

April 18, 2014

USAID's Office of Food for Peace
Via AMEX International
Attn: 2012 IFRP Awards
1300 Pennsylvania Avenue, N.W.
Ronald Reagan Building, North Tower, Suite 270
Washington, DC 20004

To Whom It May Concern,

Thank you for the opportunity to distribute the USAID IFRP 2012 commodity to Peru's hungry children. The purpose of this letter is to provide a final report pertaining to the 2012 Children's Hunger Fund (CHF) USAID International Food Relief Partnership funding for the Breedlove Harvest Lentil Blend. This report pertains to Fund Account: 2012 DCHA Program, Funds Activity Description: DCHA/FFP/IFRP, Award #: AID-FFP-GF-12-00057.

Children's Hunger Fund (CHF) achieved each of the proposed grant goals, objectives, and activities required for the Peru *Food Security Program*, including the receipt/loading, rapid transportation, delivery of the product in-country, and distribution to the target needy beneficiaries were achieved within the 18 month timeframe/performance period. As a result of eating the hearty Lentil Blend product six days a week, the children of rural Lima, Peru have improved in their physical health, which was evidenced by gains in average weight and height. While the children served through the Food Security Program exhibit the on-going evidence of the effects of chronic malnutrition (notably evident through widespread stunting as well as overweight/obesity due to consuming starchy foods of little nutritional value), it is clear that having a consistent intake of nutritious food has improved the health of the children served.

Thank you for reviewing the final outcomes of the Children's Hunger Fund 2012 Food Security program. Please contact me if you have any questions. I can be reached at (818) 979-7100 ext. 2003 or at dphillips@childrenshungerfund.org.

Sincerely,

Dave Phillips, President
President
Children's Hunger Fund

Final Report: USAID FFP 2012 Children's Hunger Fund Food Security Program

I. Goals and Objectives were Met

Children's Hunger Fund (CHF) achieved or exceeded each of the proposed grant goals, objectives, and activities required for the Peru *Food Security Program*; including the receipt/loading, rapid transportation, delivery of the product in-country, and distribution to the needy beneficiaries; were achieved well within the 18 month timeframe/performance period.

A. Goals Achieved

CHF accomplished or exceeded both proposed program goals as follows:

- 1) Poor children in the designated program areas will have greater access on a consistent basis to food that contains the nutrients that are necessary for age appropriate growth and overall good health.*

Children's Hunger Fund met the goal of giving consistent access to nutritious food for the children in the southern cone of Lima Peru. CHF, in partnership with the indigenously-led NGO Evangelical Christian Association for Development (ACED), selected the districts with the highest need and then chose service sites that already had the infrastructure to serve children with the greatest nutritional need within the high-need districts. The Peruvian Health Department community centers, churches, and schools, which were selected as distribution sites for the program were already established as feeding centers and had trained staff, supplies, and beneficiaries due to past USAID-funded programs. These feeding centers have worked effectively in Peru for the past 30 years to access the poorest right in their own communities; however the food provided has not contained optimal nutritious value. Soup kitchens are given oil, rice, pattar beans, dried fish, and stew, but local soup kitchen workers are concerned that the food has an inadequate supply of protein and vitamins to address the severity of malnutrition seen in the children they serve. Unfortunately, these centers are run by local mothers, who are not knowledgeable about balanced nutrition, so traditionally the food served has focused on starches (mainly potatoes).

In order to reduce rates of child malnutrition in the Southern Cone of Lima, the Food Security Program has focused its work in four Lima districts with the highest child malnutrition rates: San Juan de Miraflores, Villa María del Triunfo, Villa El Salvador and Pachacamac. Because its target population is children under 12 years, the program must ensure that the food provided aligns strategically with community organizations (e.g., soup kitchens, churches and educational institutions), which also prepare food and distribute it to children under 12. The role of CHF's Food Security program escalated this year, due to restructuring of the management of government food programs, shifting from the federal to local levels. In the transition, many soup kitchens were left with limited food resources, so the Lentil Pro was often the main sustenance for the children. Children's Hunger Fund was pleased to be able to provide the much-needed, nutrition-rich Breedlove lentil soup product as a significantly healthier staple food (with higher protein and vitamin levels). CHF serves malnourished children six days a week through 256 different distribution sites, which surpasses the objective of serving 244 sites. As planned, 2,345,000 nutrient fortified meals were served to poor children in the four rural districts in southern Lima Peru in 2013 and, due to being given an extra amount of fortified soup; an

