

PD-AAF-992-B1  
5270180-2

DS 1010101  
5270180001701

**CLASSIFICATION**  
**PROJECT EVALUATION SUMMARY (PES) - PART I**

Report Symbol U-447

1. PROJECT TITLE  CARITAS Expanded and Improved Feeding Program	2. PROJECT NUMBER 527-0180	3. MISSION/AID/W OFFICE USAID/Peru
	4. EVALUATION NUMBER (Enter the number maintained by the reporting unit e.g., Country or AID/W Administrative Code, Fiscal Year, Serial No. beginning with No. 1 each FY) <u>1</u>	
<input type="checkbox"/> REGULAR EVALUATION <input checked="" type="checkbox"/> SPECIAL EVALUATION		

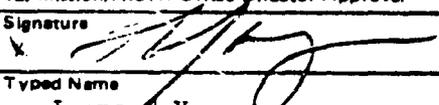
5. KEY PROJECT IMPLEMENTATION DATES			6. ESTIMATED PROJECT FUNDING		7. PERIOD COVERED BY EVALUATION	
A. First PRO-AG or Equivalent FY <u>78</u>	B. Final Obligation Expected FY <u>90</u>	C. Final Input Delivery FY <u>80</u>	A. Total	\$ <u>282,500</u>	From (month/yr.)	<u>4/78</u>
			E. U.S.	\$ <u>160,000</u>	To (month/yr.)	<u>10/79</u>
					Date of Evaluation Review	

**B. ACTION DECISIONS APPROVED BY MISSION OR AID/W OFFICE DIRECTOR**

A. List decisions and/or unresolved issues; cite those items needing further study. (NOTE: Mission decisions which anticipate AID/W or regional office action should specify type of document, e.g., airgram, SPAR, PIO, which will present detailed request.)	B. NAME OF OFFICER RESPONSIBLE FOR ACTION	C. DATE ACTION TO BE COMPLETED
--	---	--------------------------------

(See Attachment, pp. 49-50)

8. INVENTORY OF DOCUMENTS TO BE REVISED PER ABOVE DECISIONS			10. ALTERNATIVE DECISIONS ON FUTURE OF PROJECT		
<input type="checkbox"/> Project Paper	<input type="checkbox"/> Implementation Plan e.g., CPI Network	<input type="checkbox"/> Other (Specify) _____	A. <input type="checkbox"/> Continue Project Without Change		
<input type="checkbox"/> Financial Plan	<input type="checkbox"/> PIO/T	<input type="checkbox"/> Other (Specify) _____	B. <input type="checkbox"/> Change Project Design and/or <input type="checkbox"/> Change Implementation Plan		
<input type="checkbox"/> Logical Framework	<input type="checkbox"/> PIO/C		C. <input type="checkbox"/> Discontinue Project		
<input type="checkbox"/> Project Agreement	<input type="checkbox"/> PIO/P				

11. PROJECT OFFICER AND HOST COUNTRY OR OTHER RANKING PARTICIPANTS AS APPROPRIATE (Names and Titles) Douglas Chiriboga, USAID Agriculture Office USAID Food for Peace Office National Office of Food Support (ONAA)		12. Mission/AID/W Office Director Approval	
		Signature 	
		Typed Name Leonard Yaeger	
		Date 5/2/80	

EVALUATION OF THE SOCIO-ECONOMIC AND

NUTRITIONAL IMPACT OF AID/CARITAS

PROJECTS FUNDED UNDER OPG

AGREEMENT N° 527-0180

Evaluation Committee

February - 1980

EVALUATION OF THE SOCIO-ECONOMIC AND  
NUTRITIONAL IMPACT OF AID/CARITAS  
PROJECTS FUNDED UNDER OPG  
AGREEMENT N° 527-0180

- I. SUMMARY
- II. EVALUATION METHODOLOGY AND SITE VISIT SUMMARY
- III. EXTERNAL FACTORS
- IV. INPUTS
- V. OUTPUTS
- VI. PROGRAM ADMINISTRATION AND RECIPIENT ELIGIBILITY
- VII. PURPOSE

BENEFICIARIES

- 1. Background
- 2. Methodology
- 3. Evaluation and Analysis
  - 3.1 Socio-Economic Aspects:
    - 3.1.1 Population
    - 3.1.2 Education
    - 3.1.3 Occupation
    - 3.1.4 Income
    - 3.1.5 Housing
    - 3.1.6 Personal Property
    - 3.1.7 Community Organization

**3.2 Food Support**

**3.2.1 Food Assistance**

**3.2.2 Education in Nutrition**

**3.3 Nutrition of the Recipients**

**3.3.1 Diet consumed-characteristics and deficits**

**IX. CONCLUSIONS**

**X. RECOMMENDATIONS**

**I. SUMMARY**

The CARITAS OPG to cover additional expenses incurred in the expanded feeding program was signed March 8, 1978, and was designed to allow CARITAS to expand its ongoing feeding programs, on a nationwide basis. AID OPG funding covered additional costs related to transportation, administration, supervision and promotion. Funds were also allocated for the purchase of one vehicle to be used in furthering project aims. A small amount was funded to cover nutrition, health, sanitation and education promotion.

Due to unforeseen difficulties encountered by CARITAS in expanding their administrative capacity, the project did not begin to show marked expansion until approximately Sept. 78. By the end of the first quarter of FY79 the program was expanding rapidly. By the fourth quarter of FY79 beneficiaries had reached the 470,000 level.

The program was designed to facilitate expansion at all levels of feeding operations previously engaged in by CARITAS. Prior to the signing of the OPG CARITAS was reaching approximately 275,000 recipients in programs for Maternal/child health, pre-school children, other children, and food for work. The largest expansion has been in programs for food for work in rural areas. The expansion in the urban areas involved MCH projects working through day care centers as well mother clubs, etc. Projects in the rural areas involved such activities as the construction of irrigation canals, classrooms, community centers, police post, potable water projects, etc. The majority of the food for work projects are conducted in the rural areas, using PL 480 Title II commodities as an incentive factor for the contributed labour.

## II. EVALUATION METHODOLOGY AND SITE VISIT SUMMARY

This evaluation is the first carried out under this OPG and was conducted for the following reasons:

1. CARITAS is concluding its first OPG program. As stated previously, in 1978 CARITAS was feeding approximately 275,000 beneficiaries, and through OPG funding expanded the program considerably. It was considered necessary to measure the effectiveness of a private organization in handling a sudden expansion of such a program, involving transportation and distribution and increased amounts of commodities, handling of additional funds, and project management and supervision.
2. USAID received a request form AID/W for an indepth Title II OPG evaluation. The results of this and other evaluations of similarly designed projects will enable AID to more effectively design new OPG agreements.
3. The OPG agreement required an indepth evaluation, by an outside source, at the end of approximately one years activity. The organization and methodology of the evaluation consisted of the following:
  - 3.1 Coordination meetings with Ms Hilda Hinojosa and Mr. Antonio Solis from the Oficina Nacional de Apoyo Alimentario (ONAA), Mr. Darío Paiva, Chief of the Food and Clothing Office (CARITAS/PERU), Mr. Lorenzo Gonzalez, Assistant to the Director (CRS), Mr. Robert Murphy and Mr. Douglas Chiriboga (AID/PERU). These meetings were held to coordinate logistics, select areas the evaluation team would visit, and to prepare questionnaires which would later be administered to beneficiaries of projects. Through the questionnaires, the evaluation team obtained facts about the projects as well as socio-economic and nutrition information of a sample of project beneficiaries (See Section VIII).
  - 3.2 For the site visits, the evaluation team (ET) consisted of all of the above named individuals, with the exception of Mr. Murphy. The ET visited four project areas: Lima, Cajamarca, Huari and Huaraz. Mr. Gonzales formed part of the ET for the Lima and Cajamarca site visits only. Through

these site visits, the team verified the progress of the projects, examined the management of the projects and administered the above-mentioned questionnaires. The results were mixed.

In Lima, the ET visited two health centers participating within the maternal/child health (MCH) program.

- 3.3 The first health center "Villa María del Triunfo", is located within metropolitan Lima and distributes rations to 370 families monthly. The main economic activities of the area residents are street vending and temporary labour. The health center's Social Assistant is in charge of the MCH program which began in 1978 and was renewed for 1979. The center provides primary medical care and family education, and program personnel include a doctor, nurses, a social assistant and her auxiliary, and 26 leaders (two per group) heading each of 13 groups under which the 370 families have been divided. The health center attends approximately 8 beneficiaries per day from families whose main health problems are dehydration, diarrhea, tuberculosis, digestive infections and broncho-pneumonia. According to the nurse, 80% of the beneficiaries are mal-nourished. The average birth weight of infants is 3.5 Kg. Six and seven month old babies tend to have a high rate of malnourishment because of the lack of complementary foods, as well as children 3 to 5 years of age because parents pay less attention to food needs at that age.

The beneficiaries are selected by the doctor, based on the degree of malnourishment and the economic situation of the family. Each family contributes 40 soles each month to pay for the transport of food commodities from CARITAS central warehouse to the local distribution centers. The rules guiding the distribution of food are given by CARITAS. The typical monthly ration for a mother and two children under six years is 1.5 Kgs. of wheat flour, oat meal and oil, and 3 Kg. of trigon and CSM. The group leaders distribute the food commodities on a monthly basis; however they keep no records of the amount of the commodities dispensed to the beneficiaries. Along with the distribution of Title II foods, the MCH program offers weekly classes in knitting, weaving, dress making and reading/writing. Free vaccinations are also provided under this project. Doctors and nurses have trained the group leaders in hygiene and nutrition. The group leaders in each team give talks on the care of children, hygiene, nutrition, common diseases and responsible parenthood. The project coordinator indicates that in general the consumption and hygiene habits have improved but that the lack of sufficient water constrains greater improvement. The health center doctor and the project coordinator supervise the progress of the beneficiaries, the team leaders are in regular contact with bene-

beneficiaries and CARITAS supervises the operation of the project every four months. Aside from the lack of records indicating the amount of commodities dispensed to the beneficiaries and the frequency of CARITAS supervision, this project appears to be managed by an enthusiastic group who suggested that to improve the program, they would require funds to set up a cooperative where the beneficiaries could sell the product of their work, e.g. knitted goods, weaving, etc.

The second CARITAS MCH program visited in the Department of Lima is located at the Huascata medical post in the District of Ñaña. The main occupation of the Huascata residents is as temporary laborers.

