been encouraged to apply for research projects, training certificates have been issued to participating teachers, and food and nutrition education model schools have been selected. The successful implementation and progress of food and nutrition education programs would not have been possible without the support of local governments and policies.

4. Focusing on Supporting Mental Health Programs

AiXin Foundation collaborated with the public welfare organization "Yizhong Psychological Counseling" to coordinate and support the establishment of a mental health hotline and counseling room in Xin County, Henan Province.

1. Preparing for a Mental Health Counseling Room:

In July 2019, we inspected the construction sites of four health counseling rooms, developed work processes and management systems, and designed relevant documents for the counseling room working process, health records, and counseling records.

2. Establishment of Rural Psychological Public Welfare Hotline

Preparations were made for the psychological hotline and training. Communications were conducted with relevant parties, and the Xin County Health Hotline Volunteer Service Group was established. Volunteers for the psychological hotline were selected and recruited from the mental health counselors who participated in the earlier training, and the Xin County Psychological Service Public Welfare Hotline Practical Training was held, with 40 participants. Online group supervision and individual case supervision were also conducted to address difficulties encountered during the hotline service process, and to improve the professional capacity of hotline volunteers.

The hotline played a crucial role during the pandemic. The establishment of the psychological public welfare hotline allowed the people of Xin County to benefit from its unique advantages, such as unrestricted geographical coverage, user-friendliness, convenience, and maximum privacy protection. It provided a channel for resolving inquiries, relieving psychological pressure and emotional tension, and played a positive role in promoting physical and mental health. Especially during the outbreak of COVID-19 pandemic in early 2020,

mental health issues such as “panic” and “anxiety” emerged immediately, and the mental health of patients, medical providers, and the public were in dire need of attention and protection. To address these issues, hotline calls and isolation area stays were utilized to adjust the misunderstanding of epidemic prevention and isolation approach in a timely manner, alleviate the anxiety and anger of quarantined personnel, and prevent the occurrence of potential social crises.

During the COVID-19 pandemic, the AiXin Foundation completed the compilation and printing of hotline brochures and distributed 9,500 copies to further increase the hotline's visibility and impact, thereby enabling more people to benefit from it.

3. Establishment of Health Lecturer Team and Conduct of Group Counseling Training

Among the 27 psychological counselors in Xin County, a health lecture group was formed and trained in thematic course design. The themes covered chronic disease management, parent-child activity group counseling for left-behind children, and the Let Love Live in My Home psychological drama performance and trial lecture. The program extended into four towns and conducted eight health lectures, group counseling, and psychological drama performances, which were well received by the local residents.

4. Conduct theme activities on mental health for elderly in nursing homes and communities

By providing mental health counselors in Xin County with relevant knowledge and activity training on the mental and physical health of the elderly, we completed the design and trial lecture for mental health activities for the elderly in nursing homes and communities. We visited four nursing homes and conducted four heart-warming "Focusing on the Mental Health of the Elderly" activities for the elderly.

Through the practice of the psychological hotline service, health lectures, parent-child relationship and education counseling, and psychological care activities for the elderly, the mental health counselors in Xin County have greatly improved their psychological professional ability and self-governance capacity in volunteer service. This is also an important showcase for Xin County's health promotion work and the improvement of its health service capacities.

5. To support the capacity building and development of rural women

AiXin Foundation collaborated with Beijing Yichuang Rural Women Public Welfare Development Center

“Healthy family of the Year” award ceremony



Entered dishes in the “Healthy Diet Competition”





to launch health promotion and development projects for families and communities in 15 project villages, including Xihe Village in Zhouhe Township and Tianpu Village in Tianpu Township, Xin County, Xinyang City, Henan Province. The goal is to promote healthy lifestyles among women, families, and communities, enabling residents to master relevant health knowledge and common sense, develop self-care awareness, establish healthy behavioral norms, improve community hygiene, and enhance residents' health.

Since 2014, we have been committed to improving the health knowledge and literacy of rural women, promoting the development of healthy individuals, families, and communities. We started with one pilot village and have since expanded to 15 villages, continuously exploring innovative ways to introduce health education and advocating for healthy living habits and lifestyles. Our goal is to help residents establish healthy behavior codes of conduct, create a social atmosphere where health concepts are integrated into family and community practices, and improve the awareness and formation rates of healthy behaviors.

