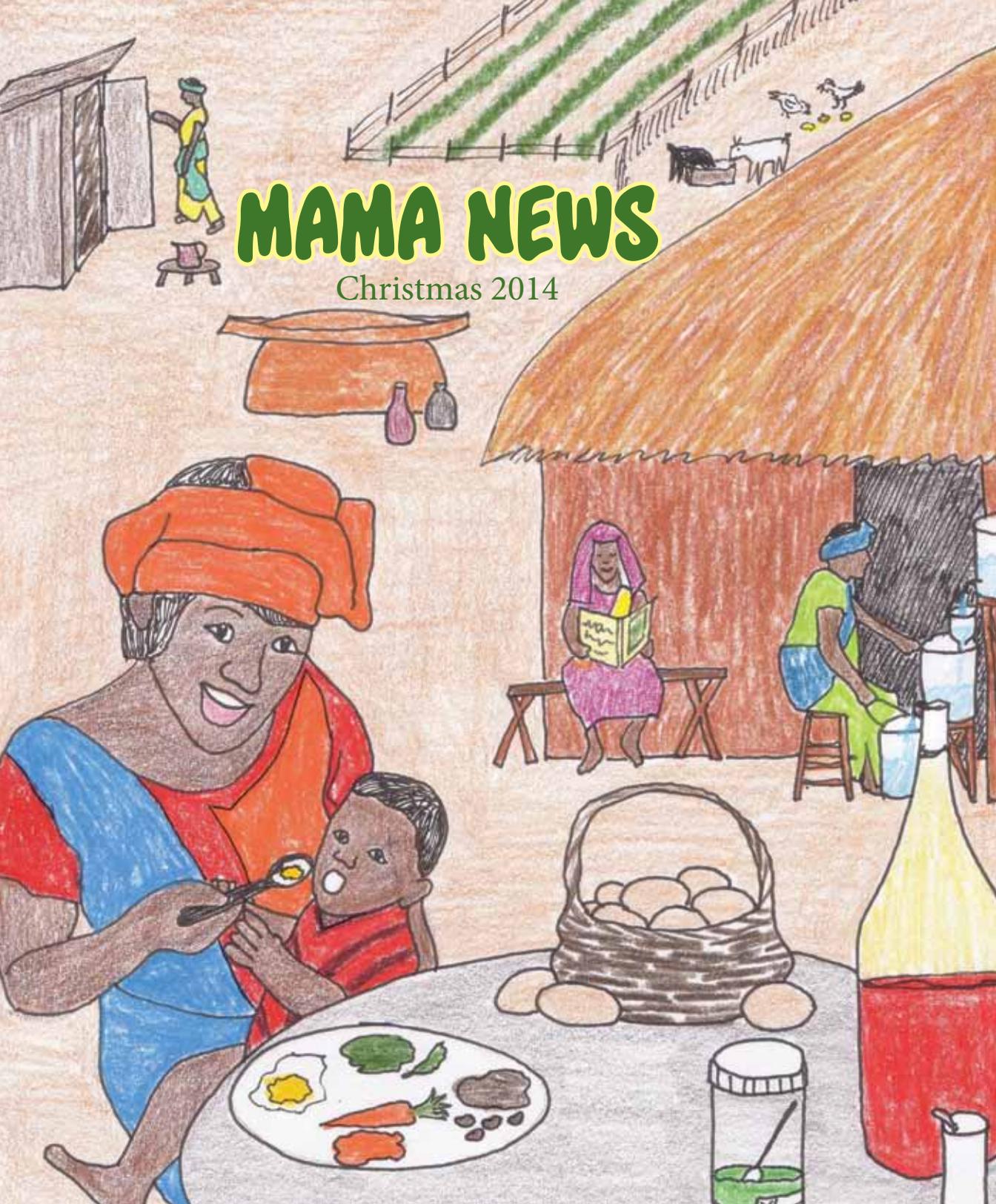


# MAMA NEWS

Christmas 2014



## MAMA Project

Mujeres Amigas-Miles Apart  
(Women Friends-Miles Apart)

- Nutritional Rehabilitation
- Medical & Dental Brigades
- Work Teams
- Preschools
- Cross Cultural Training
- Deworming & Vitamin A Campaigns
- Donating Medical & Dental Equipment & Supplies
- Community Development
- Scholarships
- Child Survival Training

MAMA News is a quarterly newsletter that provides updates about MAMA Project, Inc.'s programs and service to rural, poor communities in Honduras and Haiti.

