

## Sarah's healthy kids, healthy forests pilot programme, Guatemala 2008



In September 2008, The Equilibrium Fund in partnership with the Guatemalan Ministry of Education, Rainforest Alliance, Rural Development Bank, the National Forest Service of Guatemala, Alimentos Nutri-Naturales and the Association of Community Forestry Concessionaires of Peten started the world's first Maya Nut-based school lunch program to feed 8,124 children from 46 rural communities.

This program was started as an effective and practical means of addressing chronic malnutrition in Guatemala, which affects 49% of rural and indigenous Guatemalan children.

- Impacts of the Healthy Kids, Healthy Forests Program include the following:
- Improve nutritional status of Guatemalan children
- Improve rural and indigenous women's incomes
- Create educational and leadership opportunities

for rural and indigenous women

- Raise awareness in rural communities about the value of protecting the Maya Nut tree
- Raise awareness in rural communities about the food value of Maya Nut
- Catalyze creative partnerships in the region to better address rural development issues
- Provide a model of independence from foreign food aid for Guatemala
- Motivate reforestation with Maya Nut trees in rural and indigenous Guatemalan communities

Sarah's Healthy Kids, Healthy Forests Program consists of educating, capacity building and delivering of Maya Nut flour to teachers and school boards in 46 communities in Peten, Guatemala to benefit 8,124 children. Follow up to the Maya Nut distribution to schools was provided by "Voices of Mopan"<sup>1</sup> radio show from the town of Melchor de Mencos, Guatemala.



One of the first measurable impacts of Sarah's Healthy Kids, Healthy Forests Program has been the establishment of 300,000 Maya Nut seedlings for reforestation, financed by the Guatemalan Ministry of Agriculture. These trees will eventually produce over 9 million pounds of Maya Nut seed for Guatemalan communities. These Maya Nut "food forests" promise to permanently eliminate chronic malnutrition in this part of Guatemala and will provide the raw material to sustain Sarah's Healthy Kids, Healthy Forests Program in the future.

<sup>1</sup> Mopan is a language that belongs to the Yucatecan branch of the Mayan languages. It is spoken in Belize and Guatemala. The other Yucatecan languages are Yucatec, Lacandon, and Itza

Area/Region	No.	Community/School	Number of Children
Laguna del tigre	1	Santa Amelia	213
	2	Rancho Sucely	96
	3	Lagunitas	172
	4	Seis Islas	40
	5	Los Reyes	96
	6	Los tubos	91
	7	Bella Vista	66
Naranjo	1	Santa Marta	263
	2	Naranjo Frontera	350
Sayaxche	1	EORM San Juan Caribe	35
	2	EORM El Jordán	227
	3	EORM El Paraiso	148
	4	EORM La Democracia	265
	5	EORM El Pato	360
	6	EORM La Reynita	429
	7	EORM La Unión	31
	8	EORM Las Pozas	306
	9	EORM La Esperanza	315
	10	EORM San Lucas	78
	11	EORM San Luisito	73
	12	EORM Santa Rita	193
	13	EORM Semuy	60
	14	EORM Tierra Linda	82
El Estor	1		300
	2		167
	3		400
	4		100
Panzos	1		100
	2		180
	3		180
	4		170
	5		200
	6		200
Acofop	1	La Colorada	62
	2	Cruce a La Colorada	140
	3	San Miguel La Palotada	36
	4	La Pasadita	155
	5	Carmelita	75
	6	Cooperativa Unión Maya Itzá	379
	7	Cooperativa Técnica Agropecuaria	145
	8	Cooperativa Los Laureles	171
	9	Uaxactún	199
	10	Cooperativa La Lucha	126
Zacapa		Aldea El Progreso, Avanzada, etc.	0
		El Porvenir	150
		Macanché	500
<b>TOTAL</b>	<b>46</b>		<b>8124</b>



## Contact

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## Further reading

- Seeds of inspiration - website including movie  
<http://www.seedsofinspirationmovie.com/>
- Seeds of inspiration - pdf information  
<http://www.seedsofinspirationmovie.com/MayaNutWeb.pdf>
- Maya Nut (Botany Photo of the Day - In science, beauty. In beauty, science. Daily.  
[http://www.ubcbotanicalgarden.org/potd/2008/03/brosimum\\_alicastrum.php](http://www.ubcbotanicalgarden.org/potd/2008/03/brosimum_alicastrum.php)
- Maya Nut (GFU Species Brochures)  
<http://www.underutilized-species.org/species/brochures/Maya%20Nut.pdf>
- Seed initiative  
<http://seedinit.org/mainpages/ceremony/Maya/index.php>
- GFU Maya Nut post  
[http://www.underutilized-species.org/record\\_details.asp?id=1095](http://www.underutilized-species.org/record_details.asp?id=1095)
- Centro de recursos the información sobre Brosimum alicastrum  
<http://bco.catie.ac.cr:8085/brosi/index.html>
- Maya Nut Trees Make A Comeback (WRI)  
<http://www.wri.org/stories/2008/05/maya-nut-trees-make-a-comeback>

