

# CEDN Noticias

centro para el desarrollo del niño y el adolescente

AUGUST—SEPTEMBER 2014

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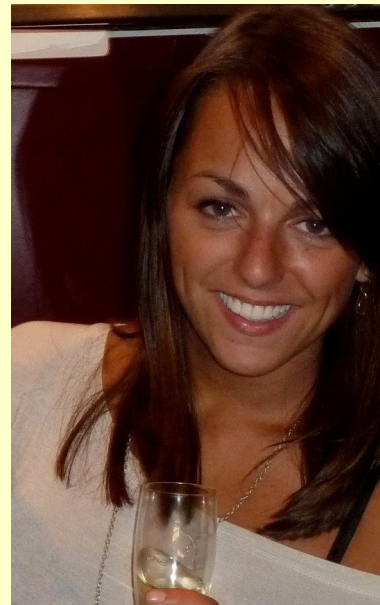


## CEDNA INSTITUTION

CEDNA is a private non-profit NGO that works for the well-being of children, adolescents and adults stemming from the low-income population of the peri-urban rural areas of the city of Cusco by promoting their sustainable and integral development with the aim to improve the quality of their lives.

## CEDNA COOKING

My name is Paola and I am currently doing my internship at CEDNA. Before my internship, I had the chance to participate in the new cooking workshop that CEDNA is willing to implement for tourists. I had a really great afternoon, learning about Cusco's food traditions. We first went to the market and learned a lot about local aliments. Then we arrived at CEDNA's offices where a chef was waiting for us. We cooked the national "Lomo saltado" which we accompanied with quinoa. Then, we also learned how to prepare "Pisco sour", which is the national drink here. I have to say that it was a delicious meal and I think it is a good idea to organize such workshops for tourists, as it will enable CEDNA to raise funds for their projects while offering tourists a great deal of fun!



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## HEALTH PROJECT MISKI WAWA IX

### TRAINING WORKSHOPS AND BALANCED FOOD DEMONSTRATION SESSIONS

The child malnutrition often starts from the pregnancy of the mother.

**CEDNA** through the health project **Miski Wawa**, is concerned with providing training for mothers with children under 6 years on **issues of balanced diet** (quantity and frequency), **nutrition and prevention of diseases such as anemia and others.**

For the development of the nutrition workshops, the health personnel performed demonstration sessions where the mothers learned how to prepare healthy dishes, making a proper combination of food and helping in this way to improve the nutrition of their children.



## PRESENTATION OF THE NUTRITIONAL DIAGNOSIS IN MEETING SPACES

The health personnel of the Project, in coordination with the PRO-NOEI (Initial Program Educate No Education) and the leaders of the project area, made the presentation of children's nutritional diagnostics in order to let parents know where their children are in this diagnostic and to help them begin to make good decisions to help improve their children's nutrition, who in some cases face a chronic malnutrition.



We conducted a training workshop on balanced diet and we gave mothers a cookbook of healthy preparations as well as a poster containing information on proper hand washing so that we can help improve hygiene habits of each family.



## INTRADOMICILIARY TRACKING IN FOOD ISSUES AND ADVICE ON HEALTHY HOMES



The staff project performed the visits from house to house and verified that mothers were putting into practice the things that they had learned in the workshops of balanced diet, the staff also evaluated how these mothers prepared the food (breakfast, lunch, dinner and snacks). Finally, the staff also helped the mothers with improving some things on which they needed help to provide better food for their children.

We also conducted the healthy housing counseling where the staff project evaluated the cleanliness of the housing; then with the family we made a list of things that they needed to improve so the family can improve this cleanliness inside their homes.

For this activity we used a tracking sheet, where we qualify: Cleaning of housing, distribution environments, location of small animals, kitchen hygiene, cleaning utensils, balanced diet, hygiene of food (fruits and vegetables), safe water consumption, form and timing of hand washing, personal hygiene and implementation of corner shower, bathroom cleaning and trash selection.