additional 18,614 kilograms of Lentil Pro were served in a pilot project in five new soup kitchens located in the Chorrillo District settlements. The new at-risk district is located in the southern cone of Lima, adjacent to San Juan de Miraflores and Villa El Salvador Districts. In the fourth quarter, the four districts each surpassed their goals for the number of children served. In addition, five soup kitchens, located in the District of Chorrillos, were incorporated into the program. CHF and ACED exceeded the proposed goal regarding the number of beneficiaries served without negatively impacting the program. If funded in 2014, the program anticipates serving a total of 20 soup kitchens (which means adding 15 new soup kitchens) in this District during 2014.

- 2) *As a result of the consistent intake of nutritious food, the children in the designated program areas will experience age appropriate physical growth and less of the illnesses associated with malnutrition.*

As a result of eating the hearty and fortified product six days a week, children have improved in their physical health, which was evidenced by gains in healthy weight, decreases in overweight/obesity, and gains in height. While the children served through the Food Security Program exhibit on-going evidence of the effects of chronic malnutrition (most evident through widespread stunting), it is clear that having a consistent intake of nutritious food has improved the average height and healthy weight of the children served. The project produced small health improvement outcomes from the second quarter to the fourth. Comparison data was drawn from the second quarter due to the unexpected government restructuring, which caused CHF to drop some soup kitchens and other new soup kitchens after completing first quarter baseline assessments. Second quarter baseline assessments were compared to fourth quarter outcomes, because they tested the same group of children.

B. Objectives Achieved

CHF's program realized planned goals by meeting the following objectives:

- 1) *Increase access to food that contains the nutrients (protein, vegetables, vitamins, and minerals) that are necessary for healthy growth and wellness for up to 8,155 program beneficiaries*

The program accomplished the objective of increasing access to enriched soup for more than 8,155 program beneficiaries six days a week. Because the infrastructure for food distribution among the 246 partners was already in place, start-up was seamless and very efficient. By the end of the first quarter [date], 244 in-country service sites were up and running, serving 5,045 children (75.3% of targeted beneficiaries) in the first month and 7,750 by March. On average, the program served 8,155 children each month, which was the target goal for the number of children served. By the fourth quarter, more beneficiaries were receiving much-needed nutrition, including 8,421 were served in October; 8,697 served in November and 16,402 served in December, 2013 (including Chorrillo) through the supplemental allotment. The additional beneficiaries in the fourth quarter were served the balance of food not disseminated in the first quarter of operation. The entire 2012 commodity received through USAID was distributed by December 31, 2013. A portion of the supplemental shipment was distributed in January, 2014.

- 2) *Improve the nutritional value of the diet of program beneficiaries to the degree necessary to experience healthy growth based on WHO Child Growth Standards and the BMI index.*
- Increase percentage of beneficiaries with normal height for their age by the end of year one.
 - Increase the percentage of beneficiaries with normal weight for their age by the end of year one.

Before implementation of the Lentil Blend product, children in the target districts typically ate one meal a day of potatoes or other starch. These meals were prepared in community kitchens using food provided by PRONAA, the National Food Assistance Program in Peru, and prepared by local mothers, who provided meals with large portions of carbohydrates and fats. In contrast, the Breedlove commodity contains lentils, rice, textured vegetable protein, potatoes, onions, carrots, salt along with important minerals and vitamins. Baseline data indicated that a minimum of 31.1% of target children were undernourished and that 19.5% were overweight and 9.5% showed signs of stunting (short height due to chronic malnutrition). The consistent intake of nutrient fortified food six days a week definitely increased the potential for healthy growth in the program beneficiaries. Using standard measures recommended by the World Health Organization and used by the Peruvian Health Ministry, the program measured 17% of the total beneficiary population as a representative sampling of impact of the lentil commodity on growth.