This MCH project initiated its current activities in May 1979 and is administered by a SECIGRA doctor who heads the medical post. Other personnel includes a part-time nurse, a part-time laboratory assistant, three full time social assistants and a part-time nutritionist from the Ñaña health center. CARITAS has neither provided nor trained a person to assist in hygiene and nutrition education. The post provides preventive and curative services as well as weekly classes in hygiene and nutrition and distributes food to 123 families. The doctor selected 100 mothers with mal-nourished children and 10 lactating mothers, and the social assistants selected 7 additional mothers and 5 special cases (individuals with tuberculosis). All the beneficiaries are from low income families. In total, 400 individuals (mothers and children) receive food rations. The monthly ration per person is 1 Kg. each of CSM and trigor and 1/2 Kg. each of oatmeal, wheat flour and oil. Each mother signs or fingerprints a form upon reception of the rations but in a number of cases, the amount distributed to the mothers is not filled out in the form. Each family contributes 10 soles, every three months to pay for the transportation cost of the food commodities from the CARITAS Central warehouse to Huascata. The food is not stored at a local warehouse because the equivalent of three months of food is immediately distributed upon arrival in Huascata.

The doctor is responsible for the supervision of progress of the beneficiaries. He informed that: the main health problems of their children (aside from mal-nutrition) are chronic diarrhea and bronchitis, approximately 20% of the childhood were marasmus cases and 5% knashiokor cases, the average birth weight of infants was 3 Kg.; children between 6 months and 5 years have the highest rate of mal-nutrition, and that 80% of the beneficiary children had gained weight since program was started.

This project has one particular advantage, the young doctor in charge. As part of his civil service requirement the doctor conducted an investigation titled "Nutritional Investigation on the Interference of Parasites with the Recuperation Diet Provided by CARITAS LIMA".

The sample consisted of 100 beneficiary children (6 months to 5 years) 50% of which were first degree mal nourished, 44% second degree and 60% third degree. At the end of the investigation 53.7% of the children were first degree mal-nourished, 4.3% second degree and 42% were categorized as normal. In spite of the doctor's good intentions, the afore-mentioned nutritional improvement cannot be attributed solely to the CARITAS ration because a number of beneficiaries were also receiving rations from an OFASA FFW project in the same location, an avoidable duplication which could have been prevented if better inter-volag coordination were maintained.

Initially, of the 100 mal-nourished children, 81 had parasites (some children had two different types) at the conclusion of the doctor's work only 8 children remained with parasites.

In Cajamarca, the ET visited five FFW projects and two MCH projects.

In the locality of San Juan, under project "Corralón Yamagual", 115 workers labor from 8:00 a.m. to 4:00 p.m. four days per week building a small dam to contain a spring water source and create an irrigation water reservoir. The project was initiated in September 1979 and when completed the reservoir will serve to irrigate approximately one-half a hectare for each of 15 families.

The main economic activity of the area is agricultural, one third of the project workers are women and all receive 5 Kg. each of wheat flour, oatmeal and trigor and 1 lt. of oil for the worker and the family as a monthly ration for one week's equivalent of labor to the project. The beneficiaries have received no nutrition education and the records maintained by the individual in charge of the project did not include the workers signature or fingerprint on the food distribution list.

The ET also inspected the nearby irrigation canal Yamagual-Alto in locality of San Juan. This FFW project was initiated in June 1979, and ended September 1979. During that period 20 people worked 6 days/week and constructed a 3 Km. irrigation canal. This

project will now allow the beneficiaries, two harvests per season. In reviewing the work attendance list, the ET determined that frequently workers labored more than one week per month and had thereby received more than one month ration, depending on the number of weeks per month worked.

The third FFW project visited in Cajamarca was the construction of a road Sorogón Alto in the district of Encañada, where the main economic activity is agriculture. Upon the termination of this road, vehicles will be able to enter the area and thus facilitate the marketing of surplus production and the transport of agricultural inputs. Current work began in December 1978. Six kilometers have been constructed since then, and CARITAS is the only volag participating in the area. Complementary assistance is given by the Ministry of Transport (dynamiting rocks) and an engineer from a local university helps in road prospecting .

Two groups of 50 workers, each laboring two weeks a month, six days per week, receive 6 kg. each of wheat flour, corn flour, oat meal and trigor, and 1 lt. of oil per week of work. These workers were receiving more than one monthly ration each month. AID/FFP documents indicating the number of beneficiaries per project show that this particular project has 928 beneficiaries. In fact, the number of beneficiaries is approximately half this number because each worker was receiving two montly rations. To a greater or lesser extent, this is a general problem in many of the CARITAS FFW projects visited.

On the drive back to Cajamarca from the Sorogón road construction project, the Et inspected the construction of two new classrooms for the school José Carlos Mariategui, where the FOP is contributing funds for the classroom's roof. The person in charge of the project indicated that 40 workers participate in the construction, thus approximately 200 individuals benefit from the rations distributed. The list of projects supplied to the ET in Cajamarca however indicates this project has 540 beneficiaries.

The ET visited two MCH centers in Cajamarca, Amoshulca and Santa Barbara.

The Amoshulca MCH center, provides prepared food daily (7:00 a.m.) for 45 mothers and their 97 children. The food is prepared and distributed at the house of one of the members of the community, each individual receiving a ladle of milk, cooked trigor, a soup made from CSM and one bread.

The bread is baked at the CARITAS Dioceses and sold for 1 sol per bread. CARITAS has neither provided nutrition education nor showed the beneficiaries how to prepare the food, and the food may be consumed at the project site or taken home. The attendance book at the center contained a list of names, but did not indicate who or how many people actually receive food. The center began operating in November 1978 and the only service provided is the distribution of prepared food. The community project committee determines who will be the beneficiaries, the selection criteria being lactating and pregnant mothers and mothers with children up to five years old. All mothers give birth at home and the diseases which affect children most are influenza, smallpox, measles black cough, bronchitis and diarrhea.

The Santa Barbara MCH Center locale is much like Amoshulca. It is also in a rural area serving pregnant and lactating mothers from a predominantly agricultural communities. 59 mothers and 126 children receive prepared food at 1 p.m. daily. 18 Kg. of CSM, 18 Kg. of trigor and 8 1/2 lt. of milk are prepared everyday and each person receives 1 bread for which they pay 1 sol. The leaders of the program select the beneficiaries, receive nutrition instruction at CARITAS Cajamarca and then provide this information to the beneficiaries. The program receives food from CARITAS once a month and the beneficiaries hire a truck to transport it to the center. The center had been operating one year before it began its current activity in September of 1978. The ET was informed that the average period between childbirths had increased from 1.5 years to 2, and that the principal health problems of children are measles, smallpox, vomiting, diarrhea and black cough.

The CARITAS Cajamarca personnel includes one person in charge of documents, a project supervisor, a person in charge of the bakery, and two social assistants. The episcopate pays for salaries of the two social assistants while the rest of the personnel is paid from funds obtained from the sale of food containers. The project supervisor must travel by bus to get to the projects since he is not provided with a vehicle. The bakery produces 2400 rolls of bread, each weighting approximately 35 grms. The money from the sale of bread is utilized to cover expenses (wood, sugar, salt and yeast). The ET was informed that in order to improve the program in Cajamarca, additional personnel (an engineer, two agricultural technicians, a chauffeur, two social assistants), and topographic equipment would be required. The Cajamarca episcopate has not coordinated any activity nor exchanged project information with the local

ONAA office though it does orient project beneficiaries toward local institutions which may provide technical assistance. The episcopate received 60,000 soles (approximately US\$ 300) from CARITAS/PERU last Feb. to be utilized for "Episcopate and Sanitary Programs".

The nutritional education activities related to the PL480 program in Cajamarca are based on monthly meetings at the episcopate's main building where project committee members meet to learn about child nutrition food preparation and hygiene. The project leaders are then expected to go back to their communities and instruct community beneficiaries. No nutritional education is provided to FFW project beneficiaries.

The ET also devoted one day to visit projects in the Episcopate of Huarí. The team inspected a potable water FFW project in the community of Mallas, the construction of a school in Colcas and the construction of a church in Huamantanga. Since the evaluation of Huarí CARITAS program was not initially programmed no questionnaires were distributed, rather the team engaged project leaders in informal talk about the projects and inspected implementation. A significant problem detected in this episcopate during the short visit was the use of PL480 title II commodities in food for work projects involving the construction of at least three churches.

The last area visited by the evaluation team was the Callejón de Huaylas where CARITAS-Huaraz operates its PL480 Title II programs. Five CARITAS-Huaraz projects were evaluated: the Carhuaz reservoir, the Tocash health post, and a MCH project in Tingua. The ET also inspected a fruit/forestry nursery FFW project and the construction of a Guardia Civil (police) command post FFW project, though no questionnaires were administered at the last two projects.

The Carhuaz reservoir FFW project began in March 1979 and was also completed at the time of the visit. It consists of the construction of a 18 m. x 11 m. x 2.5 m. water reservoir and the construction of a 2.5 Km. irrigation canal. This project will serve part of the irrigation needs of 81 families in a farming community producing principally wheat, potato, corn, barley and green peas. The community has no access to sanitation facilities and CARITAS is the only volag with a project in the community. 80 workers, of which approximately 25% are women, work 2 to 3 days per week, 8 hrs/day. For every 12 work days/month, each worker received as an incentive for him and his family, 5 Kg. each of trigon, CSM wheat flour, and oat meal, and 2.5 lt. of oil. Independent of the FFW program, the community had previous -

ly constructed the town plaza, a church and a road. It is currently planning the construction of a town hall on a property, donated by a community member now working and residing in Lima. The community is also hoping they will receive food commodities from CARITAS as an incentive to construct another similar reservoir. The project leader claimed there had been no food leakages and as it is in common in the FFW projects that the ET visited, if a worker is discovered selling food, he/she is discontinued from the program.

A second FFW project visited by the ET in the Diocese of Huaraz was the construction of a health post in the agricultural community of Tocash (360 families). Three groups of 20 workers each work 8 hours a day for five days/month and receive as an incentive, 5 Kg. each of trigor, oatmeal, wheat flour and corn flour, and 2.5 lt. of oil. Ordenor-Centro is complementing food assistance with materials for the roof, doors and windows of the health post. The community itself is paying for the training of a local health promoter which will take charge of the post. Both the community of Tocash as well as neighboring areas will benefit from the basic health services the health post will be providing. The community has previously benefitted from FFW commodities incentive for the construction a community center and for electrification works in the community. For FY80, CARITAS has approved a potable water FFW project in Tocash.

The MCH project in Tingua located in the province of Yungay is managed by a project director with the help of a social assistant. The activities under this project began in January 1979, and include 60 beneficiaries who receive 3 Kg. each of CSM, trigor, oil, wheat flour, and oat meal. Food rations are distributed monthly, CARITAS supervises the project every 15 days, and the general secretary from CARITAS supervises the progress of the beneficiaries. The basic objective of the program is to train mothers and other participants in nutrition, sanitation and family organization, though medical services are not provided.