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## FICHA DE SEGUIMIENTO A FAMILIAS SALUDABLES



Ministerio  
de Salud

MICRORED CUSCO SUR  
CENTRO DE SALUD  
SAN SEBASTIAN

FAMILIA: \_\_\_\_\_ DIRECCIÓN: \_\_\_\_\_ LOTE: \_\_\_\_\_

NOMBRE DEL PAPÁ: \_\_\_\_\_ NOMBRE DE LA MAMÁ: \_\_\_\_\_ HIJO/A: \_\_\_\_\_

PRACTICAS SALUDABLES										
NUMERO DE VISITAS	Distribución y Orden de la Vivienda	Limpieza de la casa y cocina	Alimentación balanceada conocimiento	Higiene de alimentos	Agua segura	Lavado de manos y momentos	Higiene personal rincon de aseo	Higiene del baño	Control del niño / niña	Selección de basura
	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M	CALIFICACIÓN B R M
1° VISITA										
2° VISITA										
3° VISITA										
4° VISITA										
5° VISITA										

CALIFICACIONES B: BUENA R: REGULAR M: MALA

OBSERVACIONES:

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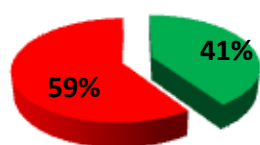
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## PROGRESS OF THE IMPROVEMENT AND RECOVERY OF THE NUTRITIONAL STATUS OF THE CHILDREN

We conducted the third control weight and height of children of the health project, where 53% of 139 children are in a normal nutritional status. The result is the following: 12% of the population has improved their nutritional status in relation to the first inspection after the start of the project.

ESTADO NUTRICIONAL  
1ER TRIMESTRE

■ No desnutridos ■ Desnutridos



ESTADO NUTRICIONAL  
3ER TRIMESTRE

■ No desnutridos ■ Desnutridos





## IDENTIFICATION AND SELECTION OF MOTHERS WITH THE POTENTIAL TO START-UP A BUSINESS

CEDNA trains the enterprising mothers in business management with the objective to improve or to start-up their own business.

Among the business ideas, 35% of the mothers are willing to open a grocery shop, 25% want to start an animal husbandry (with guinea pigs and chickens) and 40% want to start-up another kind of business.

13 mothers already set up their business such as pastry shops and pottery. In order to encourage their initiatives, those mothers were given some materials that contribute to the development and the improvement of their ideas. We designed for them business cards and we offered them examples of existing budgeted business models and bookkeeping documents models (sales' recording, purchases and expenses).

All of this has been elaborated with the aim to improve the quality of life of those enterprising women and thus also improve the nutrition of their children.



## IMPLEMENTATION OF BIOGARDEN WITH RECYCLED MATERIAL



The consumption of harvested aliments from bio-gardens helps people to have a balanced diet.

Through its Miski Wawa project, CEDNA contributes to the development of those initiatives by offering mothers varied kinds of seeds so that they can grow a bio-garden.

Some difficulties exist concerning the implementation of bio-gardens in the intervention areas. One of those is the lack of water and the other one is the little place available in the families' homes. This is the reason why the initiative was taken to implement in some homes bio-gardens with recycled materials (bottles, buckets and unused plastic basins), which helps to optimize the place and to make possible the implementation of vertical bio-gardens.



The lack of water can be harmful to the harvest, which is why we prioritize the distribution of seeds during the rainy season. As a matter of consequence, this doesn't affect the availability of water among the families.

This project was very welcomed among the populations, leading to a distribution of seeds to 80% of the beneficiary population.