C. Activities Achieved

Procedures: CHF tracked progress toward program objectives through a detailed monitoring plan. The CHF monitoring plan consists of process and outcome monitoring strategies. The monitoring plan tracked program outcomes and helped identify the need for mid-course adjustments. Process monitoring instruments included: 1) shipping records from the US to Peru, 2) “kardex” tracks movement of the commodity into and out of the ACED warehouse, 3) the Logistics Coordinator’s records of monthly food distribution and delivery to distribution centers in each district, 4) truck driver records of food delivered to distribution centers, 5) fumigation records, and 6) any incident reports at the warehouse or distribution centers (none were necessary). CHF monitoring instruments for program outcomes included: 1) a list of the identified beneficiaries served through each feeding center; 2) the baseline height and weight of beneficiaries; 3) daily sign-in sheets to log the beneficiaries’ daily food participation; 4) records of beneficiary height and weight assessed quarterly, and 5) a list of participants in the orientation and training workshops for feeding center leaders. A project feedback loop provided input for continuous improvement: 1) ACED submitted progress quarterly reports to CHF; 2) CHF traveled to Peru for an on-site assessment in October 2013; and 3) program outcomes were assessed quarterly for possible mid-course adjustments.

Receipt/loading, rapid transportation, delivery of product in-country, distribution was accomplished within the allotted 18-month timeframe. Food security protocols were followed and proved to be effective. No food was lost, damaged or misused for any reason and no criminal activity regarding the food occurred.

Receipt and Loading: According to the bills of lading, a total of 93.08 MT of the Breedlove Dehydrated Foods’ Harvest Pro Plain Harvest Lentil blend (Product 404) commodity was received and loaded. No problems or set-backs were noted. Receipt dates were as follows:

Container 1: 12/12/2012

Container 2: 2/5/2013
 Container 3: 4/11/2013
 Container 4: 6/25/2013
 Container 5: 8/27/2013
 Container 6: 10/13/2013

Rapid Transportation: A total of 93.08 MT of the Breedlove commodity was transported by sea containers in four shipments. Four containers of product were delivered by:

Container 1: 1/26/2013
 Container 2: 3/13/2013
 Container 3: 5/28/2013
 Container 4: 7/17/2013
 Container 5: 9/23/2013
 Container 6: 11/13/2013

Delivery of Product In-Country: Kardex records indicate that four containers, with a total of 93.08 MT and a 5th delivery of 18,614 kg of the Dehydrated Breedlove lentil soup product, were delivered in country as scheduled and stored initially in an ACED warehouse. Twice a month the product was delivered to distribution sites where it was then picked up by the directors of service sites -- soup kitchens, schools, churches. As usual, solid waste management procedures were followed.

Distribution: All of the delivered 93.08 MT of Breedlove lentil soup commodity planned for the program was distributed to an average of 8,155 target beneficiaries per month for 12 months ending in December 2013. The demand for the product was extensive in the selected impoverished areas known for having high percentages of malnourished children. While serving the four target regions, ACED became aware of the dire need of the adjacent district of Chorrillo, especially in the shantytowns where stunting is a serious problem. The government food program as not been managed well and the needs of the poor are not addressed well. The extremely poor live on an average of 72 cents per day, typically living in dwellings of cardboard with straw mat roofs, which are crowded together and lack basic utilities such as water and drainage. One in four children in the district lives with chronic malnutrition, which causes growth and development problems. Young children are often forced to work to help feed their families. Due to a supplemental ration of Lentil Pro, CHF was able to pilot a program in this new needy district.

A) Given the extreme need, ACED and CHF decided to continue to serve the four service sites: as described in the table below.

