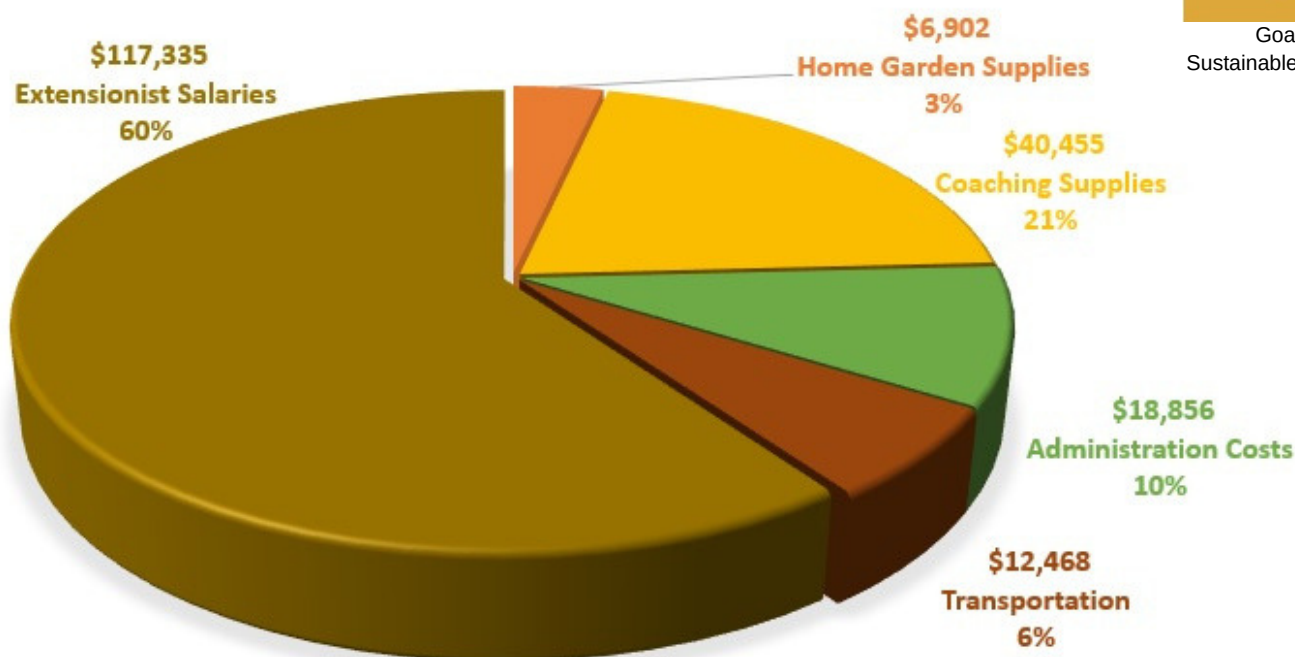# Seeds for a Future
Semillas para el Futuro

Fighting Malnutrition in Rural Guatemala

-- Over half of children under the age of five are chronically malnourished (USAID)

Casa Granja (Backyard Farm) Integrated Nutrition Program

- Proven way for a family to grow sufficient and nutritious foods
- Exchange of technical knowledge on home gardening & raising protein animals
- Coaching for rural families on what nutrition means in their daily lives
- Helps families discover & use hidden resources of time, space & materials
- Promotes diversification of income and micro-business activities

2 ZERO HUNGER

Goal #2 for
Sustainable Development

CASA GRANJA:
COSTS FOR 2 YEARS AND 125 FAMILIES
- US$ 196,016 -

$6,902
Home Garden Supplies
3%

$40,455
Coaching Supplies
21%

$117,335
Extensionist Salaries
60%

$18,856
Administration Costs
10%

$12,468
Transportation
6%

INCAP / Nestlé Study (2014-2016):

- Anemia rate dropped from 37.7% to 27% for children under 5
- Anemia rate dropped from 17.3% to 7.5% for women
- 80% of participants continued 1 or more study activities after 1 year
- Significantly less illness among mothers and children
- Improved household income and shared community spirit

SEAL OF TRANSPARENCY
2018 GOLD
GUIDESTAR

Seeds for a Future
Semillas para el Futuro

Fighting Malnutrition in Rural Guatemala

-- 2/3 of the population & 80% of indigenous people live on less than US$2 per day
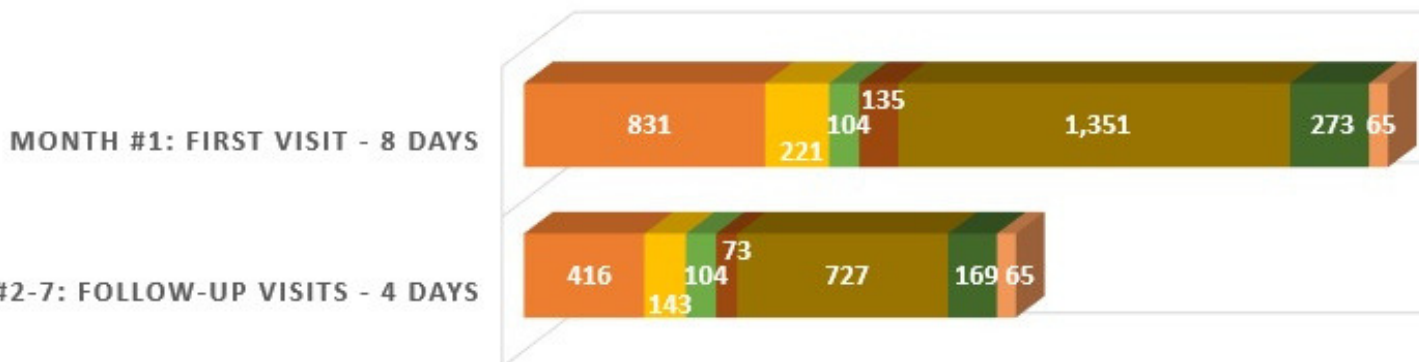
Rural Agricultural Extension Outreach Program:
- Participatory diagnosis of community resources
- Transmission and adaptation of agricultural techniques
- Exchange of information, knowledge and best-practices
- Empowering competitevness, sustainability and social equality

2 ZERO HUNGER

Goal #2 for
Sustainable Developmentt

EXTENSION & OUTREACH 7-MONTHPROGRAM:
COSTS PER VILLAGE - US$ 13,156 -

Legend:
- Extensionist Salaries
- Garden Supplies
- Coaching Supplies
- Administration Costs
- Food & Lodging
- Transportation
- Contingency

MONTH #1: FIRST VISIT - 8 DAYS: 831 | 221 | 104 | 135 | 1,351 | 273 | 65

MONTH #2-7: FOLLOW-UP VISITS - 4 DAYS: 416 | 143 | 104 | 73 | 727 | 169 | 65

Objectives: Improved Food Security and Nutrition for participating families
Local extensionists trained in basic method and techniques
Knowledge exchange to adapt Seeds' methods to local opportunities & needs
Field manual customized to the local area to ensure success & sustainability

Duration: 7-months: Initial Visit of 8 days, with 6 monthly follow-up visits of 4-days each
Format: Classroom and theoretical learning -- 20%
In-Field and Practical learning – 80%

SEAL OF TRANSPARENCY
2018 GOLD
GUIDESTAR