A nutritionist from ONAA-Huaraz, nurses, obstetricians, and occasionally doctors, give informal classes on nutrition and sanitation four times a month. Project beneficiaries are selected by the social assistant, the selection criteria being low income lactating or gestating mothers and mothers with children under 5 years of age. Approximately 25% of the children and mothers are considered mal-nourished and the main health problems are intestinal infections, malnutrition, and convulsive cough (among children). The weight of children at birth averages 3.25 kg. The

principal economic activities in the community is agriculture, temporary labour and commercial activities.

A fourth project visited in the Callejón de Huaylas, located in Pueblo Libre, and not included in CARITAS project list, is the construction of a post for the Guardia Civil (Police). The locale includes three bedrooms, office space, bathrooms, and two jail cells. Seventy-five people have been working on this 3000 m<sup>2</sup> construction and receiving food for work for their labour. Ordenor Centex is helping with the roof and office equipment.

Finally the evaluation team inspected project Vivero Frutícola Forestal in Canyonbamba, where 120 workers have been receiving food for work for contributing labour towards land clearing, land preparation and planting. This is a Ministry of Agriculture project where the laborers have been receiving food from ONAA (initially) and subsequently from CARITAS. The evaluation team saw that food was stored together with fertilizer; and after speaking to a number of workers determined that on several occasions oil cans full of water had been distributed to them. A sample oil can with water was turned over to the FFP office for follow-up.

### III. EXTERNAL FACTORS

The nutritional and dietary problem of the urban and rural poor throughout Perú, have been compounded by various factors beyond their control. Subsidies have been removed from many food items. Financial difficulties have discouraged investment in agriculture and small industry. Unemployment and underemployment rates in both rural and urban areas are extremely high. Droughts in various portions of the country are causing reductions in agriculture production. Additionally, high rates of inflation are reducing the purchasing power, having an immediate effect on the food consumption patterns of the poverty stricken masses whose incomes to a large extent go toward food purchase. In response to this continually deteriorating situation, several voluntary organizations, including CARITAS, have expanded their feeding programs. The Mission considers that the assumptions and rationale for supporting the expanded CARITAS program remain valid.

**IV. INPUTS**

AID grant contribution to the CARITAS OPG Project for Expanded, Improved Feeding Program N° 527-0180 included funding for the following:

- 1) transportation costs to cover delivery of food from the ports to the central and regional warehouses.
- 2) costs incurred in program supervision. CARITAS contracted with an outside agency which supplied supervisors who were primarily in charge of supervision and project monitoring.
- 3) warehouse and customs expenses.
- 4) operation and administrative expenses incurred by CARITAS in their central office.
- 5) purchase of one vehicle to be used in furthering aims of the project.
- 6) a small amount to fund initial nutritional education expenses.

The total amount of the agreement was obligated in March of 1978, and as of November 1979 the entire amount had been disbursed (See Table 1). Liquidation is now pending. The portion of funding contributed by the central office of CARITAS and by the regional diocesan offices covered the following activities:

- 1) central office administrative expenses.
- 2) costs related to warehousing of Title II commodities, as well as additional personnel.
- 3) portions of the transportation costs from the central warehouse to the regional storehouses.

Diocesan contribution covered the following items:

- 1) increased personnel.
- 2) local storage costs.

In addition to the grant funds, USAID/PERU made available a total of 19,263 metric tons of PL480 Title II commodities to be distributed through December 1979. The approved amount for FY79 was valued at \$ 7.3 million. As the program was an expansion of the regular on-going program, the above figures represent the entire amount of commodities distributed by CARITAS during FY79.

TABLE I

<u>Line Item</u>	<u>Budgeted</u>	<u>Expenses</u>	<u>Balance</u>
1) Transportation costs	98,461	98,461	--
2) Program supervision			
External supervision	21,700	21,700	--
CARITAS supervision	3,077	3,077	--
3) Warehouse expenses (including insurance)	2,308	2,308	--
4) Customs related expenses	8,846	8,846	--
5) CARITAS central office Expenses: (overtime, training, equipment and office maintenance).	5,769	5,769	--
6) Office supplies and met. for CARITAS	2,308	2,308	--
7) Rec. bagging of food	3,846	3,846	--
8) Vehicle (US Diesel engine carry all).	9,000	9,000	--
9) Nutrition, Health, Sani- tation, Education/Promotion	3,500	3,500	--
10) Contingency	1,185	1,185	--
	<u>160,000</u>	<u>160,000</u>	<u>--</u>

V. **OUTPUTS**

The objective of the OPG grant is to increase the nutritional intake and the standard of living of the recipients involved in the CARITAS feeding programs. The projects involve maternal/child health pre-school, other children, and food for work, and are executed in response to the continuing problems of unemployment and malnutrition on a nationwide basis. During the period of the grant CRS has agreed to handle the importation of PL480 Title II commodities. CARITAS, under the provisions of the agreement signed with USAID, has agreed to expand its feeding program by at least 50%, supplying a supplementary ration to the most needy persons, within the geographic areas in which it is working. Table II below summarizes, by type of project, the nearly 1,500 projects managed by CARITAS during 1979.

TABLE II

1979 CARITAS PROJECTS (Source: CARITAS)

<u>Project Type</u>	<u>N° of Projects</u>
<u>Health</u>	
Health Posts	23
Road Improvement	42
Potable water	75
Cemeteries	1
<u>Education</u>	
Schools	190
Community centers	250
Short courses	250
Sport fields	20
<u>Communications</u>	
Roads	190
Pathways	80
Bridges	18
<u>Agriculture</u>	
Irrigation canals	87
Forestation	52
Reservoirs	25
Cattle bathing pla	18
<u>Energy</u>	
Public Lighting	18
<u>Other</u>	150
<u>TOTAL</u>	1,489

15)

Detailed information on a sample of projects was presented in Section II. As stated previously, CARITAS was reaching 275,000 recipients prior to the signing of the OPG and by the 4th. quarter of FY79, the number of beneficiaries reached 470,000.

## VI. PROGRAM ADMINISTRATION AND RECIPIENT ELIGIBILITY

The offices and warehouse of the CARITAS National Office are located in Omicron 492 (International Park for Industry and Commerce - Callao). They occupy an area of 2,000 sq. mts. and have a storage capacity of 3,000 metric tons.

The donations arrive in Perú at three ports: Salaverry, Matarani and Callao under the control and direct supervision of the National Office.

The food arriving through Salaverry and Matarani goes directly to the diocesan warehouses. Part of the food unloaded at Callao is taken directly to the diocesan warehouses and the remainder goes to the central warehouse from where it is subsequently transported to the offices which do not have direct service from the port.

The forty diocesan offices have warehousing facilities for the storage and distribution of the donations. The diocesan offices have an average of four employees who are responsible for the planning, distribution, control and evaluation of the programmes. In addition, they have volunteers who assist with the education in nutrition and community promotion programmes.

### DISTRIBUTION CENTERS

Maternal/child health centers: The activities of these centers are directed to expectant and nursing mothers. Some offer courses in child care, nutrition and family education.

Other centers for children: At these centers, CARITAS provides prepared food for children in: children's boarding establishments, children's institutions, orphanages and children's kitchens and nurseries.

Food for Work: In these projects, all or part of the community cooperate for the implementation of small projects of mutual benefit. For instance, construction of roads, bridges, reservoirs, community centers, schools, medical posts, irrigation channels, classrooms for literacy programmes, extension centers for agriculture, fishing and stock-raising, handicraft workshops, etc.

For the purposes of food control, the central office maintains the following records:

- 1) National Programme.
- 2) Diocesan Programme.
- 3) Port Control Cards,
- 4) Cumulative cards per product.
- 5) Call forward.
- 6) Call forward control per product per programme.
- 7) Call forward control per product and as per quarterly orders.
- 8) Control cards for losses during the unloading, handling, transport and re-packing operations.
- 9) Kardex of food flow per Diocese per product.
- 10) Folder of "300" and "200" events for each diocese.
- 11) List of projects attended by each centre.
- 12) File with packing documents, delivery orders and remittance notes.
- 13) Correspondence file for each diocese.
- 14) Files of despatch notes.
- 15) Liquidation of shipments.
- 16) Re-packing records,
- 17) Certified vouchers of clearance and shipment.
- 18) Ministerial decrees.
- 19) Management instructions.
- 20) The sanitary control documents (local and from place of origin).
- 21) File of quarterly summaries of diocesan visits.
- 22) File of quarterly sales summaries for packing materials. (diocesan) and corresponding charts.
- 23) Quarterly reports (1571 - 3).
- 24) Work progress reports (diocesan);
- 25) File for control of monthly stocks.
- 26) Weekly control of port movement.
- 27) Losses claims.
- 28) Food distribution charts per despatches.
- 29) Annual statements.
- 30) Annual summaries of work progress reports.

The CARITAS National Office has fifty full-time employees working on the programming, distribution, control and evaluation on the programme, who are distributed among the main office, the central warehouse and the ports of entry.

The diocesan offices have approximately 160 people throughout the country performing these duties. In addition, there are approximately 8,000 volunteers assisting at the distribution

centers.

CARITAS has two types of control or auditing: external and internal.

External Auditing: This is conducted by AID/Washington, AID/Perú, CRS/New York, CRS/Perú and the following agencies of the government of Perú: Ministry of Health, ONAA (National Office for Food Support), General Comptroller's Office, General Directorate of Customs, Ministry of Economy and Finance and Civil Defense.

Internal Auditing: This is conducted by the Board of Directors, Supervisory Committees and internal control mechanism composed of visiting staff, visiting inspectors and regional internal controls. The visits are made for the purpose of ascertaining the extent of diocesan administrative control and of the projects carried out in the field, and for recommending any necessary corrective action.

#### AGREEMENTS AND EFFECTIVENESS

The CARITAS National Office has entered into agreements with the following agencies:

- Ministry of Health for programme co-ordination and financial support.
- ONAA for programming, co-ordination, evaluation and control.
- General Comptroller's Office, for fiscal control of imports, in order to avoid improper use of the donations.
- General Directorate of Customs, for the control of the entry of the donations into the country; in accordance with existing legislation.
- Ministry of Economy and Finance, for monitoring and controlling the donation programme.
- Civil Defense to ensure that the support received in emergencies and disasters restores normal conditions in the affected areas as promptly as possible.
- CRS, for supervision to ensure compliance with the objectives set forth in Public Law 480.
- Diocesan Offices, for the purpose of programming activities

and provision of assistance on the basis of available resources.

CRS has agreements with International Inspection Service for the control of unloading operations at the ports. At the same time the Peruvian Port Authority (ENAPU) controls the commodities on board the ships.