Table A: 2012 Children's Hunger Fund Beneficiaries by Quarter and District

First Quarter

	N° ORGANIZATIONS	KILOS DISTRIBUTED	CHILDREN BENEFICIARIES
San Juan Miraflores	39	1198	1248
Villa El Salvador	52	2021	2106
Villa Maria del Triunfo	57	2255	2349
Pachacamac	14	664	675
TOTAL	162	6138	6378

Second Quarter

	N° of ORGANIZATIONS	KILOS DISTRIBUTED	CHILDREN BENEFICIARIES
San Juan Miraflores	41	1351	1407
Villa El Salvador	103	2914	3036
Villa Maria del Triunfo	59	2294	2390
Pachacamac	31	1682	1752
TOTAL	234	8241	8585

Third Quarter

	N° of ORGANIZATIONS	KILOS DISTRIBUTED	CHILDREN BENEFICIARIES
San Juan Miraflores	41	1399	1457
Villa El Salvador	127	3700	3854
Villa Maria del Triunfo	61	2320	2417
Pachacamac	28	1280	1333
TOTAL	257	8699	9061

Fourth Quarter

	N° of ORGANIZATIONS	KILOS DISTRIBUTED	CHILDREN BENEFICIARIES
San Juan Miraflores	36	1155	1198
Villa El Salvador	127	3602	3751
Villa Maria del Triunfo	61	2384	2484
Pachacamac	28	1235	1292
TOTAL	252	8376	8726

II. Results Achieved

Program outcome data and testimonials were encouraging and yet also indicate the continued depth of need in this impoverished country.

Sample Size: A representative sample of children from the communal kitchens was monitored. Baseline data collected at program launch indicated that 31.1% of the registered children were malnourished, 19.5% were overweight, and 9.5% showed signs of stunting. The sample monitored in the fourth trimester of 1419 children, representing 17% of the total beneficiary population. It is challenging to travel to 244 locations to measure children, but even so, monitoring was relatively smooth and effective due to having adequate numbers and already trained volunteers to implement assessments from the beginning of the program. Due to the increase in sites for beneficiaries in Villa El Salvador, 18 additional women were trained to assess children. The training workshops were conducted early in the second quarter when the new sites were added. The only problem was the partial absence of children during the scheduled initial assessment times. Although the times were scheduled in advance with selected coordinated canteen managers, children did not all attend evaluation (weight and height) due to their school schedules morning and afternoon. Therefore, the volunteers waited until late afternoon and into the evening after the children completed their school responsibilities.

Methods: To evaluate the nutritional status of beneficiaries, the children were classified by age. The indicators for children under 5 years were weight according to age (W/A), height according to age (H/A). For children aged five and older, the indicators were: Body Mass Index (BMI /age) and height according to age (H/A). To assess the children, field evaluators used assessment tables provided by the World Health Organization. See Table B for the outcomes of fourth quarter (December 2013) monitoring completed by age group and district:

Table B: Summary of December 2013 Outcome Data

Number Served/Evaluated			Weight Percentages				Height Percentages			
District by Age	Number Served in Area	Number Evaluated	Malnur-ished	Normal Weight	Over weight	Obese	Very Low Height	Low Height	At-Risk for Low Height	Normal Height
San Juan de Miraflores: Under Five	948 total for the district	53	7.6%	88.7%	3.8%	0	5.7%	13.2%	30.2%	50.9%
San Juan de Miraflores: Five years and Older		103	108	75.7	18.4	4.9	6.8	13.6	33.0	46.6
Villa Maria del Triunfo: Under Five	2,484 total for the district	156	4.4	93.6	1.9	0	0	9.6	36.5	53.8
Villa Maria del Triunfo District: Five years and Older		146	9.6	49.3	28.8	12.3	1.4	6.2	29.5	63.0
Villa El Salvador District: Under Five	3,746 total for the district	124	6.4	93.3	2.4	0	1.1	5.6	19.6	72.2
Villa El Salvador District: Five years and Older		184	1.6	77.7	14.1	6.5	2.2	12.6	24.5	65.2
Pachacamac District: Under Five	1,167 total for the district	312	5.8	86.5	7.7	0	0	5.4	2.3	68.3
Pachacamac District: Five years and Older		341	0.9	81.2	0	6.7	0.3	3.8	24.3	71.6
Chorrillo	199									
TOTAL	8544	1419								

Analysis of Data in Table B:

District San Juan de Miraflores: In the distribution centers of San Juan de Miraflores, 16.5% of the beneficiary children were evaluated.