In April 2019, Xin County resumed the training of health practitioners, with four offline supervision trainings held throughout the year. Over 30 health practitioners from township health centers in Xin County consolidated and improved their learning from the previous year, acquired new knowledge related to health education, and went to rural areas to supervise the actual lectures delivered by township health center practitioners. With everyone actively engaged, we hope to improve the effectiveness of health education and pass on easy-to-understand, relevant, and interesting health knowledge to the people of Xin County.

Achievement: Local women have shared their personal experiences about their own transformations. These vivid health-related stories were compiled into a booklet and distributed to women's federations in Beijing and the local area, resulting in a positive social impact. The following are some selected excerpts:

Over the past two years, I have been participating in health learning with local women from Chendian and other villages in the Xin County Health Sisters group, as well as the health promotion program village

The Xin County won the 3rd China Healthcare Innovation Platform (CHIP) Award



sisters. This has brought about a significant change in my life. Previously, my daily routine consisted of working hard in the fields and being occupied with household chores in the kitchen. Whenever I had some free time, I would chat with others or sometimes even argue over small things. Now, besides taking care of my family's daily needs, I spend the remaining time learning about the health knowledge and concepts recommended by teachers in the WeChat group, and actively applying them to my daily life. Not only do I want to ensure my own health, but also encourage my family and friends to learn about health. In addition to health, I also enjoy reading, practicing calligraphy, learning about ecological planting, and reading novels, essays, and poems. Especially poems, as I love the exquisite language and elegant charm that they convey. With just a few words, they can describe emotions and scenes in a vivid and concise way, which is truly delightful.

— Lu Guihua from Sanbei Village, Chendian, Xin County

Participating in health promotion work has given me many opportunities for learning and growth. However, I never expected to also have the opportunity to be the host of the "New Year's Day Health Celebration Art Performance" in Xin County, which was jointly organized by the Xin County Health Commission and the Beijing Yichuang Rural Women Public Welfare Development Center. Not only did sisters from three townships and villages attend, but also leaders such as Mrs. Xie Lihua, the founder of Rural Women, Secretary Lv from the Xin County Party Committee, County Mayor Dai, and our township's secretary and head were present as well. When Teacher Fang asked me to be the host, I was excited but also scared. This was a significant challenge, and as someone who used to get very nervous speaking in public, I felt the pressure. However, with the support and encouragement of my teacher, I believed in myself and hosted the event for nearly two hours. If given the chance again, I know I will do even better. This experience allowed me to step out of my comfort zone and gain valuable skills that I can use in the future.

—Zhou Haiyan, Xihe Village of Zhouhe Township, Xin County

In 2020, a special year, Xin County was in close proximity to Wuhan, where the COVID-19 pandemic outbreak started. On the 28th day of the twelfth lunar month, the county health committee urgently called an important meeting. After the meeting, we were all on edge as we sensed that the virus was a serious threat. As a village doctor, I felt a great deal of pressure and responsibility. According to the meeting's requirements, I returned to the village and first conducted body temperature measurements and promoted pandemic prevention knowledge to those who had returned from other places. As village doctors on the front line of rural areas, at the beginning of the pandemic, we didn't even have basic protection measures, which was equivalent to going into battle unarmed. From villagers' initial lack of understanding to eventually showing cooperation and support, only those who experienced it can truly understand the process. During my door-to-door visits, I found that villagers' health awareness was also improving. Everyone paid more attention to personal and family hygiene, and their eating habits, especially those with a high salt and oil content, were gradually improving. This was because everyone understood that only with a healthy body and good immunity could they effectively block the virus.

— Cheng Xueqin, Village Doctor, Tianwa Village, Xinji Township, Xin County

6. Xin County in Xinyang City, Henan Province, has been awarded the Health Policy and Innovative Public Welfare Award at the 3rd China Healthcare Innovation Platform (CHIP) Awards



Since 2014, Xin County has been designated as a pilot county for the National Health Promotion District and County Construction Project. The county party committee and government have actively supported the integration of health into all policies, with the AiXin Foundation fully participating in policy advocacy, program design, and organizational coordination. The Foundation has led nine local governments, research institutes, and non-profit organizations to carry out a series of activities at the grassroots level. Over the past seven years, they have continuously transformed people's ideology and concepts through health education and health promotion activities, promoting the concept of "Healthy China" at the grassroots level and encouraging a county-level healthy pattern based on prevention, families, and communities. The award-winning project, entitled "Exploration and Practice of Healthy China in County Area," received special thanks to the AiXin Foundation, which has provided policy guidance, technical support, and long-term training for the health promotion project in Xin County.