These activities are carried out to ensure that the food support activities have promotional and economic multiplier effects resulting from the solution of priority basic needs of the poorer sector of the population.

In accordance with Laws No. 21942 and 20165, CARITAS is exempted from any type of tax as well as from any payment for port handling charges.

The AID Mission, CRS and Government Agencies supervise the operations of handling and utilization of the Title II food donations in coordination with the national office.

The Programme Operation costs are financed by:

- Government of Perú (45%)
- Diocesan contributions
- Community support
- AID (during the present year)

The priority target groups are those in the lowest income bracket and suffering the most severe malnutrition.

For the purpose of project approval, the community submits to the diocesan office an application specifying the type, magnitude and duration of the project. With this information the proposed project area is then visited in order to determine its feasibility in relation to community priorities and overall Government development plans.

The rations for each category of project have been determined on the basis of the ideal rations proposed by the official manuals. Once they are approved, they are transmitted to the responsible diocesan offices which in turn transmit them to the people responsible for the Centers or operation units.

For delivery of the food, the CARITAS diocesan office requests from each Center that they submit the operations list to as -

certain the number of active beneficiaries. This serves to determine the amount of food to be delivered.

The diocesan warehouses have the basic necessary facilities for the reception of the food and its delivery to its centers.

The food for work projects generally use temporary storage facilities, due to the fact that the food is handed out the same day as it is received.

With regard to the other types of centers maternal/child health, the rule is that prior to the signing of the food supply agreement, the center should have appropriate facilities for storage.

After the annual programs are negotiated and approved by the donors and the necessary adjustments are made, the final programs are sent to the CARITAS diocesan offices. After receiving its approved program, each diocesan office makes the necessary re-adjustments and then sends a document (list of centers) to the national office. This list categorizes all the centers to be attended by the diocesan office during the year for which the Program has been approved.

The orders for food are made on a quarterly basis (call forward) taking into account the approved programme and the monthly inventories in each port.

The documents for customs clearance and port handling are the minimum required by present Peruvian legislation. The claims for losses during maritime transport are made on the basis of the reports submitted by the company "International Inspection Service".

The claims for losses at the port are made on the basis of the certified vouchers.

The national office is responsible for the distribution and control of the shipments from the port to the central and diocesan warehouses. The adopted logistic support system provides for the servicing, control and evaluation activities. The results of these operations are reflected in the quarterly reports.

The CARITAS Diocesan Offices assign the food for each project taking into account the operation controls and the inventories at each center.

If it is found that the food products are deficiently packed,

these are sent to the central warehouses at each port to be re-packed. Thus, greater losses are prevented and the packages are sent in good condition to the operation centers. These warehouses are located in Chiclayo, Callao and Arequipa.

The committees established in each of the operation centers keep a record system for the control of the distribution to the recipients. The records are checked by the national office and diocesan inspectors and are available to the official auditors. The central and diocesan inspectors use a standard format for reporting the basic findings from any visit.

The diocesan offices keep a control file of the proceeds from the sale of packaging materials. Summaries are sent on a quarterly basis to the CARITAS national office which in turn classifies the data for the respective reports.

In all the documents for food distribution, the prohibition of sale or exchange of food is emphasized.

CARITAS receives some further food donations from other sources. These donations differ in type and quality and generally complement US donated food.

**VII. PURPOSE**

The purpose of the Grant is to assist CARITAS del Perú to expand and strengthen its feeding program activities for the rural poor inhabitants of the urban areas, especially public jóvenes (urban slums). As stated earlier the number of beneficiaries increased from 275,000 to over 450,000. This increase was made possible by use of the OPG funds and additional commodities made available.

An indirect result of at least one portion of the project, (the food for work activities in the rural areas) may be that the flow of immigrants into the urban areas can be stemmed to some degree, as improved socio-economic and education facilities are made available in the rural areas. There is no accurate way in which to measure this, but as stated by most of the persons interviewed, food for work projects tend to decrease the need to move and search for work elsewhere.

## VIII. BENEFICIARIES

SOCIO-ECONOMIC AND NUTRITIONAL STUDY OF PROJECTS EXECUTED BY CARITAS

- 1
  1. Background
  2. Methodology
  3. Evaluation and Analysis
    - 3.1 Socio-Economic Aspects
      - 3.1.1 Population
      - 3.1.2 Education
      - 3.1.3 Occupation
      - 3.1.4 Income
      - 3.1.5 Housing
      - 3.1.6 Personal Property
      - 3.1.7 Community Organization
    - 3.2 Food Support
      - 3.2.1 Food Assistance
      - 3.2.2 Education in Nutrition
    - 3.3 Nutrition of the Recipients
      - 3.3.1 Diet consumed-characteristics and deficits

## 1. Background

The value of the social work carried out over the years by CARITAS del Perú in favour of the neediest sector of the population is fully recognized. This work is done under its social assistance, emergency, promotion and development programmes and implemented through its diocesan offices throughout the country. The organizational infrastructure

has been strengthened throughout the years and has permitted the successful attainment of its programme objectives.

The present evaluation and programme analysis has been conducted with the purpose of determining the attainment of the actions planned through the extension of the OPG under review. Another objective is to obtain indicators and parameters reflecting socio-economic and food and nutrition features of the poorest sector of the population in certain areas of the country subject to adverse natural, climatological, economic and social conditions.

## 2. Methodology

In view of the fact that CARITAS del Perú implements its food support activities via its diocesan branches throughout the country, the evaluation team deemed it convenient, after a prior study of each one of these branches, to carry out the evaluation of the socio-economic, feeding, and nutritional aspects in three of its agencies: Lima, Cajamarca and Huaraz. Once the locations were selected, the projects to be evaluated were randomly chosen taking care to include the different types of projects such as maternal/child health, food for work, etc. After selecting the project, the evaluation team, accompanied by a local-representative of CARITAS, made a visit to the work area and selected for the survey approximately ten per cent of the recipients appearing in the list for each project. The survey took place in the homes of each of the selected recipients.

The field work was initially carried out in Lima, where two projects were selected:

- a) MCH project in Villa Maria del Triunfo.
- b) MCH project in Cerro Vecinos Huascata

In Cajamarca, four projects were selected:

Yumahual	:	Food for work
Alto Sorogón	:	Food for work
Amushulca	:	MCH project
Santa Barbara	:	MCH project

In Huaraz 3 projects were selected:

Carhuac-Ataquero	:	Food for work project
Towash	:	Food for work project
Tingua	:	MCH project

### 3. Evaluation and Analysis

#### 3.1 Socio-Economic Aspects

##### 3.1.1 Population

In view of the fact that the evaluation was carried out in both urban and rural areas, each of which is influenced by varying factors affecting their growth, account should be taken of the differences found and the extent to which these affect the results. For instance, the average number of family members in the urban area is 7.0 whereas in the rural area it is 5.8 giving a weighted average of 6.1 (See Chart N° 1).

When broken down into age groups, the population study follows current population statistics trends, that show the predominance of young people who are dependents and unproductive. Of the total population surveyed, the 0 - 6 yr. age group accounts for 30.5%, the most vulnerable group. If the next age group (7 - 20 yrs.) is added, the survey shows that the population under 20 yrs. represents 63.7% of the total (See Chart N° 2).

##### 3.1.2 Education

The country's deficient educational system is a prime contributor to the high rate of illiteracy, which is even higher in the rural areas where access to education is very limited. The data gathered show that 44.3% of adults (over 20 years) have no instruction as opposed to 16.7% in the urban areas. Most of the adult population comes under the heading "primary instruction generally incomplete" - 48.9% for rural area, 64.6% for urban area a very small percentage has "incomplete secondary education" (16.7% urban area, 6.9% rural area).

CHART N° 1TOTAL POPULATION & AVERAGE NUMBER OFFAMILY MEMBERS IN PROJECTS SURVEYED

LOCATION	TYPE OF AREA	PROJECT	N° OF FAMILIES SURVEYED	N° OF CONSUMERS PER FAMILY		N° OF LIVE CHILDREN CONSUMERS PER FAMILY	
LIMA	URBAN	Villa Maria	6	44	7.3	31	5.2
		Cerro V. Huascata	10	67	6.7	45	4.5
AVERAGE FOR URBAN AREA			16	111	7.0	76	4.8
CAJAMA MARCA	RURAL	Yamahual	7	45	6.4	23	3.3
		Sorogón	5	36	7.2	22	4.4
		Amushulca	5	20	4.0	12	2.4
		Santa Barbara	5	28	5.6	18	3.6
HUARAZ	RURAL	Carhuac	5	28	5.6	15	3.6
		Tocash	5	27	5.4	16	3.2
		Tingua	5	33	6.6	19	3.8
AVERAGE FOR RURAL AREA			37	217	5.9	125	3.4
GENERAL AVERAGE			53	328	6.1	201	3.8

PREPARED BY: Evaluation Team

C H A R T No. 2POPULATION BREAKDOWN BY PROJECT AND BY AGE

PROJECT AGE GROUP	VILLA MARIA	CERRO V. HUASCATA	YUMA HUAL	SOGO RON	AMUS HULCA	STA. BAR BARA	CAR HUAC	TO CASH	TIN GUA	TO TAL	%
0 - 6	15	24	12	13	11	11	3	3	8	100	30.5
7 - 13	13	18	7	7	-	4	6	7	6	68	20.7
14 - 20	2	5	9	3	1	3	5	8	5	41	12.5
21 - 27	3	4	7	2	7	4	3	-	4	34	10.4
28 - 34	4	7	-	6	1	-	1	-	3	22	6.7
35 - 41	5	8	2	1	-	3	1	1	3	24	7.3
42 - 48	-	1	5	1	-	1	4	4	2	18	5.5
49 or more	2	-	3	3	-	2	5	4	2	21	6.4
<b>TOTAL</b>	<b>44</b>	<b>67</b>	<b>45</b>	<b>36</b>	<b>20</b>	<b>28</b>	<b>28</b>	<b>27</b>	<b>33</b>	<b>328</b>	<b>100.0</b>

Prepared by: Evaluation Team

## 3.1.3 Occupation

The economic crisis affecting the country reaches dramatic proportions among those of limited resources especially in the urban area, where there is no stable work for adults to ensure to some extent their minimum needs, principally food. There is a high rate of unemployment and underemployment among the adult population (80.0% are underemployed in the urban area in sporadic jobs in carpentry, house painting, "odd jobs", etc. 25% are stable blue-collar workers and 5% are "white collar workers". Women in these families contribute in some cases to the family budget by carrying out manual labour such as laundering clothes, dressmaking, street peddling, etc.