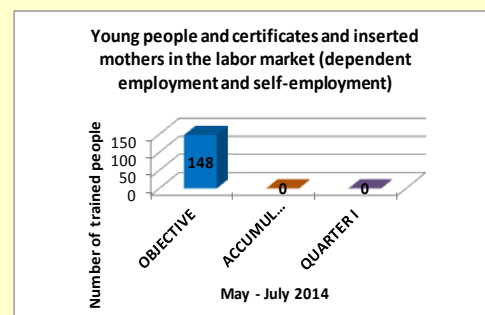
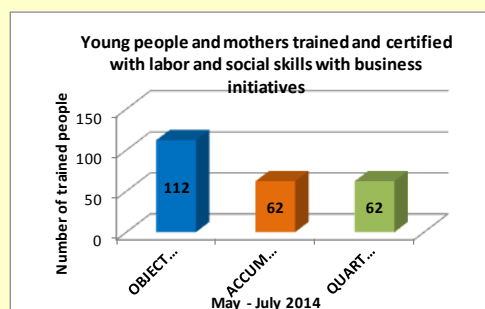
## TÍTULO DEL PÁRRAFO

In the last months, the training project of CEDNA closed the first quarter of work, obtaining the following results:

For the first result (table above), 62 persons were trained in the districts of Oropesa and Ccorca. It should be mentioned that from these trained people, 23 have already managed to build up their own business, which enables them to increase their incomes and the one of their families.

Concerning the second result (table below), the table shows a zero due to the fact that those students are in the process of being trained. The implemented courses are: Housekeeping I, Bakery and Housekeeping CESIP (Centro de Estudios Sociales y Publicaciones); with a total of 44 students in the training process.

We will be able to provide more information on those students in later publications where we will be giving the number of certificated students and how many of them have been inserted in the labour market.



## Let's meet our teacher Pastry: Marcos León

### What is your experience at CEDNA?

I grew up professionally in CEDNA as a “Basic pastry” teacher. My work here began three years ago, I have been selected among several candidates to fulfill the role of “Basic pastry” teacher. Since then, I am training the students in this field.



### What do you think of CEDNA's work?

CEDNA is an institution that offers non-profit services to help persons from the low-income population. Their work is efficient as the students are being trained now and many of them start their own business with the objective to increase their incomes.

### What was the last group you trained?

The last group I trained was the group of bakery and cooking, which were being taught in the “CRISTO VIVE” orphanage with the coordination of CEDNA. It was an interesting group due to the fact that, in this orphanage, you can encounter mothers who have been mistreated or abandoned by their spouse. The objective was to train them in gastronomy in order to enable them to evolve in the field of gastronomy when they leave the orphanage.

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## Age isn't a barrier to study

My name is Antonio, I am 74 years old. I have been a military for many years; I always liked to learn new things, which is one of the different reasons why I decided to study again. Another reason was also to enrich my knowledge because I want to show people that you can fulfil your dreams, no matter your age or your gender; the only thing that you need is your wish and desire to do it so you can manage to be a great person and professional.

I consider that the trainings offered by CEDNA are very good and that there are very little institutions like this that do such a work that benefits to so many people. Thank you CEDNA for everything you do and that is benefitting to Cusco's population!





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## Let's meet our teacher Pastry: Marcos León



My name is Vianne. I am from the district of CayCay – Paucartambo, Cusco – Peru. My mother died when I was 11 years old, which is the reason why I went to an orphanage for minors. Thanks to the agreement that this orphanage has with the institution CEDNA, I was trained in housekeeping. CEDNA helped me to find an internship in “Hotel Samay”, where I received a remuneration. I would love to continue to work because I got used to the work environment and to the job I do.

For now I still really want to do further studies so I can have better work possibilities. I am pretty sure that I will do well in my studies and thus show everyone that I am capable of achieving my goals.

I thank CEDNA very much for the help they give me and I hope that other young people will be trained by them because opportunities only occur once.

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## GLOBAL GIVING

Global Giving is a website that helps NGOs like CEDNA to raise funds. If you identify yourself with us, visit us on our Global Giving page:

<http://www.globalgiving.org/projects/improve-nutrition-of-150-children-in-cusco>



**Our Project are financed by:**



## Help us:

If you want to help us, you can make a donation to the following bank accounts:

In soles: 0011-0200-01-00075277-32 (BBVA Banco Continental)

In dollars: 0011-0200-02-00619487 (BBVA Banco Continental)

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