

# Hunger Relief International

## WHO WE ARE

HRI was established to address a prevalent and overwhelming need for improved access to secure sources of nourishing food for children living in extreme poverty. HRI identified two extremely “high need” countries right here in the Western Hemisphere – Haiti and Guatemala. Haiti had just suffered a catastrophic, deadly earthquake which exacerbated conditions in the poorest country in the hemisphere and one of the 15 poorest countries in the world. Guatemala has a long history of having the highest rate of chronic malnutrition of children under the age of 5 in rural areas, in the world. In both countries, children living in extreme poverty suffer from malnutrition, under-nutrition and a series of related illnesses due to compromised immune systems.

HRI understands that hunger, malnutrition and related growth and health challenges children face daily are an outcome of extraordinary circumstances that affect large swaths of the world’s population. The most common contributing factors to widespread hunger and malnutrition, particularly in children, include extreme poverty coupled with lack of access to clean water, decent sanitation, good hygiene practices and poor education. These factors also increase child abandonment, trafficking, exploitation, illegal migration, and servitude.

Since 2010, our work has significantly evolved as HRI works to improve and protect the lives of desperately poor children and families by building resiliency, fighting hunger, promoting family unity, and increasing self-sufficiency and household incomes – even during times of natural disasters including the COVID-19 pandemic. HRI has provided more than 14 million meals to date, but it is the transformational change we are most honored to facilitate.

By partnering with HRI, you not only help meet the most basic of needs, but you also completely transform lives and improve futures of some of the most vulnerable children, youth, and families in the world! Contact HRI today for more information.

Funding Allocation 2019



[HUNGERRELIEFINTERNATIONAL.ORG](http://HUNGERRELIEFINTERNATIONAL.ORG)

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■ Programs 90% ■ Admin 4% ■ Fundraising 6%

## OVERVIEW OF HRI PROGRAMS

*SKIP TO PAGE 7 FOR COVID-19 RELATED ACTIVITIES.*

### HRI HAITI:

#### **Improving Conditions of Orphanages**

HRI is actively implementing a holistic approach to tackle the aforementioned contributing factors as we strive to eliminate hunger and malnutrition, starting with children in orphanages. HRI has served more than 28 orphanages and currently works with 18.

HRI's nutrient-rich meal programs, combined with medical support, deworming, access to clean water and education, and trainings on nutrition, sanitation and hygiene ensure children in orphanages no longer suffer from the various effects of hunger and that they receive the basic nutrition they need to learn, grow and thrive. Additionally, we work with the orphanage leaders to reunite children with parents while also providing the families social services and income generation training and opportunities.

GOAL: 100% funding to support 20 orphanages until they can be transitioned to Community Life Centers (see page 3). Five orphanages need sponsors for an average \$1,200 per site per month.

#### **Micro-Enterprise for Orphaned & Vulnerable Youth**

HRI's Micro-Enterprise Program for Orphans and Vulnerable Youth in Haiti helps young adult orphans achieve self-sufficiency and financial independence before being forced to leave orphanages at the age of 18 years (the limit in Haiti). Our goal is to ensure that these young adults are prepared for life outside of the orphanages where they grew up. We want to make certain they will not be lured into gangs, commercial sex, or other violent and illegal activities because they lack the skills to earn a decent living and to care for themselves and their families. This also serves to stop the cycle of children being abandoned in orphanages due to poverty, as these young adults will eventually become strong, capable parents, able to earn a living and care for their children. While supporting children in an orphanage helps them today, the Micro-Enterprise Program will ensure generational change for these young adults and their future families. We are happy to report the first 20 participants had great success with their businesses!

GOAL: To serve 100 orphans and vulnerable youth each year. \$44,195 year 1. \$27,000 thereafter.

### **Family Reunification for Orphaned Youth**

In Haiti, it is estimated that there are 30,000 children living in orphanages. Sadly, 80% of children in orphanages have one or two living parents who, due to extreme poverty and limited resources, are forced to make the heartbreaking decision to abandon their children. The trauma and poverty-related stress children experience before and during institutionalized care can have lasting health and developmental consequences. Vast numbers of orphans who age out of the system have not been prepared for independence and/or any type of employment and are extremely vulnerable to exploitation, gang involvement, abuse and prostitution. These risk factors almost guarantee that a vicious cycle of poverty and child abandonment will continue.

HRI holds firm in our belief that in cases where children can be safely reunited with their families in a sustainable and positive manner, HRI must play a critical role in making that reunification a reality. Since early 2018, we have been articulating the growing need for facility founders and directors to work alongside HRI on family reunification efforts. We have a very interesting and innovative strategy for family reunification. Through already positive and strong relationships with orphanages and community leaders, HRI will be quite successful in sustainable, long-term, true family reunification with the safety, security and well-being of the child(ren) always at the forefront of our efforts.

