



# El Proyecto de Semillas

Milagro, CLAG, La Esmerelda  
and Santa Amelia



Reconnecting and reviewing



Milagro, we reconnected with the girls, to review, reconnect and celebrate the year completed. Milagro.





# Having fun with food

Making tortillas that have interesting shapes for snacks.



CLAG. The school was not in session, but we offered a classes to teach basic English and emphasized the importance of healthy snacks





Randee developed  
games and activities to  
make learning fun.





La Esmerelda, the  
church kitchen, so  
far

# Daily Schedule

- Daily, Two or three visits to work on gardens
  - People whose garden we visited would serve us a meal.
- During the week, two nutrition workshops



# Two Workshops Per Village

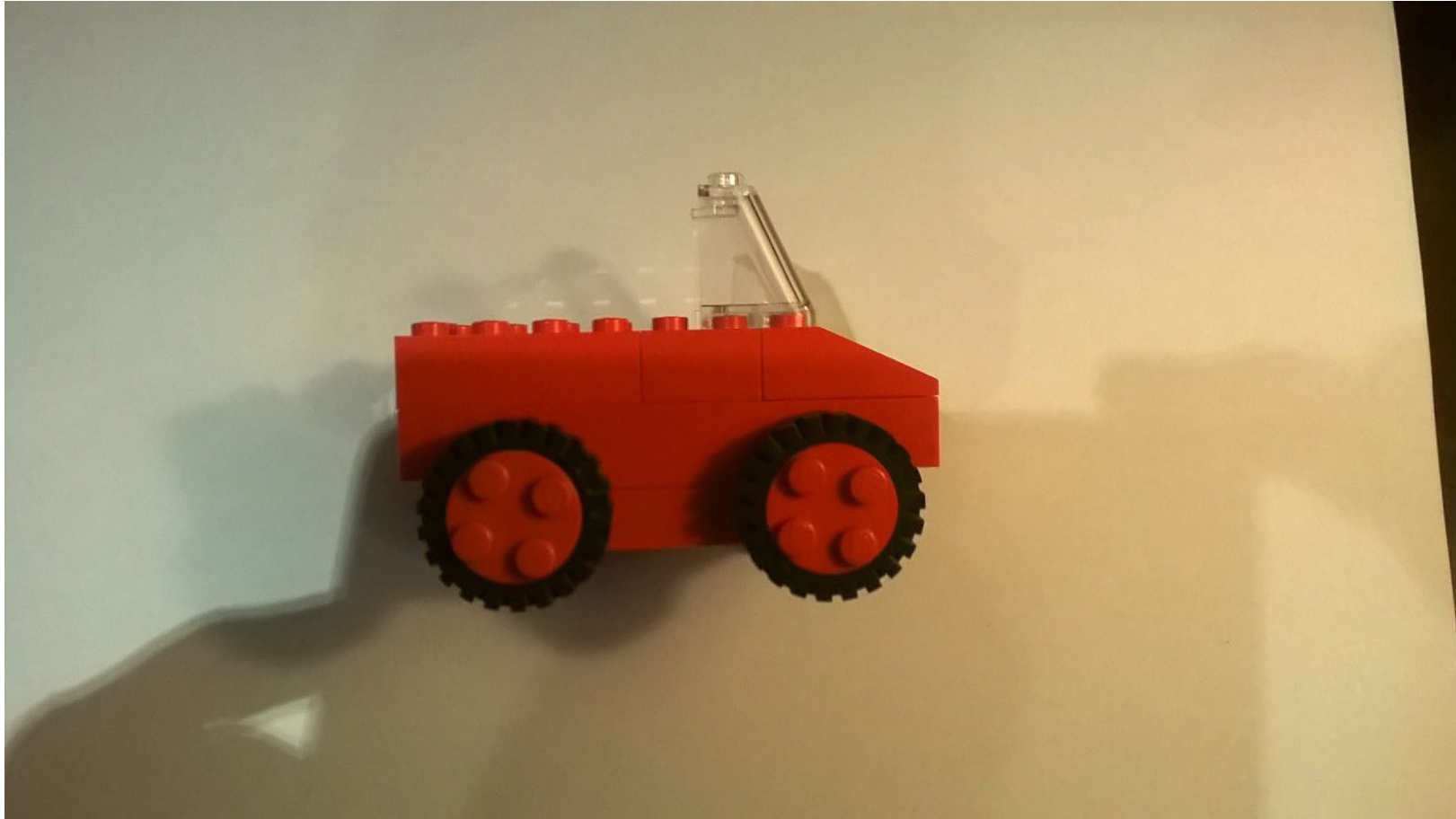
- One on General nutrition
  - Emphasis on increased consumption of dark green vegetables.
    - Great source of vitamins A and C (and nutrients)
    - These vegetables, combined with corn, rice or pasta can help to make a complete protein.
  - Emphasis on decreased consumption of heavily processed foods, especially soda
    - Daily consumption of one 12 oz can/day increases risk of developing type 2 diabetes by 10%.
    - Each additional 12 oz can of soda increases risk of developing type 2 diabetes by an additional 10%
    - There is no garbage pick-up in villages. That means that packaging for highly processed foods often litters the villages. The waste from most unprocessed foods can be composted.