The picture is different in the rural area where all the male adults and a large proportion of the female adults devote their efforts to agricultural labours. However external factors (drougths, low yields, etc) have a very negative effect on these communities. As a result, large numbers of the male population have

to leave for the coast or the cities, to look for casual jobs which enable them to obtain some means to support their families.

#### 3.1.4 Income

From the analysis made under previous heading of occupation, the precarious state of incomes can be deduced. This situation is made worse by the constant loss in purchasing power of the currency. The minimum wage fixed by the government is S/. 15,000 and the average income of the population surveyed in the urban area amounts to S/. 14,650 per family.

This situation is affecting the consumption habits of this sector of the population and has far-reaching repercussions on the nutritional level of the family members. Notwithstanding this situation, these families allocate 77.2% of their total income to food, the remainder covering fares, water, medicine and other necessary minor expenses.

The population surveyed in the rural area from part of small agricultural communities in which each member owns a small plot of land generally devoted to produce and breeding of animals for a family's own consumption. Few people are able to sell their produce due to difficult access or low crop yield.

The income shown in Chart N° 3 corresponds to average estimates for sporadic jobs plus the sale of some of their produce, giving an average income for this area of S/. 6,185 of which 74.8% is devoted to food costs and the remainder to the purchase of seeds, agricultural articles, work tools, etc.

#### 3.1.5 Housing

The projects under survey in the urban area are located in the so-called young towns which originated from land invasions. Consequently 100% of those surveyed stated they live in their own home. In this connection it is interesting to note the differences between the 2 towns surveyed. In Villa Maria del Triunfo the majority of dwellings (83.3%) are built of adobe (mud brick) and consist on average of 2 rooms, while in the young town Cerro Vecinos Huascata, the majority of dwellings (80.0%) are constructed of straw and wattle, consisting of 1 to 2 rooms. These figures show the high incidence of over-crowding. This is aggravated by the fact that

75.0% of the dwellers breed animals inside their homes. Lack basic public services such as water and there is a 100% lack of sewage installation.

With reference to the dwellings of those surveyed in the rural area, 100% stated they live in their own home. 100% of these homes are built of adobe in Huaraz and the same percentage of 'tapial' (similar to adobe) in Cajamarca, averaging 2 rooms per dwelling. All of these communities lack the basic services of water, sewage and electricity. It was also observed that the majority of the families (96.3%) breed small animals for sale or for their own consumption.

C H A R T   N° 3

MONTHLY INCOME AND EXPENDITURE ON FOOD

AREA	PROJECT	MONTHLY INCOME PER FAMILY (S/.)	MONTHLY EXPENDITURE FOOD PER FAMILY (S/.)	% OF INCOME ALLOCATED TO FOOD
	Villa Maria	16,330	13,330	81.6
	Cerro V. Huascata	12,970	9,280	71.5
AVERAGE FIGURES LIMA (URBAN AREA)		14,650	11,305	77.2
	Yumahuall	2,236	1,971	88.1
	Sorogón	5,300	4,100	77.4
	Amushulca	6,600	3,920	59.4
	Santa Barbara	10,000	7,000	70.0
AVERAGE FIGURES CAJAMARCA		6,034	4,248	70.4
	Carhuac	3,140	2,740	87.3
	Tocash	6,980	5,760	82.5
	Tingua	9,040	6,900	76.3
AVERAGE FIGURES HUARAZ		6,387	5,133	80.4
AVERAGE FIGURES RURAL AREA		6,185	4,627	74.8
GENERAL AVERAGE		7,733	6,111	79.0

PREPARED BY: Evaluation Team

### 3.1.6 Personal Property

The survey included questions to determine whether the recipient families own some kind of appliance for entertainment purposes, or some machine (sewing, knitting, etc.) to provide additional income for the family budget.

58.5% of the people surveyed in both areas stated that they own a transistor radio, 26.4% say they own a record player and 35.8% that they possess a sewing machine. With regard to the type of fuel used for food preparation, 100% of the urban population use kerosene (paraffin) while 95% of the rural population use firewood.

### 3.1.7 Community Organization

The slogan "union is strength" proves very true when people put their minds to achieving some positive aim. This is particularly evident in the case under study, where the families, as a result of living as close neighbours, share the same environment and get together to solve a wide range of common problems, the solutions to which can frequently be found only by common effort. In the urban area we thus observe that the people unite in order to solve problems deriving from the lack of basic services such as water and electricity. They collaborate not only in the negotiations for these services, but also provide money and labour for the implementation of such projects. 62.5% state they will continue supporting their community even if they don't receive food assistance, while 37.5% could not go on doing so because they need the time to work and support their own families.

In the rural area the majority of the population support their communities with labour for the communal projects. 86.5% of those surveyed would continue their support even without receiving food assistance, highlighting a spirit of mutual cooperation among them. This is an interesting fact and could be usefully channeled with good results through educational action, especially of a promotional type.

Finally the priorities for carrying out new urgent communal works are as follows for the urban area: water supply, sewage and electricity, as well as nurseries and schools for the education of their children. The priority interests in the rural area are different. There people consider the construction of water reservoirs, irrigation channels for improving agricultural pro-

duction building of roads and the establishment of medical posts of prime interest. They are also anxious that additional sources of work be created in their areas.

### 3.2 Food Support

The projects under evaluation use the supply of food as a means of carrying out community activities and improving the family diet. However the objective of food support goes beyond the supply of food, it must go hand in hand with educational action. If this is absent the effort will be considerably less useful.

In this respect maximum use should be made of existing communal organization for activities leading to better food supply conditions, such as organization of soup kitchens, matern-child health projects, market gardens, and storage facilities, etc. which will lead to the rational use of food and its increased availability.

#### 3.2.1 Food Assistance

This work is carried out by CARITAS through the distribution of complementary rations for various projects such as: MCH projects, kindergartens, infants' nurseries and food for work projects. Specific rations have been established for each type of project.

##### MCH Projects

The complementary ration established for this programme consists of the following: 3 types of cereal, a CSM food mix (corn, soya and milk) and soy oil, totalling 10.5 Kg. (for 3 persons for 30 days) as shown in Chart N° 4.

The previous chart shows an average of complementary food per person per day of 117 gr. This represents calorie and protein coverages of 20.2% and 18.5% of the total recommended requirement. Consequently the contribution of the complementary ration in respect to calories and protein does not cover the recommended minimum amount (33%) for programmes of food support.

C H A R T N° 4CONTENTS & NUTRITIONAL VALUE OF THEORETICAL COMPLEMENTARYRATION FOR MCH PROJECTS 1/

FOOD ITEMS	AMOUNT (gr.)	CALORIES	PROTEINS		
			ANIMAL	VEGETABLE	TOTAL
Wheat Flour	1,500	5,355	-.-	240.0	240.0
Oats	1,500	4,875	-.-	315.0	315.0
Bulgur	3,000	10,500	-.-	519.0	519.0
Instant CSM	3,000	11,400	54.0	546.0	600.0
Soy Oil	1,500	13,260	-.-	-.-	-.-
<b>TOTAL</b>	<b>10,500</b>	<b>45,390</b>	<b>54.0</b>	<b>1,620.0</b>	<b>1,674.0</b>

Prepared by: Evaluation Team

C H A R T N° 5CONTENTS AND NUTRITIONAL VALUE OF THEORETICAL COMPLEMENTARYRATION FOR KINDERGARTEN PROGRAMME 2/

FOOD ITEMS	AMOUNT (gr.)	CALORIES	PROTEIN		TOTAL
			ANIMAL	VEGETABLE	
Wheat Flour	2,000	7,140	-.-	320.0	320.0
Oats	1,000	3,250	-.-	210.0	210.0
Bulgur	1,000	3,500	-.-	173.0	173.0
Instant CSM	1,000	3,800	18.0	182.0	200.0
Soy oil	500	4,420	-.-	-.-	-.-
<b>TOTAL</b>	<b>5,500</b>	<b>22,110</b>	<b>18.0</b>	<b>885.0</b>	<b>903.0</b>
Per person/ per day	183	737	0.6	29.5	30.1
Requirement		1,400	10.8	-.-	32.5
Coverage	-.-	52.6%	5.5%	-.-	92.9%

Prepared by: Evaluation Team

1/ source: - Chemical Composition Tables from donor organization(AID)  
 - Average requirements in calories and protein specified  
 by the National Institute of Nutrition Ministry of Health.

2/ source: - Chemical Composition Tables from donor organization(AID)  
 - Average requirements in calories and protein specified  
 by the National Institute of Nutrition Ministry of Health.

Kindergarten Programme

The complementary ratio for this programme consists of the same item as for the Mother-Infant Programme, but differs in amount. This is 5.5 Kg. per child per month (See Chart N° 5).

The previous chart shows that the calories and protein content of this ration exceeds the recommended minimum of 33%. In spite of the fact that it covers close 100% of the total daily requirement of protein, this protein is almost completely of vegetable origin. It is indispensable to include in the diet of this age group food providing protein of high biological value.

Nurseries Programme

For this programme the ration consists of the same items as those in the MCH projects, differing only in quantity, 3.5 Kg. per child per month. (See Chart N°6).

C H A R T N° 6

CONTENTS AND NUTRITIONAL VALUE OF THEORETICAL  
COMPLEMENTARY RATION FOR NURSERIES PROGRAMME 3/

FOOD ITEMS	QUANTITY (gr.)	CALORIES	PROTEIN		
			ANIMAL	VEGETABLE	TOTAL
Wheat Flour	1,000	3,570	-.-	160.0	160.0
Oats	500	1,625	-.-	105.0	105.0
Bulgur	500	1,750	-.-	86.5	86.5
Instant CSM	1,000	3,800	18.0	182.0	200.0
Soy Oil	500	4,420	-.-	-.-	-.-
<b>TOTAL</b>	<b>3,500</b>	<b>15,165</b>	<b>18.0</b>	<b>535.5</b>	<b>551.5</b>
Per person/ per day	117	505	0.6	17.8	18.4
Requirement		1,100	8.3		25.0
Coverage		45.9%	7.2%		73.6%

Prepared by: Evaluation Team .

- 3/ source: - Chemical Composition Tables from donor organization (AID)  
- Average requirements in calories and protein specified by the National Institute of Nutrition - Ministry of Health.

The foregoing chart indicates that the rations provide 45.9% and 73.6% of the calorie and protein requirements. These exceed the recommended minimum (33%) but this ration, like the previous one, lacks protein of animal origin.

#### Food for Work Project

The ration for this type of project consists of four types of cereal and soy oil, making up a total of 22.5 Kg. (for 40 hours work and for 5 family members). (See Chart N° 7).

