

MD10 Lions and CARE: Helping Fight Hunger and Improve Nutrition in Honduras

Together MD19 Lions and CARE are responding to the COVID-19 crisis which has had a devastating impact on vulnerable families in Honduras.

To meet immediate needs, MD19 funding is helping provide urgently-need food as well as protection from the coronavirus. Longer-term, funds will also be used to set-up community gardens to improve nutrition.

2019 Grant Amount: \$36,391

2020 Grant Amount: \$32,226

Project Dates: December 2019 – December 2021

Why Honduras, and why nutrition?

The dry corridor of Honduras has the highest concentration of people living in poverty in the country. This situation has severe impacts on children living in the area, particularly with regards to malnutrition. Food availability in these areas is highly affected by recurrent droughts, which not only affect food production, but also incomes, as many people rely on agriculture for their employment.

COVID-19 has exacerbated food and economic instability in the region. Beginning in March, the government instituted confinement and lockdown measures in order to reduce the spread of the disease. The provisions effectively stopped all economic activities, which has greatly reduced households' capacity to generate income, with the most affected population being micro and small-scale entrepreneurs and day laborers. This lack of income has led to the most vulnerable families not having access to basic necessities like food, with children being the most affected.

Initially, CARE had planned with MD19 to set-up school gardens at 40 schools in a region with particularly high rates of malnutrition. By working through schools, CARE would work with teachers, students and their families to learn how to grow nutrient-rich foods using new agricultural techniques. When the COVID-19 pandemic erupted, CARE had just begun working with



schools, but the gardens had not been started. It became quickly apparent, after a period of lockdown in the country and inability of parents to earn an income, that families in the community were struggling to have enough food. There was a need to shift from the longer-term approach to improving nutrition to short-term approach of humanitarian assistance. And so, with permission from MD19, CARE shifted quickly to use project funds to provide urgently-needed food to families from the selected schools. A portion of MD19 funding was reserved to implement a smaller number of gardens in the communities once such activities could be resumed.

Who are we helping?

The MD19-CARE project supports boys and girls at the selected schools and also their entire families, as food distributed is enough to support all family members. The project works with families with children enrolled in schools located in the municipalities of Soledad, Vado Ancho and Texiguat in the Department of El Paraíso, an area located within the dry corridor area.



With the first grant of \$36,391 from MD19 Lions, CARE was able to provide one-month food supply to families at 12 different schools. A total of 297 families (with 405 students) received assistance. CARE worked with municipal, educational and community authorities to select the schools and the families who will receive assistance. And CARE coordinates with teachers, parents' groups and community leaders to coordinate the food delivery to vulnerable families.

In addition to food assistance, these 285 families received information about COVID-19 and training on prevention measures and safe practices (such as handwashing and use of PPE) in order to stop the spread of the virus in the community. With project funds, CARE was able to set-up handwashing stations and distribute face masks to those who attended trainings and provide cleaning supplies like soap and bleach to families. Participating families also received training on the prevention of violence against women and girls, as rates of gender-based violence are shown to increase during emergencies as families face increased pressure at home. The grant from MD19 supported the cost of printing educational materials for these trainings.

With the second grant of \$32,226, CARE will begin delivering food to families at an additional eight schools, reaching a total of 200 families (approximately 400 children). Families are receiving one-month supply of food. Additionally, they will receive training on COVID-19 prevention measures and prevention of gender-based violence.

In the next phase of the project, when community gatherings are permitted by the Honduras government, CARE will use funds reserved from the MD19 grant to implement the school gardens that were initially planned for the project. CARE plans to implement up to 20 gardens in the participating communities. Where needed, irrigation systems will be installed. CARE will work with local leaders to determine if the gardens will be move to a location off school grounds, but regardless of location, the focus will continue to be on educators, students and their families. The community gardens will serve as learning spaces for families who have children in school, to improve their knowledge of agriculture and nutrition, and to promote healthy living as well as the conservation and preservation of natural resources such as land and water. CARE will develop an education plan that will improve each family's ability to grow and produce a variety of foods with a goal of reducing malnutrition.

