



SUCCESS STORY

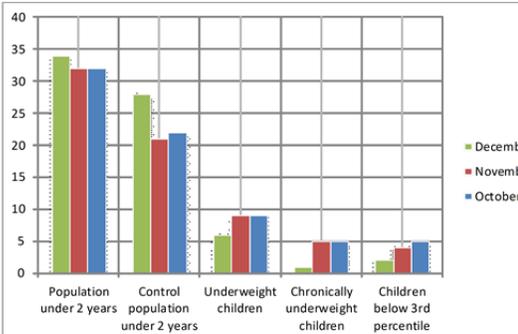
Diversified Diets Improve Childhood Nutrition

Rural community uses affordable, local ingredients to feed families



Photo by Fintrac Inc.

Ángela Martínez is serving her daughter healthy and tasty foods made with ingredients from her home garden.



“We give advice to the community, but USAID-ACCESO works on the ground with practical solutions to achieve real results.”

Damarys Paz
Emergency Nurse, El Naranjo Health Center

As part of its commitment to improving health, nutrition, and food security in Honduras, USAID-ACCESO is working with rural families to promote new techniques for healthy food preparation and home garden production. The nutrition component focuses on practical applications of tradition training methods such as cooking demonstrations and garden plot preparation.

Attendance to USAID-ACCESO-sponsored nutrition trainings was on the rise in December in the small community of Las Pavas. Twenty-eight of the 34 area children under two years old participated in December activities, up from 21 in October and November.

Atención Integral a la Niñez en la Comunidad (AIN-C) coordinator, Doña Eugenia Hernández Castillo, says the mothers are motivated by the support and home visits from USAID-ACCESO staff and partners. In addition to attending training sessions, six women have already prepared their home garden plots.

The mothers’ motivation is paying off: the number of underweight children was reduced from 28 percent to 18 percent from October to December. One of the now-healthy children had been underweight for four months before her mother received USAID-ACCESO training. Another overcame a chronic condition after five months in the lowest percentile of children monitored.

Angela Martínez said she was able to improve her young daughter’s health after learning new recipes for nutritious foods at AIN-C monthly meetings.

“I’ve been giving her more food more often and I have made tortillas with carrots and greens. My husband also contributes yuca and other vegetables. It really helped to have the USAID-ACCESO technician and health center nurse visit my house and tell me what I needed to do,” she said.

Eladia Vasquez, another Las Pavas mother, said her daughter’s health has drastically improved since she began preparing the fortified tortillas she learned to make at AIN-C monthly meetings.

“Now I focus on preparing the tortillas with carrots and radishes, and rice with vegetables,” said Vasquez.

With local inputs that were previously not used, and in some cases discarded, the women are preparing better, more nutritious food for their families, contributing to both the overall health and food security of their communities.

USAID-ACCESO plans to replicate its success in Las Pavas through similar trainings and outreach in communities across western Honduras.