#### C H A R T N° 7

#### CONTENTS AND NUTRITIONAL VALUE OF THEORETICAL COMPLEMENTARY RATION FOR CARITAS FOOD FOR WORK PROJECTS 4/

FOOD ITEMS	QUANTITY ( gr. )	CALORIES	PROTEIN		TOTAL
			ANIMAL	VEGETABLE	
Wheat Flour	5,000	17,850	-.-	800.0	800.0
Maize Flour	5,000	19,600	-.-	650.0	650.0
Oats	5,000	16,250	-.-	1,050.0	1,050.0
Bulgur	5,000	17,500	-.-	865.0	865.0
Oil	2,500	22,100	-.-	-.-	-.-
<b>TOTAL</b>	<b>22,500</b>	<b>93,300</b>	<b>-.-</b>	<b>3,365.0</b>	<b>3,365.0</b>
Per person/ per day Requirement	150	625	-.-		22.4
		2,500			51.0
		25.0%			44.0%

The foregoing chart shows that the average complementary ration per person/per day is 150 gr., covering 25% of calorie and 44% of protein recommended total requirements. This ration does not cover the recommended minimum for calories (33%) and although it exceeds the figure recommended for protein, this is entirely of vegetable origin.

4/ source: - Chemical Composition Tables from donor organizations (AID).  
- Average requirements in calories and protein specified by the National Institute of Nutrition Ministry of Health.

Prepared by: Evaluation Team

Chart N° 7 shows the quantities and nutritional content of the complementary rations offered. A comparison of these figures should be made with the rations actually received by the recipients as well as their attitude towards the food. When an attempt was made to obtain information on the amount of food received, there were no uniform answers; what is more, the recipients do not know how much of each product they are given as these are not weighed at the moment of distribution. However when asked if they considered that the food distribution was fair, 100% answered affirmatively. This answer appears to be influenced by their fear of the assistance being cut off.

In order to ascertain whether the ration is sufficient, the team asked the recipients if the ration handed out lasted until the next distribution. 58.6% replied negatively whereas 43.4% replied affirmatively. When asked if they were satisfied with the contents of the ration, 66.2% answered affirmatively and 33.8% stated they were dissatisfied. 20% of these said milk should be included, others (10%) would like one cereal eliminated in favour of some type of bean and a minority (3.8%) wished to change maize flour for more oats or rice.

The recipients in the rural area generally prepare their complementary food with water and seasoning, and in few cases combine them with potato and small quantities of green vegetables; on the other hand in the urban area these complementary foods are combined with other carbohydrates such as pastas (spaghettis) tubers, rice and small amounts of green vegetables.

### 3.2.2 Education in Nutrition

The education in nutrition activity carried out by CARITAS in the surveyed projects is very limited. Of the recipients questioned, 60.4% said they had not received any kind of nutrition guidance from the project, 2.6% said they had attended demonstrations of food preparation from health personnel at the medical posts, and 17.0% (all from the MCH projects in Cajamarca) stated they had seen demonstrations by the CARITAS promotor. However all the recipients agree that a programme in nutrition education should be developed.

One of the important objectives of nutrition education is forming of positive food habits, customs and practices in order to make a significant contribution to the improvement in the recipients' nutrition, e.g. encouraging mothers to

breast-feed their children as a means of ensuring better nutrition for the child. It is noteworthy that the general attitude of the mothers is good and that the average length of time for breast-feeding in all the mothers surveyed is one year and a half. This indicates that the highest percentage of infant mortality in these areas occurs after weaning.

In answer to the inquiry whether mothers prepare special meals for their children, 77.4% replied negatively and 22.6% expressed the belief that little children need special food items and consequently offer them additions such as egg or milk, pudding based on quinoa (indian cereal) or some other cereal. In trying to establish whether the surveyed population believes that some foods do them harm, the majority (79.2%) answered in the negative but 20.8% thought that some foods produce organic disturbance, considering that beans are heavy and produce colics.

A very deeply ingrained custom and tradition in peasant communities is the celebration of patron saints' days and local feast days in which the population actively participates by providing food, drink or cash. These contributions come in most cases from restrictions in their budget throughout the whole year, consequently affecting their daily nutrition.

The results of this inquiry show that 52.8% of the people surveyed take part in these celebrations, during which they consume large quantities of meat-based foods. For this reason educational action should be oriented to show the rational use of the available food supplies.

### 3.3 Nutrition of the Recipients

In this context it is necessary to analyze all the facets of feeding in the recipient families and within this sphere the nutritional contribution of the complementary ration in relation to the average nutritional requirements in calories and protein.

In order to establish the average calorie and protein requirements per person per day, account has been taken of the recommendations made by the National Institute of Nutrition at the Ministry of Health, both for the coastal

area and for the highlands. The quotas selected for adult men and women correspond to quotas under intensive work activities. Those of other members of the family between 1-19 years were afterwards considered. It should be pointed out that minors below 13 years account for 51% of the average family size. This resulted in averages of 2,500 calories and 51 gr. of protein.

The nutrition analysis of food in the survey projects and families was made on the basis of the total amount of food used in the preparation of two days menus (breakfast, lunch and dinner). Seasoning items and green vegetables have not been considered in said analysis and the nutrition value of the food items has been taken from the Chemical Composition of Food Tables edited by the National Institute of Nutrition, table of food composition for use in Latin America (INCAP) and Chemical Composition Tables for Food of the donor organization (AID).

### 3.3.1 Diet Consumed

A comparison of the calorie and protein values in the family diet and the recommended values follows:

In accordance with the results shown in Chart N° 8, the average consumption of calories per person per day in the urban area is 1,487 which covers 59.5% of the recommended figure. In the rural area the average consumption is 2,274 covering 91.0% of the recommended total requirement. The major portion of these calories is contributed by carbohydrates (wheat, barley and maize) together with the complementary food items.

Chart N° 9 shows for the urban area an average consumption of protein per person per day of 41.3 gr. covering 81.0% of the recommended figure. 4.2 gr. of this protein is of animal origin, representing 24.7% of the recommended requirement for this type of protein. In the rural area the average consumption is 65.5 gr. per person/day, covering 128.4% of the total requirement. However, only 6.6 gr. consists of protein of animal origin. This figure represents 35.9% of the requirement for this type of protein.

From the foregoing it is obvious that in the urban area there is a deficit in the consumption of calories and protein. The situation is made worse by the fact that the

C H A R T No. 8

AVERAGE CONSUMPTION OF CALORIES  
PER PERSON/PER DAY IN CARITAS PROJECTS

A R E A	P R O J E C T	C A L O R I E S		
		Average Consumption Person/Day	Recommended	Coverage (%)
LIMA	Villa María	1,457	2,500	58.0
	Cerro Vecinos Huascata	1,518	2,500	60.7
Average Lima Urban Area		1,487	2,500	59.5
CAJAMARCA	Yumahuall	2,770	2,500	110.8
	Sogorón	2,738	2,500	109.0
	Amushulca	2,097	2,500	83.9
	Sta. Barbara	2,408	2,500	96.3
AVERAGE CAJAMARCA		2,503	2,500	100.1
HUARAZ	Carhuac	2,026	2,500	81.0
	Tocash	1,946	2,500	77.9
	Tingua	1,931	2,500	77.3
AVERAGE HUARAZ		1,968	2,500	78.7
AVERAGE RURAL AREA		2,274	2,500	91.0
GENE. L AVERAGE		2,099	2,500	84.0

PREPARED BY: Evaluation Team

C H A R T    N o .    9

AVERAGE CONSUMPTION OF PROTEIN PER PERSON/PER DAY IN CARITAS PROJECTS

AREA	PROJECT	P R O T E I N S					
		Average Consumption Person Day (gr)	Recommend. (gr)	Coverage (gr)	Consumption Of Animal Origin (gr)	Recommend. (gr)	Coverage (gr)
LIMA	Villa Maria	30.5	51.0	59.8	3.8	17.0	22.4
	Cerro Vecinos Huascata	52.0	51.0	102.0	4.6	17.0	27.1
AVERAGE URBAN AREA	Average Lima Urban Area	41.3	51.0	81.0	4.2	17.0	24.7
CAJAMARCA	Yumahuall	82.3	51.0	161.4	10.9	17.0	64.1
	Sogorón	71.6	51.0	140.4	0.1	17.0	0.6
	Amushulca	66.1	51.0	129.5	8.8	17.0	51.8
	Sta. Barbara	67.1	51.0	131.6	8.2	17.0	48.2
AVERAGE CAJAMARCA	Average Cajamarca, Rural Area	71.8	51.0	140.8	7.0	17.0	41.2
HUARAZ	Carhuac	50.6	51.0	99.2	0.8	17.0	4.7
	Tocash	54.4	51.0	106.7	8.9	17.0	52.4
	Tingua	66.6	51.0	130.6	8.4	17.0	49.4
AVERAGE HUARAZ	Average Huaraz Rural Area	57.2	51.0	112.2	6.0	17.0	35.3
AVERAGE RURAL AREA		65.6	51.0	128.4	6.6	17.0	38.8
GENERAL AVERAGE		60.1	51.0	117.8	6.1	17.0	35.9

PREPARED BY: Evaluation Team

protein consumed is from vegetable sources. In the rural area the calorie consumption is higher than in urban areas, but is still deficient. With regard to protein, the average consumption in the rural area is higher than the recommended figure. However it is emphasized that these proteins are almost all of low biological value as most derive from high cereal consumption. This protein excess would be used by the body to make up the deficit in calories.

### 3.3.2 Nutritional Contribution of the Complementary Ration

Chart N° 10 shows the nutritional contribution in calories and protein of the complementary food supplies in relation to the diet consumed. The chart indicates that in the urban area the average consumption of the complementary ration is 74 gr. per person per day with a total of 344 calories and 10.3 gr. protein. These amounts represent 13.7% and 20.2% respectively of the total requirements. The coverage is therefore below the 33% recommended for this type of programme.

In the rural area the survey results show that the average consumption of complementary food is 170.7 gr. representing a total of 687 calories and 21.1 gr. of protein. The coverage is 27.5% and 41.7% respectively of the recommended values.

It is to be noted that the consumption as well as the nutritional contribution are higher than the ones established for the theoretical rations (See Chart N°10).

These results, shown in Chart N° 10, have been obtained from the surveys carried out on family consumption, but when analyzing the complementary ration consumed in the MCH kitchens, the average consumption of complementary food amounted to 260 gr. contributing 999 calories and 44.0 gr. of protein. These figures cover 35.9% and 65.0% respectively of the total recommended requirements established by the National Institute of Nutrition for expectant and nursing mothers, viz. 2,780 calories and 67.7 gr. protein (See Chart N° 11).