Children Under Five:

- **Height:** The percentage of children in the normal range for height increased by 17.5%, those at nutritional risk dropped by 7.7%, young children identified as experiencing stunting decreased 31.4%.
- **Weight:** In spite of the encouraging progress in height indicators, there was little shift into healthier weight categories for young children (under five) in this region. This result may be because 90.4% of children birth-4 were in the normal weight range to start, which is strikingly different from the 51.8% of older children who are within the normal weight range.

Children ages Five and Older:

- **Height:** Older children did not demonstrate significant improvement in their height categories in San Juan de Miraflores.
- **Weight:** Due to the increase of nutritionally balanced food, fantastic results emerged among the older children including a 42% increase in those falling within the normal weight range and a **75.6% decrease in those in the overweight category.**

District of Villa Maria del Triunfo: Approximately 21.0% of all targeted children were evaluated.

Children Under Five:

- **Height:** There was a 17% decrease of young children within the nutritional risk category. However, stunting continues to be a grave concern in this region. The problem of chronic malnutrition (stunting) in Villa Maria is most prevalent in the areas of *Cercado* and *Tablada de Lurín*.
- **Weight:** There was a 5.1% increase in the young children that presented within the normal weight range and a **61% decrease of children within the malnourished and nutritional risk categories.** Approximately 66.7% of children have an appropriate weight for their height, 23.1% are overweight for their height.

Children ages Five and Older:

- **Height:** A 17.7% increase in children presenting within the normal height range was reported in this region among older children, with an 11% decrease in those at-risk for stunting, and a 29% decrease in stunting.
- **Weight:** The percentage of overweight children is increasing. Only 49.3% of older children present at a weight within the normal range. 9.6% are malnourished and are too thin. However, 28.8% are still overweight and 12.3% are obese.

District of Villa El Salvador: Approximately 22.5% of the beneficiaries were evaluated.

It is important to mention that in the beginning of the second quarter, two new communal kitchen groups in Villa el Salvador were added to the program. The first group consists of 36 communal kitchens, led by Mrs. Nicolasa Lima and the second group with 40 communal kitchens, led by Mrs. Julia Rye, which increased the numbers served for the first time through the Food Security Program. This change occurred due to the administrative restructuring of Peruvian food programs from the state (PRONAA] agency to the local level. Some kitchens had to close and some kitchens went without food temporarily. The two groups accepted into the Food Security program worked hard to stay open and are determined to keep feeding their vulnerable

population. For the similar reasons, the program added Reina del Carmen, a school with approximately 500 children between 2-5 years old.

Children Under Five:

- **Height:** The percentage of children at risk of stunting has **fallen by 5% in the fourth quarter (33.3%) from the second quarter (19.6%)**, The Pampas and Pamplona Alta areas of the San Juan de Miraflores district showed the most dramatic on-going needs with 19 children (6.7%) experiencing stunting.
- **Weight:** There was a 3.3% increase in young children within the normal range, moving from the nutritional risk category.

Children ages Five and Older:

- **Height:** Older children also showed an improvement in their height on average with a **29% increase of children assessed within the normal range**, a 26% decrease in children at nutritional risk, an 8% decrease in children with stunting, and 68% decrease in children with severe stunting. Despite the progress, 39.3% of older children beneficiaries presented symptom of malnutrition and/or stunting.
- **Weight:** The older children improved their weight category by 2.3% from the second quarter with 77.7% in the normal category. **The percentage of overweight older children decreased by 23%.**

District of Pachacamac: The percentage of children assessed in the District of Pachacamac in the fourth quarter was 42.8%.

Children Under Five:

- **Height:** The outcome numbers in Pachacamac were discouraging, because the number of children within the normal range for height dropped from 75.3 to 68.3%, those at nutritional risk increased from 10.1% to 26.3% and those impacted by stunting indicated no change. .
- **Weight:** The outcome numbers in Pachacamac were discouraging with an 8% decrease of young children within the normal range. Overweight children increased from 3.8% to 6-7%. Malnourished young children increased from 2.4% to 5.8%. The disappointing outcome may be related to the fact that service to Pachacamac were temporarily closed during the government shift in management to local municipalities. Regardless, particular attention will be paid in 2014 to this district, focusing on parent and child training regarding the long-term importance of proper nutrition for children.