Health promotion in the villages of the Xin County





Sino American Folk Cultural Exchange

1. Building Bridges (BB) China-US College Students' joint support teaching program

Since 2009, AiXin Foundation has been supporting and organizing the "Building Bridges" China-US college student joint social practice summer teaching program. In the past two years, from 2019 to 2020, dozens of college students from well-known universities at home and abroad, including Yale University in the United States, Peking University, Shanghai Jiao Tong University, and Hong Kong University, have worked together in Xupu County of Hunan Province and Huize County of Yunnan Province. Within two weeks, they provided local high school students with career planning, university subject introduction, mental health, team building, scientific and technological knowledge, humanities and arts, and other interesting courses through seminars and group discussions. BB volunteers also teamed up with local students to conduct social exploration, research and practical activities, broadening their horizons, enhancing their leadership and innovative thinking and abilities. The growth is mutual, and respect is mutual. BB allows everyone involved to gain understanding and respect. The following are some testimonials from BB participants:

Volunteers at the closing ceremony of "2020 Building Bridges"





Group photo of volunteers at Huize County, 2020

◎ Respect

As I delved deeper into the teaching program, my perspective on changing the world shifted. I began to recognize the importance of respecting the individual life journeys of others. Before coming to Xupu, I had anticipated that many people would be impacted by our courses or personal stories and change in some way. However, I now understand that our role is not to impose our own will on others, but rather to guide students in discovering their own paths. It was through this process of deep reflection that I became aware of my own cognitive limitations. Using concrete examples, we sought to provide students with more than just fragmented information, but rather a thorough thought process. Even if only a few people grasped this concept, it was still worthwhile.

--- Song Yuxiang, volunteer from Shanghai Jiao Tong University

◎ Sharing

Suddenly I realized the purpose of our trip: We can show students the outside world with language, photos, and words. Those trivial things in life that we take for granted maybe as dreamy and glamorous as heaven to them. I can feel their desires from their little notes. "Beyond the mountain is the sea!"

--- Huang Yueying, volunteer from Hong Kong University



The social investigation project: research on the relocated residents in the New District



"We are the best!"



Farewell photo of volunteers with students



Towards a great future

© Growth

After undergoing five days of integration between basic teaching and skills training, every student went from being a beginner with zero experience to being a self-reliant content producer, and gradually developed into a professional team of photographers, editors, and new media operators. The new media team combined the community exploration results of the four theme groups of "Natural Scenery," "Historical Sites," "Inheritance of Intangible Cultural Heritage," and "Gourmet Exploration," to produce an astounding documentary, travel guidebook, and postcards featuring "The Great Beauty of Huize County." These student works were published on major social media platforms such as Qyer, Ctrip, and Xiaohongshu and received over a thousand likes on the first day, with their influence continuing to grow...

Through their dedication to self-cultivation and self-improvement and maintaining an average of only 5 hours of sleep for 9 consecutive days, the once-sensitive sexual education class unexpectedly became a popular course that every student wanted to attend. We empowered future media professionals to continue to grow independently, and they gained insight into the meaning of life with the strongest support from their team members.

--- Chen HuiLin, graduate school student of Interaction Design, University of Glasgow, UK

2. AiXin Column

The AiXin Foundation is playing an important role in promoting cultural exchange between China and the United States at the non-governmental



level. With China and the United States being key players in the global landscape, it is important to foster dialogue and understanding between the two countries at all levels. The foundation's AiXin Column has been publishing weekly articles since 2003, providing readers with first-hand materials from China and promoting mutual understanding between the two nations.

As China's economy continues to grow and its international influence expands, public welfare undertakings are becoming increasingly important in promoting social development and progress. The AiXin Foundation is playing a key role as the third force in this endeavor, and its efforts are providing an unprecedented platform for positive change.

The foundation aims to convey love and positive energy through its articles and highlight the tireless efforts of countless individuals who are working towards a brighter future for China. The foundation's work is important in bridging the cultural divide between China and the United States, and its efforts will undoubtedly contribute to a more harmonious and mutually beneficial relationship between the two nations.