Analysis of the recipient children's consumption under this programme shows an average consumption of complementary food amounting to 225 gr. providing 835 calories and 34.8 gr. protein. This covers 69.6% and 128.9% respectively of the total requirements recommended by the National Institute of Nutrition.

AVERAGE CONSUMPTION OF COMPLEMENTARY FOOD ITEMS AND CONTRIBUTION IN CALORIES AND PROTEIN PER PERSON PER DAY

AREA	PROYECT	NO. OF MEMBERS PER FAMILY	AMOUNT OF COMPLEMENTARY FOOD CONSUMED PER PERSON (gr.)	N U T R I T I O N A L C O N T R I B U T I O N			
				C A L O R I E S		P R O T E I N S	
				CONTRIBUTION OF COMPLEMENTARY FOOD PER PERSON PER DAY	% OF CONSUMPTION COVERED BY COMP. RATION IN RELATION TO RECOMD. AMOUNTS <u>5/</u>	CONTRIBUTION OF COMP. FOOD PER PERSON PER DAY (gr.)	% OF CONSUMPTION COVERED BY COMP. FOOD IN RELATION TO RECOMMENDED AMOUNT <u>6/</u>
	Villa Maria Cerro V. Huascata	7.3	44.3	250.5	10.0	4.4	8.6
		6.7	103.7	436.4	17.5	16.2	31.8
AVERAGE URBAN AREA		7.0	74.0	343.5	13.7	10.3	20.2
	Yumahual	6.4	168.6	37.5	29.5	22.6	44.3
	Sogorón	7.2	147.0	608.0	24.3	21.5	42.2
	Amushulca	4.0	284.9	769.2	30.8	28.6	50.1
	Sta. Barbara	5.6	243.2	1,050.6	42.0	26.4	51.8
AVERAGE CAJAMARCA		5.8	210.9	791.3	31.7	24.8	48.6
	Carhuac	5.8	75.4	363.3	14.5	8.9	17.5
	Tocash	5.4	80.7	458.5	18.3	8.2	16.1
	Tingua	6.6	195.2	823.2	32.9	31.4	61.6
AVERAGE HUARAZ		5.9	117.1	548.3	21.9	16.2	31.8
AVERAGE RURAL AREA		5.9	170.7	687.2	27.5	21.1	41.7
GENERAL AVERAGE		6.1	149.2	610.8	24.4	18.7	36.7

5/ Recommended amount of calories: 2,500  
6/ Recommended amount of protein: 51 gr.

C H A R T No. 11

AVERAGE CONSUMPTION OF COMPLEMENTARY FOODS AND THEIR  
CALORIE AND PROTEIN CONTRIBUTION IN EXPECTANT MOTHERS, PER DAY  
MOTHER INFANT KITCHEN - SANTA BARBARA - CAJAMARCA

FOOD ITEMS <u>7/</u>	AMOUNT (gr.)	CALORIES	P R O T E I N S (gr.)		
			ANIMAL	VEGETABLE	TOTAL
Powdered Milk	25	91	9.0	-.-	9.0
CSM	80	304	1.4	14.6	16.0
Bulgur	80	280	-.-	13.8	13.8
Bread	40	116	-.-	3.4	3.4
Oil	15	133	-.-	-.-	-.-
Brown Sugar <u>8/</u>	15	57	-.-	-.-	-.-
<b>TOTAL</b>	<b>255</b>	<b>981</b>	<b>10.4</b>	<b>31.8</b>	<b>42.2</b>
TOTAL REQUIREMENT		2,780	22.6	-.-	67.7
DIFFERENCE		-1,799	-12.2	-.-	25.5
COVERAGE		35.3%	46.0%	-.-	62.3%

PREPARED BY: Evaluation Team

7/ Estimates of food quantities are based on the total amount of food items in the preparation of the rations and on the quantity of each ration served to each recipient.

8/ The sugar is contributed by the mothers.

C H A R T No. 12

AVERAGE CONSUMPTION OF COMPLEMENTARY FOODS AND THEIR CONTRIBUTION IN  
CALORIES AND PROTEIN PER CHILD/PER DAY - MOTHER/INFANT KITCHEN  
SANTA BARBARA - CAJAMARCA

FOOD ITEMS <sup>9/</sup>	AMOUNT (gr.)	CALORIES	P R O T E I N S		
			ANIMAL	VEGETABLE	TOTAL
Powdered Milk	25	91	9.0	-	9.0
CSM	60	228	1.1	10.9	12.0
Bulgur	60	210	-.-	10.4	10.4
Bread	40	116	-.-	3.4	3.4
Oil	15	133	-.-	-.-	-.-
Brown Sugar <sup>10/</sup>	15	57	-.-	-.-	-.-
<b>TOTAL</b>	<b>225</b>	<b>835</b>	<b>10.1</b>	<b>24.7</b>	<b>34.8</b>
TOTAL REQUIREMENT		1,200	9.0	-.-	27.0
DIFFERENCE		- 365	+1.1	-.-	+ 7.8
COVERAGE		69.6%	112.2%	-.-	128.9%

<sup>9/</sup> Estimates of food quantities are based on the total amount of food items used in the preparation of the rations and on the quantity of each ration served to each recipient.

<sup>10/</sup> The sugar is contributed by the mothers.

PREPARED BY: Evaluation Team

Note should be taken of the fact that when the complementary ration established for the MCH Programme, is given as a prepared ration in the kitchen, the consumption per recipient is higher than the value assigned to the theoretical ration. This indicates that either a larger amount of food items are being distributed or alternatively that the monthly ration distributed does not last for the whole month. The opposite is true when the ration is distributed for preparation in each home, since it will be shared between all the family members. This results in a lower nutritional contribution for each recipient.

Summing up, the analysis carried out on the feeding of the surveyed population in the rural area shows an unbalanced diet with a predominance of carbohydrates, significant amounts of vegetable protein but low consumption of animal protein.

## IX. CONCLUSIONS

The CARITAS Agencies in Lima, Cajamarca and Huaraz were chosen for this evaluation by reason of their showing the largest number of sub-projects and recipients. From the three areas the following sub-projects were selected by sampling:

In Lima	: Villa Maria del Triunfo	: MCH Prog.
	: Cerro Vecinos Huascata	: MCH Prog.
In Cajamarca	: Yumahual	: Food for Work.
	: Alto Sorogon	: Food for Work.
	: Amushulca	: MCH Kitchen.
	: Santa Barbara	: MCH Kitchen.
In Huaraz	: Carhuac	: Food for Work.
	: Tocash	: Food for Work.
	: Tingua	: Food for Work.

The average number of family members in the urban area is 7.0 persons, whereas in the rural area it is 5.8, giving a general average of 6.1. There is a predominance of young people (between 0 - 20 years) representing 63.7% of the total population.

The low educational level among the people surveyed is disturbing. The great majority have only received initial primary instructions (64.6% in the urban area & 48.9% in the rural area), resulting in high rates of illiteracy -44.3% and 16.7% respectively for rural and urban areas.

The employment conditions among the recipient families in the urban area are critical. There, the rate of underemployment is 80%. In the rural area the male population and a large part of the female population devote their time to agricultural labour and also emigrate to other areas looking for work.

The average income of the recipients in the urban area is S/. 14,650 (inferior to the minimum vital wage established by the government). 77.2% of the income is allocated for food. In the rural area a low average income was found S/. 6,185. Although this is a very low figure, it is compensated to some degree by the production of food items for own consumption.

100% of the people surveyed own their home. In one of the projects of the urban area, the houses are constructed of adobe

(mud brick) and in the other they are built of straw matting. This factor depends on the length of time of occupancy. There are 1 to 2 rooms per home. In the rural area the homes are built of 'tapial' (similar to adobe) and consist of 1 to 2 rooms. Both areas lack the basic public services such as water, sewage, electricity.

Each of the projects surveyed have a communal organization. This provides positive response to the solution of common problems. In the urban area the people join forces to solve the most urgent needs such as drinking water and electricity. The priority needs in the rural area are water reservoirs, irrigation channels, road construction and setting up of medical posts.

The food-assistance programme is carried out by CARITAS by means of complementary rations for various projects such as those for maternal/child, kindergartens, nurseries and food for work. Specific rations have been established for each type of project. The majority of said rations consists of a line of enriched cereals and soy oil. The quantities vary according to the different recipient groups.

The majority of recipients do not know the ingredient composition of their complementary ration nor the amounts they should receive, as the items are not weighed in their presence when handed out.

Nutrition Education given by CARITAS Agencies is very limited. Only 17.0% of the people surveyed said they had received guidance from the project's promoters.

The average time for a breast-feeding is 1 1/2 years, which promotes the child's nutrition up to that age.

The holding of feasts or traditional celebrations in some communities represents a reduction in the daily family diet, due to the fact that they must produce goods and breed animals or save money throughout the year in order to contribute to these feasts.

For the purposes of this evaluation, the average calorie and protein requirements per person per day have been determined taking into consideration the recommendations made by the National Institute of Nutrition, both for the coast and for the highlands. In the case of male and female adults, the quotas selected correspond to quotas under intense activity.

The quotas for the other family members between the ages of 1 - 19 years were afterwards considered. Minors under 13 years account for 51% of the average family. All of this resulted in averages of 2,500 calories and 51 gr. of protein.

Similarly, in order to make a nutrition analysis of the recipients' feeding the evaluation team considered all food items used in the preparation of menus for 2 days (breakfast, lunch and dinner) without taking into account either seasonings or green vegetables used to vary the dishes. The nutrition value of the food items have been calculated using the Chemical Composition Tables for Peruvian Food Products edited by the National Institute of Nutrition, the Food Composition Table for use in Latin America (INCAP) and the Chemical Composition Tables of the donor organization (AID).

The analysis made of the diet consumed by the recipients in the urban area shows a deficient consumption of calories (1,489) and protein (41.3 gr.). The situation is aggravated by the fact that the major part of the protein is of vegetable origin. In the rural area the calorie consumption of 2,274 is higher than that of the urban area, but it is still inferior to the recommended figure of 2,500 calories. It was found that the average consumption of protein, 62.5 gr. exceeds the recommended figure but again it should be emphasized that this protein is of vegetable origin.

In the urban area the average consumption of complementary food amounts to 74 gr. per person per day, contributing 344 calories and 10.3 gr. of protein. This figure represents a coverage of 13.7% and 20.2% of calories and protein respectively of the total requirements. In no case do these figures reach the 33% recommended for this type of programme. In the rural area the average consumption of complementary foods amounts to 170 gr. contributing 687 calories and 21.1 gr. of protein. This represents a coverage of 27.5% and 41.7% respectively of the recommended calorie and protein consumption.