GOAL: To reunite 5% of children in orphanages each year.

### **Children First which includes Micro-Enterprise & Trafficking Prevention for Poor Families**

HRI believes that every parent wants the best for their children, and that parents are the most important teachers in their children's lives. That's why we partnered with families, community leaders and nonprofit organizations to launch the Children First Program (Kay Fanmi) in 2017 to protect children and keep families together at three of Port-au-Prince Haiti's poorest neighborhoods. The Children First Program is a whole-family, multi-pronged approach to protecting Haiti's most vulnerable children from abandonment, abuse, trafficking and exploitation. The Children First Program brings important, targeted parent-child interventions and parent development training that promote academic achievement, financial stability through income generation, and strong parent-child relationships. We also provide nutritious food through the program. By providing families with the support they need to overcome poverty-related stress factors, children have a better chance to reach their full potential and thrive. The overarching goal of the program is to prevent child abandonment, trafficking and exploitation by strengthening the family and community's

ability to protect children from harm. We also host a 3-week long summer camp for over 100 children each summer.

GOAL: To expand to serve 100 families – place 100 children in school and train 100 adults for improved income generation. \$65,000 annually (not including school scholarships).

### **Transitioning Orphanages to Community Life Centers**

Approximately 80% of the children living in the orphanages we support have been abandoned by at least one living parent. Generally, these are parents who feel unable to care for their child(ren) and have been led to believe that an orphanage is better equipped to provide food, education, medical care and so much more than the parent is able to do. The result is that children are abandoned at orphanages by loving parents seeking only the best for them. In an effort to address the adverse effects of abandonment and child trafficking when there are living and loving parents, HRI has been working to create a comprehensive extension program through which we can support, encourage and empower at-risk families, ultimately preventing child abandonment.

HRI is in the first phase of a long-term plan to transition HRI partner orphanages in Haiti to **Community Life Centers** with the goal of implementing the first of many in 2020 and beyond. Community Life Centers are proven programs that strengthen Family Unity! Community Life Centers are like combining a YMCA, social service agency and the church into one central outreach.

Key Goals include:

- Keeping Families Together
- Preventing Child Abandonment, Trafficking, Exploitation & Servitude
- Building Resiliency
- Creating and Strengthening a Social Fabric within the Community
- Transition Orphanages from Hand-out to Hand-up Centers
- Transforming Lives through Church Plant held at Community Life Center
- Promoting Discipleship

GOAL: Begin by launching first CLC to serve 25 to 35 families (150-200 people). \$50,000 in year one due to set up costs. Over 5 years the costs will decrease by \$10,000 annually until the Center is fully self-sustaining.

## HRI GUATEMALA:

### **Youth Leadership Development Program**

HRI's youth leadership programs are working to reach youth in the neediest communities in Guatemala. In these areas, there is a heavy burden of poverty, lack of access to opportunity, little to no education, and everyday danger from powerful and violent gangs. Youth in these communities are at high-risk of gang recruitment, gang violence, exploitation, sex trafficking, labor trafficking, forced migration, drug use & trafficking, and verbal, physical & sexual abuse.

HRI began implementing the Youth Leadership Development program in three new urban communities of Guatemala in early 2018. We have successfully developed safe spaces and are carrying out weekly trainings and activities designed to build youth leadership skills, youth cooperation and participation with hundreds of participants. HRI built a team of **36 local volunteers in 2019** to support these efforts and has developed strong partnerships with public and private schools, local mayors and leaders and other organizations like Centro de Voluntariado Guatemalteco (Guatemalan Volunteer Center) and Unidad Para La Prevencion Comunitaria De La Violencia (Community Violence Prevention Unit).

GOAL: Create viable alternative tracks to detour youth from criminal lifestyles by serving 100 youth four days a week through multiple safe spaces. \$25,000 annually.

### **Safe Cookstoves for Schools and Families**

Modified traditional cook stoves significantly reduce high rates of chronic respiratory illness and burn incidents – especially in women and children. They are significantly more efficient – reducing environmental degradation as well as the time it takes to cook and collect wood. HRI provides a safe alternative for cooking meals and warming the home, preventing families from cooking on open fires where small children are susceptible to falling on open flames. HRI also provides safe cookstoves to schools.

GOAL: Provide 100 new cookstoves each year. \$330 for a school stove. \$230 for a family stove.

### **Trifecta Approach**

HRI's Trifecta Approach includes providing one water filter, one traditional latrine and one safe cookstove for one family. Our holistic approach of providing all three to each family will decrease water-borne illness and improve health and safety from multiple angles.