**The MAMA News is available for free to anyone who would like to receive it.**

To add, remove or change your address on our mailing list, contact:  
Amanda Sagastume  
MAMA Project, Inc.  
2781A Geryville Pike  
Pennsburg, PA 18073  
(215)679-4338  
info@mamaproject.org  
www.MAMAPROJECT.org

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All photos were taken by MAMA Project Staff or Service Team Members.



# Honduras is a Paradise!



You see "million dollar views" like this while in the mountains, overlooking Lake Yojoa, near MAMA's Nutrition Center.

However, there are also problems in paradise: poverty and "hidden hunger".

Children living with malnutrition can be in serious danger, even when they appear healthy. The good news, though, is that *hidden hunger* is 100% curable and 100% preventable until there are complications that cause irreversible damage.

*Hidden hunger* causes more than half of the millions of deaths in children under 5 years old every year in our world.

*Hidden hunger* causes many sicknesses and is the most common reason in this world for mental disabilities.

*Hidden hunger* refers to the deficiency of micronutrients (vitamins and minerals) in people's diets, causing growth stunting and immune deficiency. It's not so much about the quantity of food, but the quality.



MAMA Project's mission includes providing help to children suffering from *hidden hunger* and communities that are in poverty. We believe that it is possible to reach the goal of no longer letting children die from diseases caused by malnutrition.

Two ways that MAMA Project is actively fighting hunger, including *hidden hunger* is by promoting better nutrition in the villages and also by finding malnourished children in their community and bringing them to MAMA's Nutritional Rehabilitation Center. Fortunately we are able to bring all of the family's children to the Center, even those that are not severely malnourished but are suffering from *hidden hunger*.

Each morning our Staff lead a course in healthy habits. During this time, the mothers learn the following topics:

- Basic Nutrition
- Personal & Home Cleanliness
- Improving Food Practices
- Home Gardens
- Prevention & Treatment of Childhood Illness
- Prevention & Treatment of Malnutrition
- Letrines (Outhouses)
- Childhood Growth & Development
- Food Preparation & Conservation
- Maternal Health
- Clean Drinking Water
- Early Childhood Stimulation
- Soil Management & Control of Crop Pests
- Sexuality & Marital Relations
- Incorporating New Food Habits
- Designing a Safe Home
- Social and Spiritual Development
- Raising Animals for Food
- Family and Community Relationships



(Left) A new habit: Holding your child while actively spoon feeding her.

(Right) Mariela, on the left, is the 3 year old daughter of the Center's cook, Marina. She has always lived at the Center and receives good nutrition. Next to her sits Marisela, a 5 year old, that is stunted due to severe malnutrition and is currently recovering at the Center with her family. You can see the difference in a child that has good nutrition while growing.



Doctor Arelys checks one of the boys at the Center.





In addition to the health teaching time, the mothers participate in daily devotions with the MAMA Staff, learning more about Christian life.

In the afternoons, the mothers participate in learning handicrafts they can continue once they go home. Projects include sewing, crocheting, jewelry making, painting, and more. The women enjoy this time together and some may be able to use the skills to generate income.

Each portion of our program at the Nutrition Center is important in helping the mothers achieve success

when they return to their homes. It's always exciting to hear stories of mothers that leave the Center and not only help their family but help their communities become healthier.

In October, Dr. Priscilla Benner, MAMA Director, Dr. Herman Sagastume, Field Director, and Amanda Sagastume, Program Coordinator, traveled to Honduras. Between the 3 of them, in one week, they had 18 meetings with Staff, communities, and other organizations. It is hard to pick just one highlight from that action packed week, but we'll share one story since it demonstrates how MAMA impacts families and communities.