Children ages Five and Older:

- **Height:** The percentage of beneficiaries who presented within the normal height range increase from 46.6% to 71.5% - a 35% improvement. However, 24.3% of the older children are still at risk for stunting and 4.1% show signs of stunting or severe stunting. The problem of chronic malnutrition in children five years and older is also of great concern in Pachacamac.
- **Weight:** The percentage of beneficiaries who presented in the normal range by the fourth quarter increased by 6.8% (to 81.2% of the children). In fact, the percentage of children who were overweight or obese dropped from 24.3% to 6.7%.

CONCLUSIONS

In order to reduce child malnutrition rates in the Southern Cone of Lima, the Food Security Program has focused its work in four districts with the highest rate of child malnutrition in South America located in Lima, Peru: San Juan de Miraflores, Villa María del Triunfo, Villa El

Salvador and Pachacamac. Because it targets children under 12 years, the program ensures that the food supplied to beneficiaries is strategically aligned with community organizations (e.g., soup kitchens, churches and educational institutions), which also prepare food and distribute it to children under 12 in Peru. By the end of the fourth quarter of year (December 2013), the program surpassed its goal of 9888 servings.

Data comparisons were made between the second quarter and the fourth, because the many governmental changes in Peruvian food security caused the program to drop several soup kitchens and add others. Although important health gains were accomplished, the level of improvement was not as high as hoped. This is likely due to the decreased availability of basic foods which used to be supplied by the Peruvian government. Since December 2012, the Central Government through the program was responsible for delivering PRONA basic food to feeding centers (rice, oil, stew, canned fish) but since 2013 this program was transferred to local governments (municipalities). In 2013, government issues food delivery was delayed so long that the women began trying to buy food for the soup kitchen. ACED coordinates directly with the feeding centers in order to prepare food properly. Therefore, midcourse changes were made to drop some centers between first and second quarter, so that the neediest beneficiaries would be served through the communal kitchens with the most effective infrastructure. Therefore, the children who received baseline assessments in the first quarter were not all the same children who were assessed in the fourth quarter. New assessments were made in the second quarter.

Data Broken Out by Beneficiary Demographics: In the fourth quarter, total beneficiary data revealed some health changes as compared to the second quarter. For example, the second quarter nutritional risk of stunting of 31.1% dropped to 30.7% by the end of the fourth quarter, which is a 0.4 percentage points decrease. Net assessment of stunting (chronic malnutrition) was 9.5% in the second quarter and the fourth quarter is 8.2%, so there was a decline of 1.3 percentage points overall. The improvements are clearer and more encouraging when broken out by age, by district and by improvements specific to weight or height. Some groups made significant improvement in weight and some made significant improvement in height.

- For example in Villa Maria del Triunfo, there was a 61% decrease among older children within the malnourished and nutritional risk categories in terms of weight and only a 17% decrease in nutritional risk for height. An example showing an opposite pattern is that young children in San Juan Miraflores who were identified as experiencing stunting decreased 31.4%, but there were no significant changes in their weight category.
- Overall, the older children assessed much lower in health indicators at the baseline assessment and made greater gains. For example, in Villa El Salvador, the older children also show an improvement in their height on average with a 29% increase of children assessed within the normal range, a 26% decrease in children at nutritional risk, an 8% decrease in children with stunting, and 68% decrease in children with severe stunting. In Pachacamac, the percentage of older children who were overweight or obese dropped from 24.3% to 6.7%.
- The data results reveal that increasing percentages of female beneficiaries and older children (5-12 years) of both genders are identified as having excess body weight: 18.1% overweight and 7.6% obese.