Volunteers sharing their college experiences with students





Picture of all members of the “House of Banyan Root” (Rongshugen)



AiXin Non-Profit Organizations Support Program

In recent years, China’s public welfare undertakings have flourished. As another force besides the government and the market, they are playing an increasingly important role. One of the most important tasks of AiXin Foundation at present is to vigorously support local Chinese public welfare organizations and grassroots organizations, and focus on the growth of young generation working in non-profit sector. At the same time, we pay attention to policy advocacy, integration and effective use of resources, give full play to our advantages in coordination and communication, and work with government at all levels, academic circles, enterprises and social forces of non-profit organizations to promote exchanges, sharing and collaboration, gather synergy, and jointly promote



healthy development of public welfare undertakings in China. From 2019 to 2020, AiXin Foundation provided support services for the different needs of non-profit organizations through lectures, trainings, consultation, coordination services and various forms of collaborations, and continued to participate in supporting the capacity building of non-profit organizations, especially focusing on cultivating young people working in the sector.

1.Support Non-Profit Organizations / Team Capacity Building

From March 22 to 28, 2020, during the COVID-19 pandemic, AiXin Foundation overcame difficulties, organized and coordinated five leaders from two non-profit organizations, the Food and Nutrition Education Project and Green Cross Women Handicraft Project to Kunming, Yunnan, and conducted a 6-day capacity building training to recharge their energy and empower them. The following is the summary from the testimonials of the participants.

Lessons learned and sharing:

First of all, the content of public speech training PPT presented by Mr. Zhou and Miss Zhang gave us a clear idea of the structure and methods of the training lectures. Secondly, is to confirm the slogan of our Food and Nutrition Education Project through President Weng's comments to our project: Let every child have the ability to keep healthy for life! From the perspective of national level, food and nutrition education in schools is going to be a trend in the future. In terms of formulation, we will refer to "Three good things start from food and nutrition education" and "good moralities and good habits start from food and nutrition education". From the perspective of family level, there will be more space and great potential for the development of food and nutrition education work in the family. In general, I am very grateful to AiXin Foundation for providing this learning opportunity. We not only learned knowledge and had our skills trained, but also felt the excellence of every teacher around us.

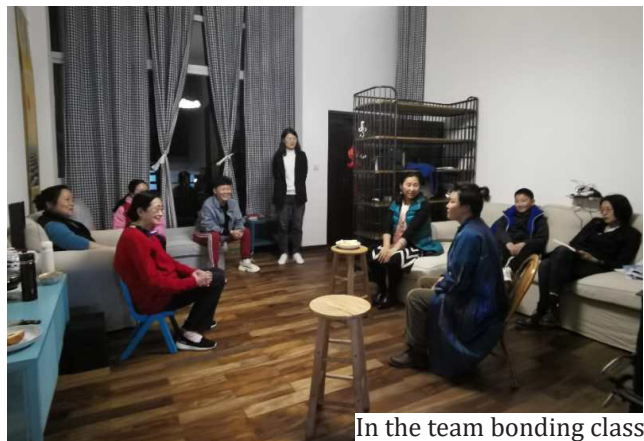
--- Liu Lu, Director of Food and Nutrition Education Project

Lessons learned and sharing:

1.Keeping up with the times and promoting food and nutrition education in combination with the national policies: Be more determined that our path is correct that food and nutrition education is a major event that integrates life ideals into national undertakings. The country had a slogan about cultivating "three goods" teenagers (good moral character, good academic performance, and good health) last year, which can be integrated



Team members doing reflections



In the team bonding class

with the development work of food and nutrition education.

2. We need to be good at studying the nature of events, identifying the real reasons behind, so as to better solve problems. If we encounter difficulties at work, we need to seek support and be persistent in doing the good things we do.

3. Three levels of added value. The first level is to improve skills, the second level is to improve the products, and the third level is to improve the business models. Only by improving and changing the business models can we truly realize value-added in all aspects.

4. How to motivate school teachers: in addition to providing competitive training content other than food and nutrition education training, such as teaching skills, it is also necessary to offer teachers a sense of honor, and enhance the sense of presence of teachers so as to increase the attention and respect of schools, parents and students to food and nutrition education teachers.

5. Self-management of logical languages: the training of logical language shows a person's comprehensive ability.

6. Effective management of three key words of teaching: sensibility, rationality, and interaction. In class or in conversations, we should try to communicate efficiently and with quality from these three aspects.

7. Any public speech, lectures or even informal conversation requires proper postures, tones, intonations, context, and expressions, etc. We have to learn to experience and feel.

8. Creative planning is more about finding the real purpose of the event itself and the story behind it. Start with the incident, and consider for the other party.

9. Under the guidance of President Weng, we had a new slogan for our Food and Nutrition Education Project: Let every child have the ability to keep healthy for life! I like it very much! At the same time, under the guidance President Weng, our team analyzed the situation of the project and had more profound thinking.