# Workshops in La Esmerelda: General Nutrition Concerns





**Grow:** Here is a very simple illustration: If we want to make a car



If you have all the pieces





But...if we don't have all the pieces, we can't make what we need. If I add cotton balls (junk food) it really messes everything up.







Workshop # 2 Focused on Nutrition for Women and Children





Food Preparation of  
pureed black beans





The meal and the  
companionship were  
wonderful







Medical Care, the medical assistant



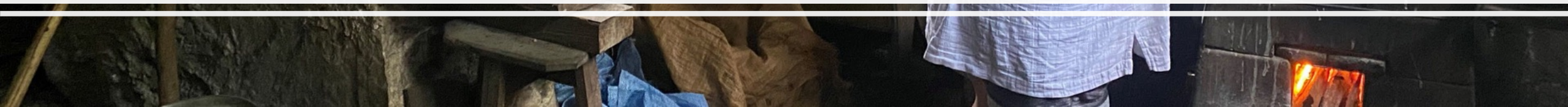


Cooking was  
done on  
wood  
burning  
stoves





Pastor Fabian even had added an oven to his home.





# Most Typical Meal





# Trip to Santa Amelia with Pastor Julio

- Survey of stores to compare fresh, minimally processed foods versus highly processed “junk foods”
  - There were about three times as many shelves containing highly processed, nutrient deficient foods (soda, chips, candy, etc.) as there were whole foods
  - At the last location where we waited to change buses to get to Santa Amelia, there was a fruit stand where we could get a variety of fruits such as bananas and lychees at very reasonable prices.
    - Since there were no garbage cans for public use, and no organized garbage collection, a quick survey of the garbage on the streets in the communities appeared that about 85% of the garbage strewn throughout the community was from heavily processed junk foods.

# Santa Amelia

Was a larger town, and home of the Sembradoras Mujeres (sin fronteras) Women Sowers or planters (without borders).

The town did have electricity, and a central park around which there were a number of businesses such as stores, restaurants and a bar.

There was also a regular requirement for cleaning up litter from properties, so there was not as much litter.



# Santa Amelia

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# There was a clinic in town

- There was one nurse whose job was to especially serve pregnant women, infants and children.
- He did have nutrition supplements for malnourished children but was only allowed to give them to children up to the age of six.
- There was an ambulance, but it was only to be used for pregnant women.
- Of the stethoscopes he had, only one was working. Other medical supplies were in short supply.
- He believed the biggest health and nutrition need was for elderly.





Workshop for Church Members in Santa Amelia





# Workshop with the Sembradoras Mujeres





continued







# Important Concerns

Reduce intake of junk food,  
especially soda

These will increase vitamin C which will increase absorption of iron, especially important for children, pregnant women and women who could potentially become pregnant.

Encourage higher intake of fruits and vegetables, especially dark green leafy vegetables, citrus and other fruits.

Dark green leafy vegetables, when combined with corn or wheat can help complete the proteins needed, providing a high-quality protein if meat, eggs or dairy products are unobtainable.

Use of locally grown fruits and vegetables will reduce pollution which occurs due to non-compostable packaging.



# Thank you!



For your  
interest



For your  
support



For your  
prayers