GOAL: Serve 100 families each year. \$500 per family.

### **Infant & Toddler Feeding Program (Pre-K)**

Adequate nutrition in the earliest years of a child's life prevents stunted growth, chronic illness and is vital for healthy social and cognitive development. HRI leads a very small program for infants and toddlers in rural Guatemala where chronic malnutrition is a severe problem.

GOAL: Expand to an additional community with an HRI Pre-K program for 50 children. \$10,000 annually.

## **HRI HAITI & GUATEMALA:**

### **School Scholarships & Feeding Programs**

Too many families struggle every day to feed their children – something, anything, let alone a nutritious meal. Sending them to school is often out of the question. We know the stress these families endure on daily basis, and that is why all of our programs support the fundamental goal of ending chronic hunger and resolving food insecurity for the long-term. In the interim, HRI's School Scholarships & Feeding Programs improve health, school enrollment, attendance, academic performance and gender equity. We ensure children receive the basic nutrition they need to learn, grow and thrive.

GOAL: To eventually provide scholarships to 1,500 children. \$150 per school year per student in Haiti.

### **Clean Water through Water Filters**

One of the leading causes of death in children under age five in developing countries is death from dehydration caused by diarrhea. Diarrhea is directly linked to contaminated water. Simple water filtration systems reduce the risk of preventable waterborne illness like cholera, typhoid, and chronic diarrhea. HRI and our mission teams are saving lives by distributing water filters to ensure clean water is available daily for cooking, drinking, dish washing, hand washing, bathing, etc.

GOAL: Distribute 100 water filters next year. \$100 per water filter.

### **Latrines and Improved Bathroom Facilities**

Installing new and improved bathrooms in places that need it most is one of our health priorities. This includes different toilet designs – including safe pit-latrines, flush toilets and

composting toilets depending on the best option for each situation. The goal is to ensure that human waste is being captured and managed properly. They not only provide a clean, safe space, but they also provide dignity to women and young girls developing as they have a private space to use the restroom.

GOAL: Provide 40 new latrines next year. \$315 each for traditional pit latrines with a life span of up to 5 years and \$630 each for compost, renewable latrines that can last forever.

### **Construction and Other Special Projects**

In addition to basic food, water and medical care, we work with each orphanage, school and community to identify their greatest needs and then work with their primary sponsor(s) to complete each goal. Building new dormitories, latrines or modern restrooms, installing clean water systems, buying new beds/blankets, building activity centers, summer camps, computer workshops, holiday parties are just a few.

GOAL: We have an ongoing list of needs at each program site and they vary from \$200 to \$500K.

### **Mission Trips & Team Building Exercises**

HRI leads anywhere from 5 to 15 mission trips and team building exercise trips every year to Haiti and Guatemala with churches, corporations and other groups where Americans are able to get hands-on experience volunteering in HRI programs abroad and providing additional support that would otherwise not be available, such as building latrines, distributing water filters, hosting summer camps, facilitating workshops, and more. Our Team Building Exercises are trips specially developed for companies and organizations seeking a unique leadership development experience.

GOAL: Lead 15 trips every year with groups of 10 to 15 participants. Cost varies depending on total participants and types of project/s.

### **Emergency Relief**

HRI continues to assist when disasters strike, such as *Volcan Fuego* that devastated Guatemala in 2018 and the current COVID-19 pandemic that has impacted the world.

GOAL: Build up an emergency fund to be available when disaster strikes. \$100,000.

## **NEW PROGRAMS LAUNCHED IN 2020 IN RESPONSE TO COVID-19:**

### *HRI's COVID-19 Activities in Guatemala include:*

#### **Helping Rural Farmers**

HRI is providing 86 farmers with the seeds, fertilizer and pesticide needed to ensure they were able to plant their corn (and in August their beans) that will provide the majority of their food from late 2020 through most of 2021. Many subsistence farmers, who are also day laborers for large landholders in the area, have lost the outside income (about \$2 U.S. per day) as the daily work, sporadic in the best of times, came to a halt in March due to the pandemic and stay at home orders by the Government. HRI targeted the neediest families for this project and was assisted by local leadership committees within the communities. Thanks to two grants from churches, we were able to implement this project, which is ongoing. We are also planning to do a savings and loan training for these recipients this year as well.

#### **Emergency Disinfectant and Food Relief to Rural Families**

HRI is providing weekly and monthly emergency disinfectant and food relief for 10 families in the rural villages. These are families identified by local leadership as being in greatest need. HRI has been able to provide some food assistance through the emergency. We will continue to do so, as needed, and until people are able to return to some income generating activities.