---- Mao Chunrui, Food and Nutrition Education Project



Teams doing team bonding activities



The Food and Nutrition Education Project Team and representatives from the Green Cross Women Handicraft Project came to Kunming for team building activity in March, 2020

The trip to Kunming is full of harvest

I learned three things from the conversations with Mr. Zhou and Miss Zhang:

- (1)It requires a good business model to interact with various service stations;*
- (2)Product research and development capabilities need to be improved and combined with internet technology;*
- (3)Enlightenment from the training of food and nutrition education teachers: develop their strong lecture abilities, provide teachers certificates, and give them respect and good feedback that can be respected by the audience, and stimulate teachers' enthusiasm for participating in the training of food and nutrition education.*

I learned two things from Miss Zhang's training and from observing online teaching and recording at Mr. Zhou's home:

- (1)From work perspective: through systematic and professional teaching skills training, we can be more professional in food and nutrition education teacher training in the future.*
- (2)At personal level: I have new understanding about lecturing body posture through this one-day training, and I need to practice more based on the course we observed.*

I learned three things from President Weng's guidance and interaction with teacher Yu:

- (1)I am inspired and have had some new ideas for the current service stations and sections run by volunteers;*
- (2)The innovative model when developing family food and nutrition education section;*
- (3)From Teacher Yu's public speech instruction, I realized that speech is not about talking with your mouth, eye contact is also very important.*

Thanks to President Weng for the thoughtful arrangement of this team building training, which allowed our food and nutrition education team get together at this special time. Thank you very much for the warm hospitality from every teacher. I look forward to meeting Sandy. Thank you for sharing the project application information with us.

--- Yang Yi, Food and Nutrition Education Project

I benefited a great deal from training in these days

Mr. Zhou's class allowed us to analyze the current situation and bottlenecks of our team, and gave us guidance and suggestions on how to deal with it. Live broadcast let us know what to pay attention to, how to present ourselves, broaden promotion channels, ensure the quality of content, how to conduct innovative research and development, and how to convert skills training into sales ideas. He also gave us his books and online courses for free, so that we can continue to learn and grow in the future.

Miss Zhang taught us the importance of paying attention to our walking and standing postures, tones of voice, and gestures in the training class. In the past, our lectures were too casual. We learned how to make emotional narration, rational analysis, and reasonable interaction to make the classroom more interesting and free from distractions. Teacher He's detailed explanation on how to take care of our voices and her sharing of real cases for my reference are really helpful. Thank you teacher !

The most important takeaway from President Weng's class is that, as a team leader, we must have an insightful mind, be responsible, and give team members hope and rooms for growth. Dare to discuss the current situation, challenges, and possible solutions with the core team members, face difficulties together, and let everyone have a sense of belonging. Furthermore, the thoughtfulness and the warmth that President Weng treated people, like a mother and a teacher, which is what I need to learn and practice in the future.

Miss Yu, like a little girl, she used her own story to discuss with us and let me learn that the most important thing in a public speech is to express. She is very logical. She gave each of us detailed analysis and guidance on our speech practices. Her passion about life, and her enthusiasm to share resources with everyone benefit all of us.

Thanks to all the teachers. We will keep doing the good things, with hope, with growth, and with persistence. We become better because of you.

--- Meizi, Director of Green Cross Women Handicraft Project

My lessons learned

(1) I learned the most from the teaching skills and curriculum system development from Mr. Zhou, Miss Zhang, and Miss He's training course.

(2) President Weng's "Three Questions of the Present": Current Situation, Problems and Solutions. Reorganize and clarify the future directions and working approaches. These three questions apply to any relationship, at anytime. These three questions will accompany my future life.

(3) Teacher Yu's comments on our speeches gave me a preliminary understanding of how to tell a story.

I would like to thank AiXin Foundation and President Weng for their hard work during this extraordinary period of pandemic, so that the team building training can be held as schedule and executed successfully.

Thanks to Mr. Zhou for his love and generosity for providing his books and online courses free of charge. He reminded us that all the efforts will not be in vain only if we practice and utilize what we learn. I will definitely work hard and practice. Thanks again to Mr. Zhou, Miss Zhang, and Miss He for giving us everything.

I also want to express my gratitude to Teacher Yu, Teacher Jiang, and Teacher Zhao from Yeya Lake for their warm hospitality. I also learned a lot from these teachers. Be humble, considerate, and generous in dealing



with people and things. These self-evident teaching is useful for my lifetime. Last but not least, I would like to thank Sandy who is now far away in Taiwan. Although she is not here, she always keeps us in her mind. Hope the pandemic will end soon and travels will be unimpeded.