Malnourishment and Stunting: The lack of protein foods (meats, dairy) in menus served is one of the main factors affecting the proper growth of children in these areas. Based on program outcome data, CHF observed that the main nutritional problem is chronic malnutrition (evidenced by children experiencing stunting and short stature):

- **49.1% of children younger children and 53.4%** of older children were at-risk of or already showing signs of stunting in San Juan Miraflores.
- **37% of children younger children and 27.8%** of older children were at-risk of or already showing signs of stunting in Villa Maria del Triunfo.
- **27.8% of younger children and 34.8%** of older children were at-risk of or already showing signs of stunting in Villa El Salvador.
- **31.7% of younger children and 28.4% of older children** were at-risk of or already showing signs of stunting in Pachacamac.

Overweight Children: The main nutritional problem is chronic malnutrition (children with short stature), but coexisting malnutrition problems, including being overweight and obese, are increasingly evident, especially among children five and older. Carrying extra weight produces negative effects on health and quality of life, including being at-risk of various chronic diseases. The typical diet for very low income Peruvians is mainly starches with little fresh fruit, vegetables, or proteins. One of the main factors causing this problem (overweight and obesity) is improper food combining. Again, ACED observed that before the Food Security Program began using the lentil soup product, many of the meals served were unbalanced with a high percentage of carbohydrate-rich foods (cereals and tubers, especially potatoes). The rates of children that are overweight and obese are higher in children over 5 years, who are already integrated into preschool and school. For children over 5 years, ACED observed an increase in the consumption of “chatarra” -- unhealthy snack foods, such as cookies and candy -- especially at break time at school, which is why the Peruvian Ministry of Health recently began promoting the theme of “Healthy Schools.” However this is an issue that has not yet been fully addressed. In most districts the obesity rate dropped significantly over the course of the year. Yet the outcome data indicates an ongoing **significant health risk with high body weight in children five and older:**

- 23.3% of children five and older **were overweight or obese** in San Juan Miraflores. .
- 41.1% of older children **were overweight or obese** in Villa Maria del Triunfo.
- 20.6% of older children **were overweight or obese** in Villa El Salvador.
- 6.7% of older children **were overweight or obese** in Pachacamac.

The Transformative Impact of the Work Done

The Food Security Program produced a great impact on the communities served, because it has improved the volume and quality of the children’s diet and therefore lowered rates of child malnutrition in the four Lima districts. The government community programs are not sufficient because monthly they deliver the same food products to soup kitchens, generally, rice, oil, canned fish stew, or pallar product beans, which soup kitchen workers report do not contain enough protein to reduce child malnutrition prevailing in the margins of the greater Lima. In contrast, the IFRP product of dehydrated vegetable soup with lentils is well received by the kitchen leaders, the beneficiaries and their mothers, because it is rich in protein and vitamins and is tasty to the palate for children program beneficiaries.

Lesson Learned Produce Exciting Program Changes and New Work Strategies

To ensure the effectiveness of the food safety program using lessons learned, the Food Security Project will expand its work by implementing four new program elements:

Health Promotion and Participatory Leadership: The program has begun to incorporate health promoters in the field to supervise and monitor the preparation and storage of the product in each organization and conduct weight and height assessments. To accomplish the work, 20

promoters per district have already been selected and trained, to coordinate with the medical professional team and project staff.

Resources: Using contributions by the women serving in community soup kitchens and experienced with Lentil Pro, the Food Security Project has compiled and produced a cookbook-manual specifically for the creative and proper use of Harvest Lentil Pro. *The Cookbook*, which contains several recipes as guide for a varied product preparation, is given to each beneficiary organization.

Education: lectures, workshops nutritional Parent on hygiene and food preparation, healthy lunch boxes and others will be provided. Also, children's workshops will be held to raise awareness among children the right choice of their food, health and hygiene. Our focus with these measurements will be the most vulnerable areas in child malnutrition in southern districts.

New District: The program received a welcome surprise that the program was granted an additional 18,614 kilograms of Dehydrated Vegetables Harvest Lentil Pro, which enabled an expansion into another very needy area – the soup kitchens from Chorrillo District settlements. Because the additional product arrived late in the year, product distribution continued through January 2014. Since then, new product funded for 2014 has been distributed to Chorrillo District.