*Mother Norma & daughter, Soleigy, when entering the Center.*

**Meet Norma.** Like many young adults in Honduras, Norma was unable to give her baby what she needed. Some of the reasons were lack of education in what was healthy for her little girl and others had to do with lack of money to buy nutritious food. Norma came to our Nutrition Center in June of 2012 with her moderately malnourished daughter, a good example of a child with *hidden hunger*. While at the Center, Norma participated in all of the classes, while Sogeily received the necessary medical treatment, treatment for intestinal parasites, and ate a good diet. Norma learned to fortify food with MAMA's micronutrient powder.

After only a month, Sogeily had recovered sufficiently to be released from MAMA's care. Norma went home with her "graduation prizes" as shown in the picture, including a suitcase of clothes, nutritious chaya plants, seeds for her garden, a water filtration system, and knowledge that

would help her in the future. Norma says, "During the time I was in the Nutrition Center, I really woke up! My eyes were opened to so many things. I learned about hygiene and how to care for my family. I put it all into practice."

When Norma returned to her community, she decided that she needed to share everything she learned with other mothers in need. Norma said even though she barely had enough food, she always shared food from her garden that she was growing and eggs from her chicken. She also encouraged other women to plant their own gardens to help supply for their families.

Norma told us about her village, a very remote place in the mountains. Almost all of the people in her village are subsistence farmers. They only eat what they grow in their gardens, usually corn and beans, and don't have crops to sell.

Norma says that she has seen how the micronutrients that MAMA gave to her to use, have helped the health of her daughter. Sogeily doesn't want to start eating her food until her mother puts her special "salt" on it. That "salt" is MAMA's micronutrient powder.

Access to medical care is difficult. The health center is an hour's walk from home. Norma recently went to the health center to get some medicine. Unfortunately, she shared, they had none. A mother giving birth at the hospital may only pay about \$2 for the hospital bill but the transportation to get there is costly, around \$50 (in taxi). Many mothers decide to use the (less costly) public bus to get to the hospital when in labor and end up having their baby on the bus during the hour commute.

To get to the Nutrition Center, she has to go on two different buses for an hour each and then walk for one hour. That distance doesn't keep her from coming back for community trainings, though.

Since learning at the Center, Norma has become a recognized leader in her community. At age 25, she is the President of the Patronato or Town Council. This role is usually filled by an older person, usually a man. MAMA Project touches the communities through proactive leaders like Norma. She is always on hand, of course, to help with MAMA brigades when they visit every 6 months.



*(Top) Norma when she left the Center in 2012, with her graduation prizes.*

*(Below) Norma during her recent trip to MAMA's Child Survival Training, now pregnant with her second child.*





## October Child Survival Training

Each year MAMA Project holds community leader trainings, to teach (or sometimes reteach) themes relating to Child Survival. This October we taught about *hidden hunger*, using micronutrients in food, and we introduced a new strategy - raising guinea hens for their meat and eggs. The leaders actively participated in the training, sharing what they've seen in their communities, and how using the micronutrients has affected them.

One message with everyone we work with - from the community leaders in poor villages to the government officials and those leading other organizations in similar work -

*We need to be a voice for the children who are so often unheard and ignored.  
God loves all of the children in the world.*

When we learn to see the world as God sees it, and to love people as God does, we are drawn to this work of love.

Will you join with us in loving the children? When you give a gift to MAMA Project, you are showing love to these children.

Your gifts can help our Center to nurture future leaders and give a second chance to children who have so little.

Thank you for being part of this story and for the sacrifices that you make so that MAMA can continue to work. As we celebrate this holiday season, let's continue to invite the poor to the table!



*Village leaders practice fortifying eggs with MAMA's micronutrient powder and then taste it!*