--- Little Wu, Green Cross Women Handicraft Project

2. Coordinate and support non-profit organizations to carry out women's mental health, capacity building and children food and nutrition education program

From 2019 to 2020, AiXin Foundation coordinated and supported non-profit organization Yizhong Psychological Counseling to establish its Yizhong mental health hotline and counseling room in Xin County, Henan Province. AiXin Foundation cooperated with Beijing Yichuang Rural Women Public Welfare Development Center to implement health promotion and development projects for family and community in 15 project villages, including Xihe Village of Zhouhe Township and Tianpu Village of Tianpu Township, etc. in Henan Province.

AiXin Foundation has supported Food and Nutrition Education Project being carried out in Pingqiao District and Xin County in Xinyang City of Henan Province for a long time. Through policy advocacy, the local government instructed the Bureau of Education to issue a document to incorporate food and nutrition education into the school-based curriculum within the district and county. Some qualified schools set up dedicated food and nutrition education classrooms, and opened up food and nutrition education vegetable gardens on campus.

Since 2014, AiXin Foundation has taken Xin County, Henan Province as a pilot area, giving full play to our advantage coordinating and integrating resources, and working with local governments, non-profit organizations and social forces to carry out in-depth health

Volunteers from the Tibetan Maternal and Child Health Association (TMCHA) going out for free medical consultations



Vehicles carrying the Aixin Ivy Logo are on their way to free medical consultations

promotion work. Over the years, continuous training and activities have cultivated a group of health managers, psychological counselors, nutritionists, key family members who have the realization of the importance of health, and backbone forces at the grassroots level. The health awareness, health literacy and physical fitness of the local people have been improved, and the living habits and behaviors have undergone great changes. Taking the prevention and control of COVID-19 pandemic as an example, 19 of the 27 towns in Henan Province sharing borders with the affected areas of Hubei Province, but the infection rate in Henan Province was at a low level, which fully demonstrated the achievements of public welfare organizations in health education over the years.

3.Support Health Project in Minority Areas

AiXin Foundation focused on health and education in minority areas. Since 2014, AiXin Foundation has continued to support the Tibetan Maternal and Child Health Association (TMCHA, hereinafter referred to as the “Association”) to carry out skills training for Tibetan village doctors and midwives, deliver community health education programs, and sexual education programs for Tibetan adolescents, with a view to reducing maternal and infant mortality, improving the living environment for children and adolescents in remote farming and pastoral areas.

AiXin Foundation mainly provided support to the Association through resources docking, drawing attention from policy makers to see the importance of empowerment, and material assistance.

In 2019, AiXin Foundation donated a Mitsubishi off-road vehicle to the Association, to help solve the problem of using vehicles in the countryside. Tibet has a vast territory. The donated vehicle is mainly used for return visits of trainees after training, delivering free clinics and community publicity and education activities in the countryside, as well



The Tibetan Early Childhood Education Program



as carrying out “Nursing Home Nursing Training” and “Huiyu China Early Childhood Education” (organized by China Development and Research Foundation, CDRF) program in cities and counties around Lhasa and 12 counties of Shannan City.

In 2019, the Association cooperated with local government departments at all levels and social organizations to hold 8 training sessions for rural doctors and rehabilitation workers for disabled children, and trained 346 medical personnel at county, township, and village level. In 2020, entrusted by the autonomous region government, the Association provided professional training for 15 obstetric technicians from the Tibet Autonomous Region, and provided Naqu City Thousands of Village Doctors Standardized Comprehensive Training for 80 village doctors in Naqu City. These trainees are rooted in local communities and villages, serving the grassroots people. We look forward to improving the level of grassroots medical personnel in exchange for the health blessings for grassroots people.

From 2019 to 2020, with the support from governments at all levels, women’s federations and social organizations, the Association actively carried out free clinics in the countryside and community education activities. In 2019, 6 community health education promotions and free clinics were held, directly benefited more than 1,600 people, including rural medical personnel, women’s federation cadres, family members, pregnant women and women of childbearing age. During the COVID-19 pandemic in 2020, the Association implemented 3 free clinics and publicity activities in the countryside. Free clinics in the countryside are especially important for ordinary people in remote farming and pastoral areas that lack high-quality medical resources. Firstly, free clinics can be used to screen potential major diseases; secondly, it can be used to promote public health care awareness in daily life. We look forward to seeing the continuous little changes to bring improvement over time.