The complementary ration established for the maternal/child health programme, when prepared and consumed on the premises, is higher than the theoretical ration. This indicates that either more food is being distributed or that the ration does not last for the whole month. However when the same theoretical ration is distributed for preparation in the individual homes, the recipient's consumption is reduced because the ration is shared with all the family members.

The analysis made of the feeding of the surveyed population shows an unbalanced diet with predominance of carbohydrates and significant amounts of vegetable protein (rural area) but low consumption of animal protein, insufficient consumption of green vegetables and an almost total absence of fruit.

**X. RECOMMENDATIONS**

- 1) The results obtained from this evaluation show that the basic diet of the recipient population is very deficient in protein of high biological value. It is therefore recommended that in the supplementary rations for all projects, a food component of animal origin (milk or a substitute) be included, likewise the substitution of a cereal for a leguminous vegetable (if available) in order to offer a better nutritional balance.
- 2) It is recommended that CARITAS del Perú promote a larger number of MCH projects in order to guarantee an effective nutritional contribution to the recipients. If the complementary ration is distributed uncooked, it should be sufficient for five persons since all the members of the family share it and benefit from it.
- 3) It is recommended that each CARITAS diocesan branch have additional personnel specialized in nutrition education, in view of the complexities involved in the nutritional process, and the limited nutrition activities carried out by CARITAS.
- 4) It is recommended that a system of programmed regional menus be established at the level of MCH kitchens, kindergartens and nurseries. This would offer a wider variety of meals and prevent the monotony detected.
- 5) Nutrition educational actions should be directed to the community organizations, promoting the local production of food with high nutritional value and the optimum utilization of the available food resources.
- 6) It is recommended that CARITAS del Perú require this various diocesan offices more care in the selection of projects and recipients, since it has been found that some of the evaluated projects, involve work for which food support is not allowed (construction of churches and chapels).
- 7) It is recommended that each worker receive no more than a monthly ration.
- 8) It is recommended that in the agreements between CARITAS and the recipient groups a provision be included specifying that the weighing and distribution of the food

should be carried out in the presence of the recipients, that they be informed in advance of the products and quantities to be received, and that the recipients always sign a form upon receiving food.

9. To intensify as far as possible coordination among the voluntary agencies carrying out food/nutrition programs. In this way their efforts will be coordinated and will help rationalize project implementation actions to the direct benefit of the recipients and the communities.
10. To conduct evaluations such as present one on a yearly basis.
11. It is recommended that an agricultural engineer from the local Ministry of Agriculture Office review agriculture related food for work projects prior to CARITAS approval.
12. It is recommended that AID give clear indications as to the use of food for work in the construction of Police Command Posts, such as in Pueblo Libre.

CARITAS DEL PERU

ATTACHMENT I

PROGRAMA APROBADO 1977/1978

(PERSONAS)

OF. REGIONALES	MATER. INFANTIL	JARDINES	OTROS NIÑOS	GUARDERIAS	PROYECTOS	TOTAL PRS.
CAJAMARCA	1,952	3,000	833	50	5,800	11,635
CHICLAYO	620	-	1,823	-	2,500	4,943
CHULUCANAS	-	-	-	-	1,245	1,245
CHACHAPOYAS	-	-	-	-	2,500	2,500
JAEN	1,000	2,000	-	-	130	3,130
PIURA	1,678	2,000	515	450	3,090	7,723
HUAMACHUCO	4,478	-	-	-	2,483	6,961
TRUJILLO	3,400	-	740	50	1,800	5,990
ABANCAY	200	-	197	-	1,000	1,397
AYACUCHO	130	-	420	-	1,000	1,550
CALLAO	3,000	1,736	-	507	7,000	12,243
CHIMBOPE	139	-	456	-	3,000	3,595
HUANCAYO	3,371	1,000	100	-	10,000	14,471
HUANUCO	460	150	660	-	2,000	3,270
HUACHO	3,572	1,000	100	160	9,066	13,898
HUARAZ	470	-	-	453	16,000	16,923
HUARI	1,500	-	-	-	16,000	17,500
ICA	-	-	-	-	590	590
LIMA	10,000	2,727	5,575	4,017	19,482	41,801
HUAROCHIRI	-	-	-	-	4,000	4,000
TARMA	-	-	50	50	2,875	2,975
YAUYOS	-	-	430	-	3,910	4,340
CHUQUIBAMBILLA	1,700	160	1,160	120	2,000	5,140
CHIQUIAN	-	-	150	-	1,000	1,150
AREQUIPA	5,000	2,168	735	133	9,854	17,890
AYAVIRI	2,000	-	-	-	10,000	12,000
CUSCO Y JULI	1,330	4,040	660	1,010	12,160	19,210
PUNO	14,000	-	396	8,000	14,515	36,911
<b>TOTAL:</b>	<b>60,000</b>	<b>20,000</b>	<b>15,000</b>	<b>15,000</b>	<b>165,000</b>	<b>275,000</b>

Lima, 4.10.78

CARITAS DEL PERU

ATTACHMENT II  
Page 1

RESUMEN GENERAL APLICACION PROGRAMA 1977/1978

(Kiloes)

CATEGORIAS	Nº PERSONAS	H. TRIGO	H. MAIZ	AVENA	TRIGOR	ACEITE	GSM. INST.	TOTALES
MATERNAL INFANTIL 1.a.b.	13,702	82,212	-	82,212	164,424	82,212	164,424	575,484
OTROS NIÑOS 3.b.c.e.	9,934	178,416	-	89,208	89,208	59,604	119,208	535,644
PROYECTOS TRABAJO 4.a.b.c.d.	114,492	1'030,428	1'030,428	1'030,428	1'030,428	515,216	-	4'436,928
GRAN TOTAL:	138,128	1'291,056	1'030,428	1'201,848	1'284,060	657,032	283,632	5'748,056
(Value)		(\$267,248)	(\$167,960)	(\$326,903)	(\$238,835)	(\$376,479)	(\$94,166)	(\$1,471,591)

Lima, 26.10.78

AMPLIACION PROGRAMA 1977/1978 (KILOS)MATERNO INFANTIL (1.a.b.)

OF. REGIONALES	Nº PERSONAS	H. TRIGO	AVENA	TRIGOR	ACEITE	CSM. INST.	TOTAL
CAJAMARCA	1,183	7,098	7,098	14,196	7,098	14,196	49,686
HUANACHUCO	1,305	7,830	7,830	15,660	7,830	15,660	54,810
ABANCAY	65	390	390	780	390	780	2,730
HUANCAYO	1,290	7,740	7,740	15,480	7,740	15,480	54,180
HUARAZ	210	1,260	1,260	2,520	1,260	2,520	8,820
HUARI	5,000	30,000	30,000	60,000	30,000	60,000	210,000
CHUZIBAMBILLA	2,370	14,220	14,220	28,440	14,220	28,440	99,540
AREQUIPA	674	4,044	4,044	8,088	4,044	8,088	28,308
CUSCO	1,605	9,630	9,630	19,260	9,630	19,260	67,410
TOTALES	13,702	82,212	82,212	164,424	82,212	164,424	575,424

Lima, 26.1.78

AMPLIACION PROGRAMA 1977/1978 (KILOS)OTROS NIÑOS (3.b.c.e.)

OF. REGIONALES	Nº PERSONAS	H. TRIGO	AVENA	TRIGOR	ACEITE	CSM. INST.	TATALES
LIMA (1.c.)	3,000	72,000	36,000	36,000	18,000	36,000	198,000
CAJAHARCA	847	20,328	10,164	10,164	5,082	10,164	55,902
TRUJILLO	323	7,752	3,876	3,876	1,938	3,876	21,318
AREQUIPA	226	5,424	2,712	2,712	1,356	2,712	14,916
CUSCO	538	12,912	6,456	6,456	3,228	6,456	35,508
PUNO	5,000	60,000	30,000	30,000	30,000	60,000	210,000
TOTAL	9,934	178,416	89,208	89,208	59,604	119,208	535,644

AMPLIACION PROGRAMA 1977/1978 (KILOS)

PROYECTOS DE TRABAJO (4a.b.c.d.)

OF. REGIONAL	Nº PERSONAS.	H. TRIGO	H. MAIZ	AVENA	TRIGOR	ACEITE	TOTALES
AREQUIPA	360	3,240	3,240	3,240	3,240	1,620	14,580
AYAVIRI	10,150	91,350	91,350	91,350	91,350	46,675	411,075
CUSCO	9,000	81,000	81,000	81,000	81,000	40,500	364,500
CAJAMARCA	2,884	25,956	25,956	25,956	25,956	12,978	116,802
HUAMACHUCO	1,430	12,870	12,870	12,870	12,870	6,435	57,915
TRUJILLO	1,325	11,925	11,925	11,925	11,925	5,963	53,663
ABANCAY	4,253	38,277	38,277	38,277	38,277	19,139	172,247
CHIMBOTE	8,880	79,920	79,920	79,920	79,920	39,960	359,640
HUANCAYO	12,645	113,805	113,805	113,805	113,805	56,903	512,123
HUACHO	24,410	219,690	219,690	219,690	219,690	109,845	988,605
HUARAZ	19,440	174,960	174,960	174,960	174,960	87,480	787,320
HUARI	5,880	52,920	52,920	52,920	52,920	26,460	238,140
TARMA	12,535	112,815	112,815	112,815	112,815	56,408	507,068
CHUQUIBAMBILLA	1,300	11,700	11,700	11,700	11,700	5,850	52,650
TOTAL:	114,492	1'030,428	1'030,428	1'030,428	1'030,428	515,216	4'636,928

RESUMEN DE AMPLIACION DE PROGRAMANº DE PERSONAS - POR CATEGORIAS

OF. REGIONALES	MATERNAL INFANTIL	JARDINES	OTROS NIÑOS	PROYECTOS	TOTALES
CAJAMARCA	1,183	-	847	2,884	4,914
HUAMACHUCO	1,305	-	-	1,430	2,735
TRUJILLO	-	-	323	1,325	1,648
ABANCAY	65	-	-	4,253	4,318
CHIMBOTE	-	-	-	8,880	8,880
HUANCAYO	1,290	-	-	12,645	13,935
HUACHO	-	-	-	24,410	24,410
HUARAZ	210	-	-	19,440	19,650
HUARI	5,000	-	-	5,880	10,880
LIMA	-	3,000	-	-	3,000
TARMA	-	-	-	12,535	12,535
CHUQUIBAMBILLA	2,370	-	-	1,300	3,670
AREQUIPA	674	-	226	360	1,260
AYAVIRI	-	-	-	10,150	10,150
CUSCO	1,605	-	-538	9,000	11,143
PUNO	-	-	5,000	-	5,000
TOTAL:	13,702	3,000	6,934	114,492	138,128

Lima, 26.1.78