Food and Cleaning Supplies Delivered to Families

The below chart shows the food and cleaning supplies which were included in the delivery to each family.

| Product | Unit | Amount |
|--------------|------------------|--------|
| FOOD | | |
| Rice | Pound | 10 |
| Beans | Pound | 5 |
| Sugar | Pound | 10 |
| Coffee | Pound | 1 |
| Butter | Kilo | 2 |
| Spaghetti | Pound | 4 |
| Tomato paste | Unit (106 grams) | 3 |
| Ketchup | Unit (106 grams) | 3 |
| Mayonnaise | Unit (106 grams) | 2 |

| | | |
|---|------------------------------------|---|
| Margarine | Box (containing 5 units) | 1 |
| Sardine can | Can | 3 |
| Bag of condiment cubes | Bag | 1 |
| Matches | Package (containing 10 matchboxes) | 1 |
| Oats | Bag (360 grams) | 1 |
| Corn Flour | Pound | 6 |
| Wheat flour | Pound | 5 |
| Salt | Bag (400 grams) | 3 |
| Milk powder | Pound | 1 |
| Cornflakes | Box | 1 |
| CLEANING AND PERSONAL HYGIENE SUPPLIES | | |
| Bath soap | Bar | 2 |
| Laundry soap (425 gr) | Bar | 4 |
| Toilet paper | Pack (containing 4 rolls) | 1 |
| Pads | Package | 2 |
| Toothpaste | Tube | 1 |
| Powdered detergent | Kilo | 2 |
| Bleach (sodium hypochlorite) | Liter | 1 |

List of Participating Schools

The below chart lists the schools and number of families and students that received support through the 1st grant from MD19 Lions.

| No | Municipality | Name of the community | Name of the school | Number of families | Number of students | Total people |
|--------------|--------------|-----------------------|----------------------------|--------------------|--------------------|--------------|
| 1 | Soledad | Santo Domingo | Cristóbal Colón | 64 | 71 | 378 |
| 2 | Soledad | Chagüite | Diamantina Díaz | 19 | 26 | 101 |
| 3 | Soledad | Los Aguilera | Teodoro Flores | 17 | 27 | 109 |
| 4 | Texiguat | Mayaran | María Concepción Pineda | 23 | 30 | 142 |
| 5 | Texiguat | San Lorenzo | José Cecilio del Valle | 7 | 11 | 48 |
| 6 | Texiguat | Santa Lucia | Juan Lindo | 37 | 48 | 202 |
| 7 | Texiguat | Vado Negro | Juan Ramón Villeda Morales | 29 | 57 | 230 |
| 8 | Vado Ancho | Hato Quemado | José Trinidad Reyes | 12 | 19 | 72 |
| 9 | Vado Ancho | Lajitas | Eusebio Fiallos | 17 | 20 | 109 |
| 10 | Vado Ancho | San José | Froylan Turcios | 36 | 49 | 193 |
| 11 | Vado Ancho | Zaire | Dr. Armando Euceda | 22 | 26 | 139 |
| 12 | Vado Ancho | El Terrero | Onan Rodriguez Pastrana | 14 | 21 | 84 |
| TOTAL | | | | 297 | 405 | 1807 |

Thank you, MD19 Lions!

Thanks to the generosity and flexibility of MD19 Lions, CARE was able to adapt the the project to respond to the COVID-19 pandemic, helping protect school children and their families from the spread of the virus and helping to prevent hunger. So far, 297 families have received education and food assistance and we will soon be helping 200 more families with your support. And in the next phase of the project, we will be able to establish the community gardens as part of our longer-term approach to fighting malnutrition. Thank you for helping vulnerable families in Honduras!

Photos of COVID-19 Training and Food Distribution