The remote rural areas of Tibet have always lacked the concept of early childhood education, and paid very little attention to early childhood intellectual development. With the joint efforts of all parties, the Huiyu China Early Childhood Education (CDRF) project was implemented in Nimu County, Lhasa City in 2018. In 2019, 4 new project sites were added. The Association participated in the implementation of the project throughout the process. The project has won extensive attention and support from the local government and from the people. We look forward to seeing the summary of experience and lessons learned and promoting the early childhood education project to further remote farming areas in Tibet.

4.Support Youth Education Projects in Minority Areas

AiXin Foundation’s youth education project in minority areas mainly focuses on supporting non-profit organization House of Banyan Root (Rongshugen) rooted in the Yunnan-Myanmar boarder.

House of Banyan Root is located in the area inhabited by Jinpo ethnic group, on the

Yunnan-Myanmar border in Dehong Prefecture, Yunnan Province. It is one of the areas most affected by drugs and AIDS in China. Among more than 200 students of House of Banyan Root, one out of every four children has lost their parents to drugs. In 2007, Dr. Anton Lustig, a Dutch artist and linguist who studies the Zaiwa language of the Jinpo nationality, and his wife, Li Yang, co-funded a non-profit organization, House of Banyan Root. They are committed to the education of local children, with the goal to integrate Jinpo traditional culture into characteristic bilingual and artistic education, and help children build self-confidence and creativity while realizing culture inheritance.

House of Banyan Root settled deep in the mountain, and together with the villagers and children in the Jinpo cottage, they built the children's activity center on the mountainside with bricks, tiles, bamboo and wood.

Day by day, the Jinpo children have achieved brilliant results: Through vocational education, some of them have become fashion designers, fitness coaches, make-up artists, teachers, gardeners, and they shine in various fields. There are also many Jinpo children who have chosen to return to House of Banyan Root or join other non-profit organizations as volunteers after they completed their studies. They spread this love to all directions and healed more children who had been like them. The world is a better place because of love!

In 2020, AiXin Foundation provided scholarship to 23 Jinpo students at House of Banyan Root to help them learn practical skills at vocational schools which they can apply and serve the public in the future. AiXin Foundation also publicized articles about House of Banyan Root through AiXin Column, and supports the House of Banyan Root in different ways.



Yang Li, Andong Le and kids from the "House of Banyan Root"

Children from the "House of Banyan Root" attending competitions after acquiring baking skills





Financial Information

2019-2020 年度 爱心基金会财务报表 2019-2020 Finance Report

Year	2019	2020
Begin balance	195,018	221,051
Revenue		
Contribution	96,870	57,888
Contribution services and goods	57,320	71,800
Interest income	574	576
Total Revenue	154,764	130,264
Expenses		
Program services	124,470	147,356
Supporting services	4,261	4,202
Total expense	128,731	151,558
End Year Net Assets and Total Liabilities	221,051	199,757
Chang in Net Assets	26,033	(21,294)



2019 年捐款人名单 List of Donors in 2019

Under \$100

John Geddie		
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\$100 - \$499

Aifei Wang	Xu Fu / Yingtao Zhu	Daniel Yeung
David Pot	Gongyuan Yao	Lian Cheng
Helen Chen	Helen Yerk-hung Yu	Taylor Qing 徐青
Jian Ding / Lili	Wu Jing 吴思静	Li Ping Ren
Qian Qiang/Sui Xiufen 钱强	Shi Dexiu/Xing Xiaozheng 石德秀/邢晓正	Jin & Sheley Gong 龚锦/肖丽
Shuhua Yu 余曙华/吴小洲	Jiali Ye/Zhiheng Xu 徐志恒	友谊书社 (Friendship bookclub)
Wang Lixin/Tu Huiping 王立新/屠慧萍	Xu Lixin/Wang Fan 徐砺新/王凡	Xiaofang Yuan/Benzi Yu 袁小方/余本智
Xing Chen / Ping Luo	匿名捐赠人	
Yan Wang 王瑶/程逸琳·程逸豪	Yang Zhao/Helen Wang 赵阳/王亚欧	

\$500 - \$999

Jian Zhang	Merk Foundation 陆文渝	Yuejiang Liu 刘岳江
Xiqing Cao 曹锡清	Fang Gao 高放	
ExonMobile Foundation 张明	Wang Xingyu /Jin Yan 王行宇/金燕	Xu Gang/Qing Haiying 许纲/秦海英