*Dr. Benner showing village leaders how we test for anemia.*



# Annual Recreational Volleyball Tournament

**Saturday, February 7th, 2014**  
**Quakertown Christian School**  
50 E. Paletown Rd, Quakertown, PA

## Women's Tournament

Registration at 8:30am  
Play Starts at 9:00am

## Co-Ed Tournament

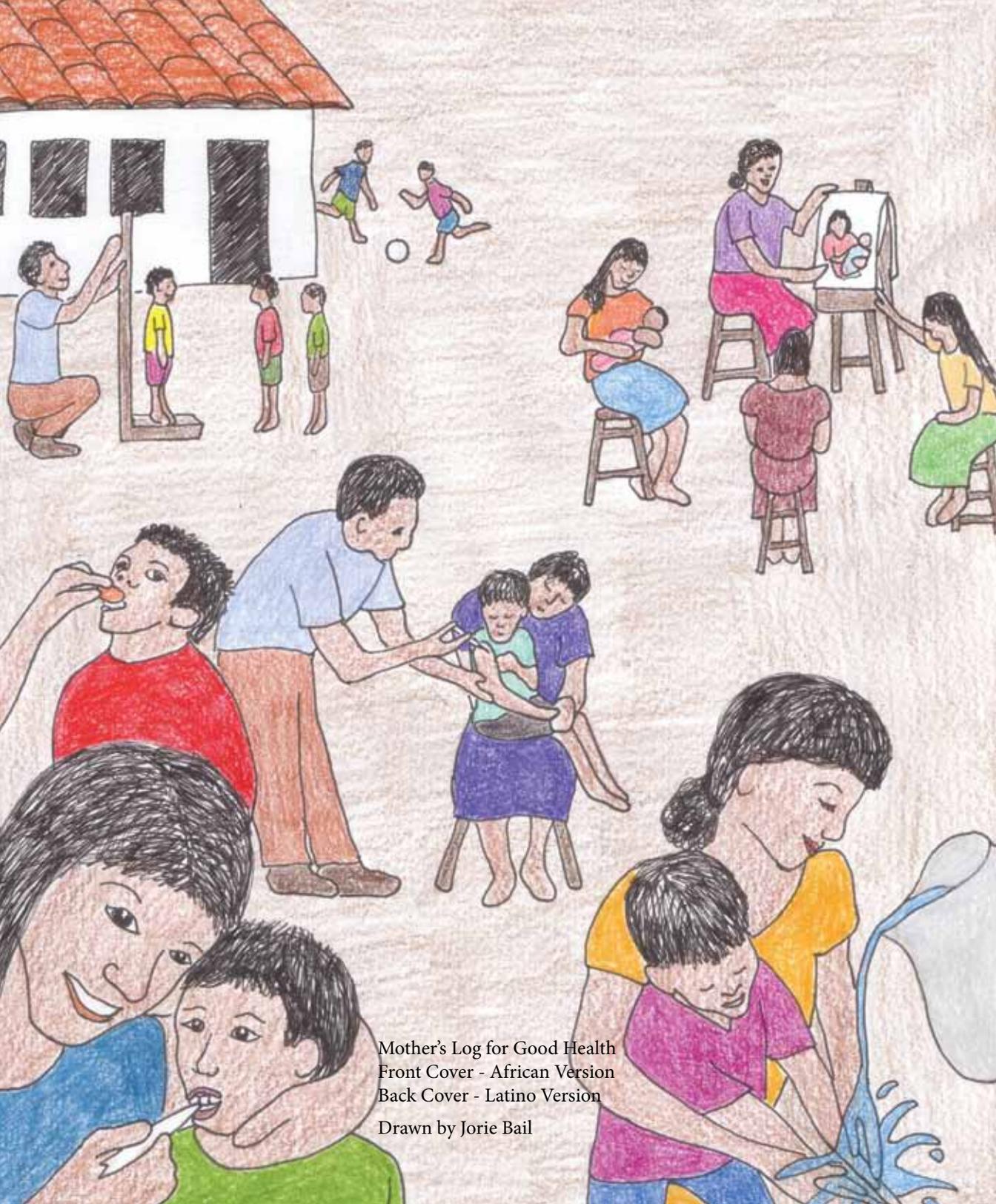
Registration at 12:30pm  
Play Starts at 1:00pm  
\*Must have at least one female on the court at all times.

Enjoy a day of volleyball and help fight malnutrition in Central America!

This is a fundraising event. Each team is encouraged to find sponsors. The minimum fundraising amount for each team to play is \$600. Form your team now to get ahead with fundraising!

To register a team or for more information, email [info@mamaproject.org](mailto:info@mamaproject.org)





Mother's Log for Good Health  
Front Cover - African Version  
Back Cover - Latino Version

Drawn by Jorie Bail