#### **Food Baskets for Elderly and Young Single Mothers in Guatemala City**

HRI is providing monthly distribution of food baskets to 50 families in Guatemala City for a period of 4 months. The food baskets will last a family of 4 or 5 people only a week or so, but it is a small hand up for families suffering from hunger and an almost complete loss of income. HRI is targeting the most vulnerable for this program – individuals over the age of 60 and single woman headed households with very young children (too young to be left unattended for the mom to work).

#### **Lunches for 200 Elderly in Guatemala City**

Twice monthly free lunches for 200 individuals – 100 in Guatemala City, Zona 18, El Limon and another 100 in Petapa. Both communities are essentially settlements within the cities and suffer incredibly high rates of poverty and hunger. The elderly are primary targets for this program as well.

#### **COVID Education & Prevention Messaging**

We continue to reach 3,500-5,000 individuals every day with short messages about COVID, how to stay safe, and how to support one another and healthcare workers.

### **Lead Agency for the OCHA Mental Health Working Group**

HRI is the lead agency in the OCHA (Office for the Coordination of Humanitarian Affairs of the United Nations) working group on mental health during the pandemic. Members of the group include OCHA, the Ministry of Health of Guatemala, the Pan American Health Organization (PAHO), the University of San Carlos, Doctors Without Borders, the International Committee for the Red Cross, the Guatemala Red Cross and a Guatemalan group of volunteer psychologists.

### **COVID Care Calls**

Care Calls to 200-500 individuals per week to check on how people are feeling, whether they have symptoms of COVID, provide appropriate referrals for healthcare, and also begin to identify if people are suffering from any mental health challenges including anxiety, fear, depression, sadness. This has been the predominant response to date. HRI is partnering with a group of volunteer psychologists that will work with people suffering from these issues free of charge.

### **Faith Leaders in Action**

“Faith Leaders in Action” is a new group that HRI established in the last few weeks. Pastor Raul Bermudez is leading this support group for pastors facing huge challenges during the pandemic in their work in marginalized and poor communities. Additionally, Hector is providing the pastors with information and materials that will help them to give good guidance to people in their congregations that are ill, depressed, anxious, fearful or in need of referrals for healthcare.

### *HRI's COVID-19 Activities in Haiti include:*

#### **COVID Education & Prevention Training with Good Health Ambassadors**

Ongoing training of parents and caregivers (primary those who have been and are currently in HRI's Children First program) about the coronavirus, how it is spread and how families can be protected. HRI has trained over 100 Good Health Ambassadors who in turn train the people in their communities.

#### **Detergent & Disinfectant Production**

Training and production of detergents and disinfectants by women who can sell these products which are in great demand at competitive prices and again, still have enough to purchase more supplies to make more product while also being able to support their households.

### **Mask Production & Distribution**

Production of another 1,500 cloth face masks which have / will be given to staff at all of the orphanages and the balance of which the ladies sewing these masks can sell to support their families. Since the cost of the supplies was donated to HRI, there is no need for us to ‘charge’ the women and we are encouraging them to sell them at a competitive price (approximately \$0.50 U.S.) so they can earn enough for food and other needs at home AND will still have enough to purchase more materials and supplies if they would like to continue to produce masks for sale.

### **Handwashing Stations Production & Distribution**

HRI has provided 125 handwashing stations throughout the large slum area where we are working in PAP. These stations were placed with our Good Health Ambassadors who monitor them and ensure that soap and water is available for any person that would like to wash their hands. They are placed in front of people’s homes, storefronts and other accessible areas in the community. HRI staff provides onsite visits and regular checks on the use and care of the handwashing stations. Each station can handle up to 50 hand washings per day, on average.

### **Orphanage Care**

Regular orphanage visits by HRI’s nurse, social worker and program officer have continued. During the visits, hand washing stations (one or more) are placed in each orphanage, the nurse provides a hand washing training with all of the kids and the social worker teaches them about the coronavirus and how to be vigilant but not fearful. Other medical and psychosocial needs are also addressed during the visits. Regular food purchasing and distribution to orphanages continues unabated during the crisis.

### **Educational Books & Games Distribution**

The Haiti team did a distribution of educational books and games to children forced to remain at home during the pandemic. The purpose is to provide children, largely those in the Children First program, with educational and fun activities during this difficult time.

### **COVID Care Calls**

Care Calls to 100+ persons per week with appropriate referrals for healthcare and mental health support.

To learn more about any of these programs or how you can join hands with us to lift-up the lives of others, please contact us directly at [info@hungerreliefintl.org](mailto:info@hungerreliefintl.org) or 405.408.6954.

*Note: All budgets listed above are subject to change as inflation fluctuates.*