\$1,000 - \$9,999

Chang Chiu Chen 邱彰	Lihong Ma 马立洪/刘文	Cleverex
Yayin Xu 许亚因	Jun J Yu 俞军	Yili Zhang 张伊立
Steve Chia-yow Hu	Bright Funds) 翁永凯/胡家因	青春励志俱乐部 (Jing Ke/王天圆)



\$10,000 and above

Chieh-San Cheng & Ivy Cheng 程杰三/张孝绛		
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2019 年 非捐款-资助人名单（爱心协助联系贫困学生）

¥900

张美兰女士	崔垣嫒女士	李燕超女士
周南女士	杨清秀女士	饶伟先生
张友军先生	曲鸿雁老师	

¥1000-¥1800

许亚蓝女士	陈渝女士	龚湑女士
董上奇女士	王梅女士	陈桔荳女士
刁红艳女士		

¥2000-¥3000

邓创英女士	胡春磊先生	
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¥3001-¥4000

王凤女士和陶淘哥哥	刘雪梅女士	施先生
相先生		

¥4,001-¥9,999

周健女士和周燕女士		
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¥10,000- above

戴月棣女士/胡聿贤先生	东莞华港机电	
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2020 年捐款人名单 List of Donors in 2020

Under \$100

May Yu 郁迈	Booz Allen Hamilton	Maryland State Refund
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\$100 - \$499

Aifei Wang	America Charities	Gongyuan Yao
Daniel Yeung Jennie Jiang	Yong jian Tang /Shen Guo Weng	Yue Liu
Zhan Zhang	Li Ping Ren	Shuhua Yu 余曙华/吴小洲
Li Ping Ren	Guohua Zhang	Jin Gong 龚锦
Siwen Wang & Hong Wang	Vision Industried Group Inc 梁昆先生	X Zhong & Yuan Liu 刘渊
Xiao Ping Su /Quan sheng Dong	(Steve) Xu Fu & Yingtao Zhu	Xinyu Wang and Yan Jin 王行宇/金雁
Wenyao Shi /Ying Zhao		

\$500 - \$999

Fang Gao	Jian Zhang	Helen Yerk-Hung Yu
Friendship Book Club Yuyan Zhou 周宇妍	Yuejiang Liu /Xiqing Cao 刘岳江/曹锡清	

\$1,000 - \$9,999

Exxonmobil Foundation Min Chang 张明	Refinitiv Yayin Xu 许亚因	Jame Tong / Lily Tong
Lihong Ma 马立洪/刘文	Wenyu Hu and Chuanpu Hu 陆文渝/胡传普	Teens Help Kids Club (黄春伟 John Huang)
Fang Gao 高放	Yili Zhang 张伊立	Cleverex
Steve Chia-yow Hu / Bin Hu	Weiwen Chen 陈卫文 Jie Shi	Bright Funds 翁永凯/胡家因



\$10,000 and above

Chieh-San Cheng & Ivy Cheng 程杰三/张孝绛		
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2020 年 非捐款-资助人名单（爱心协助联系贫困学生）

¥900

李长志先生	崔垣嫫女士	李燕超女士
周南女士	杨清秀女士	饶伟先生
张友军先生	曲鸿雁老师	邓创英女士
周燕女士		

¥1000-¥1800

许亚蓝女士	龚湑女士	刁红艳女士
周健女士	正福先生	

¥2000-¥3000

刘晖女士	董上奇女士	陈渝女士
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¥3001-¥5000

王凤女士/陶淘哥哥	刘雪梅女士	相先生
施先生	艾信朗先生	

¥5,000- above

戴月棣女士、胡聿贤先生	东莞华港机电	
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**AiXin is a 501(c)(3) non-profit organization,
Your donation will be 100% tax deductible.**

AiXin is dedicated to improve basic health care, education, cultural exchange, ecological environment, and sustainable development in impoverished communities and for people in needs.

爱心基金会倡导“以为人本”的爱心关怀，支持和推动贫困地区的公共健康、基础教育、中美民间文化交流、生态环境和可持续发展。爱心基金会目前的工作重点在中国。

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AiXin Foundation, Inc.,
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Rockville, MD 20850



衷心感谢每位关心和支持爱心基金会的朋
友，一年又一年，你们始终陪伴在爱心基金会
左右。

期待未来您仍然与爱心基金会携手同行，
为中国偏远地区的教育事业和基层农村健康事
业，发挥我们的力量！

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of AiXin Foundation



AiXin Foundation was
founded in 2002, USA



Some of the volunteers in
AiXin Foundation