Long-Term Impact

The Food Security Program produces the immediate benefit of filling children's stomachs, so that they can function well each day. In addition, long-term community benefits arise, because experience better health and perform better in school. The community benefits, because mothers and children are growing their understanding of good nutrition and its impact on child outcomes. Promoters and parents note that even the most severely impacted children are slowly moving from the most negative categories toward the normal range (e.g., from severe stunting to mild stunting, from obese to overweight). The work has been effective and yet much work is yet to be done to secure the health of vulnerable children. The impact of the Children's Hunger Fund Food Security Program can best be demonstrated through the testimonials of individual beneficiaries of the program gathered by the assessment workers in the field.

Testimony of Samir Ayala of San Juan de Miraflores in Lima, Peru

Samir Palacios Ayala, a four year old boy, was born with *Cornelia de Lange* syndrome and detected when Samir was four months old. His mother explained that this genetic disease leads to severe abnormalities of growth and development of the sufferer, so it has not allowed him to have normal growth and also caused visual and speech impairment. Mrs. Denise Ayala Zapata, Samir's mother is separated from Samir's father, who already has another wife. Samir attends *Mariana Carrigan School* for special needs children, which provides special education teachers for children with different types of physical and mental problems.

In 2013 the school participated in the Food Security program (provided by Children's Hunger Fund) receiving the USAID Harvest Lentil Pro product. In May 2013, the children were assessed and Samir measured 8.2Kg weight and 73.1 cm in length. Just six months later, Samir measured at a weight of 9.5 kg and a size of 82.1 cm. despite his illness which strongly attacks its growth. According to his mother, his teacher and social worker, Samir is improving in his levels of nutrition and their overall development, which are also affirmed by his developmental progress, his many improvements in his interactions with classmates, his educational progress and overall health. Samir is one of the many children whose lives are being positively impacted through the program. Mrs. Zapata explains, "Samir's health is improving due to his eating Lentil Pro."



Photographer: Teresa Choquehuanca, ACED

Ms. Zapata reports that Samir, in spite of his severe growth-limiting genetic disorder, is growing in height, weight and making developmental progress due to Lentil Pro (May 2013).

TESTIMONY: Mrs. Epifania Ramos Cruz

A year ago Mrs. Epifania Ramos Cruz became president of the community kitchen *Los Jardines*, which is located in Block E, Lot 1 Asentamiento Humano *The Gardens* in the Nueva Rinconada of San Juan de Miraflores district in the southern cone of Lima, Peru.

Mrs. Epifania states that receiving lentils from USAID through ACED and Children's Hunger Fund is of great help, because her center does not receive food from the Municipality. Lentils are prepared in soups and 60 children in her room like it a lot, because of its pleasant taste.



Photographer: Teresa Choquehuanca, ACED

Epifania Cruz and her cooking team serve 60 children daily with Lentil Pro only now that her municipality is not supplying food to her community kitchen.



Photographer: Teresa Choquehuanca, ACED

Children of San de Juan Miraflores enjoy Lentil Pro daily as their main food source.

TESTIMONY: Mrs. Rosalía Medina Taipe

Mrs. Rosalia Medina Taipe is 53 años years old; she was born in the Coracora community, in the province of Ayacucho. Currently she lives in the Asentamiento Humano *Los Sauces* located in the *La Nueva Rinconada* from San Juan de Miraflores district of Lima Peru. She is a single mother so she had to fight alone to raise her children. For the past five years, she has been working in the soup kitchen *Virgen Inmaculada Concepción*, located in the area where she lives. Mrs. Rosalia tells us that the lentils that her soup kitchen receives from USAID, through ACED and CHF, are of great help because they have not received food from the government for several months and the product is very nutritious for the children. Lentils are prepared in stews, chaufa, soup, etc.. People who eat in the soup kitchen like a lot, because of the nice flavor.



Photographer: Teresa Choquehuanca, ACED

Rosalía Tape depends on Lentil Pro to feed the children in her community.



Photographer: Teresa Choquehuanca, ACED
Beneficiary children from San Juan de Miraflores, Southern Cone of Lima, Peru depend upon Lentil Pro to fill their stomachs daily with nutritious food.