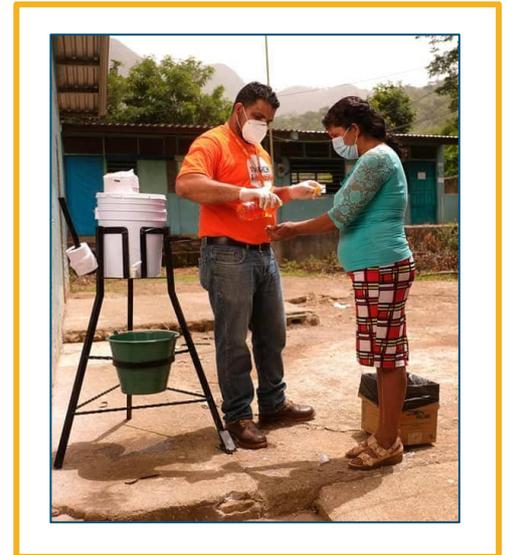


# MD10 Lions and CARE: Helping Fight Hunger and Improve Nutrition in Honduras



**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
<b>FOOD</b>		
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
<b>CLEANING AND PERSONAL HYGIENE SUPPLIES</b>		
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 1<sup>st</sup> 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
<b>TOTAL</b>				<b>297</b>	<b>405</b>	<b>1807</b>

## 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

