



**FOOD AND
NUTRITIONAL
SECURITY**
for Integral Human Development

PROJECT OVERVIEW - 2014



COMPLEMENTARY DATA

PROJECT BUDGET

120.000,00 bolivianos / Aprox. USD 17,000

PROJECT TIMEFRAME

10.5 months

PROJECT BENEFICIARIES

Boys and Girls: aprox. 200 people
Parents / Adults: aprox. 140 people
SCSJ Center Staff: 12 people

FOOD AND NUTRITIONAL SECURITY

for Integral Human Development

PROJECT OVERVIEW - 2014

**“Growing food in my
neighborhood is great.”**

- Adalid, Santa María de Alpacoma Education Center

**“I’ve learned how and at what depth
to plant seeds as well as how to
combat garden insects and pests...”**

- Masiel, Santa María de Alpacoma Education Center

**“I feel happy, this will
serve me well in the future.”**

- Estefanie, Las Lomas Education Center



ALTERNATIVAS

Cultivando Comunidades

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La Paz, Bolivia

Alternativas is a non-profit organization dedicated to generating sustainable approaches to greater food security in Bolivia's growing cities.

INTRODUCTION

The Project Food and Nutricional Security for Integral Human Development began in 2014 and was implemented in the city of La Paz, Bolivia. The institutions responsible for executing the project were Fundación Alternativas, Sociedad Católica de San José and Canadian Feed the Children. The initiative arose from institutional commitments to generate replicable models that seek to empower people to guarantee their right to food.

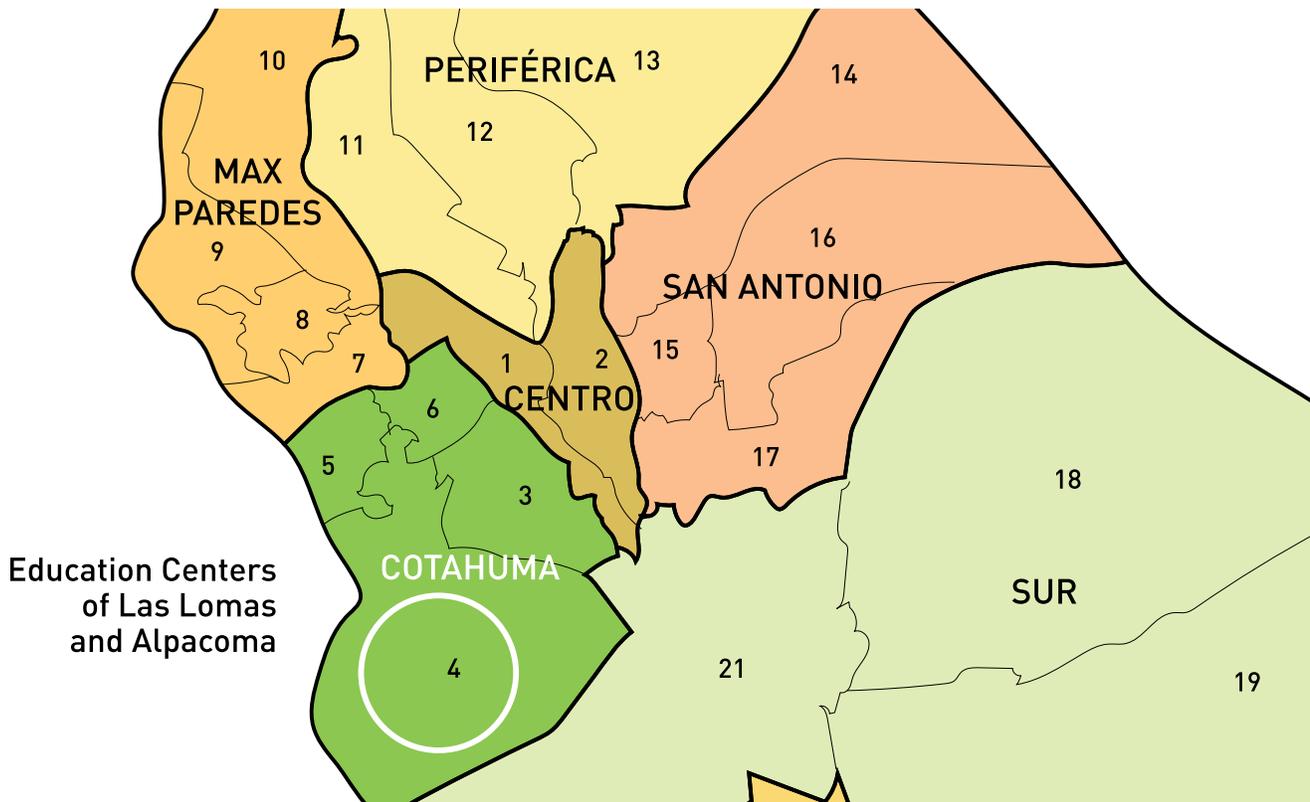
Among the primary basic needs of present and future generations is food. Though the world currently produces enough food to satisfy the nutritional requirement of all peoples, many challenges exist that inhibit close to one million people around the globe from satisfying their universal right to food. In Bolivia today, approximately one in four people are categorized as food insecure.

Sustainable food production and access is increasingly becoming a concern given research and socio-scientific studies have identified growing challenges related to food waste along the entire food chain, climate change, reduced fresh water tables, increased erosion and soil contamination, and among others, unprecedented levels of urbanization around the globe.

All of these variables will continue to greatly impact food security and it is noted the urban poor will especially become increasingly vulnerable to food price spikes and the inability to obtain basic food items to satisfy their nutritional requirements and those of their family.

We hope the models and activities developed over the course of this project, and presented in this document, can serve as an example for other educational communities on how to implement social development initiatives steered towards ensuring food security in low income urban areas.

Maria Teresa Nogales
Executive Director
Fundación Alternativas



The project Food and Nutritional Security for Integral Human Development was implemented in Cotahuma, within the education centers of Sociedad Católica de San José (SCSJ).

The centers are located in the Las Lomas and Alpacoma neighborhoods respectively.

PROJECT OBJECTIVES

Empower the community of beneficiaries of SCSJ so they are able to overcome challenges related to food insecurity.

Generate a low-cost replicable model for growing fresh and nutritious food.

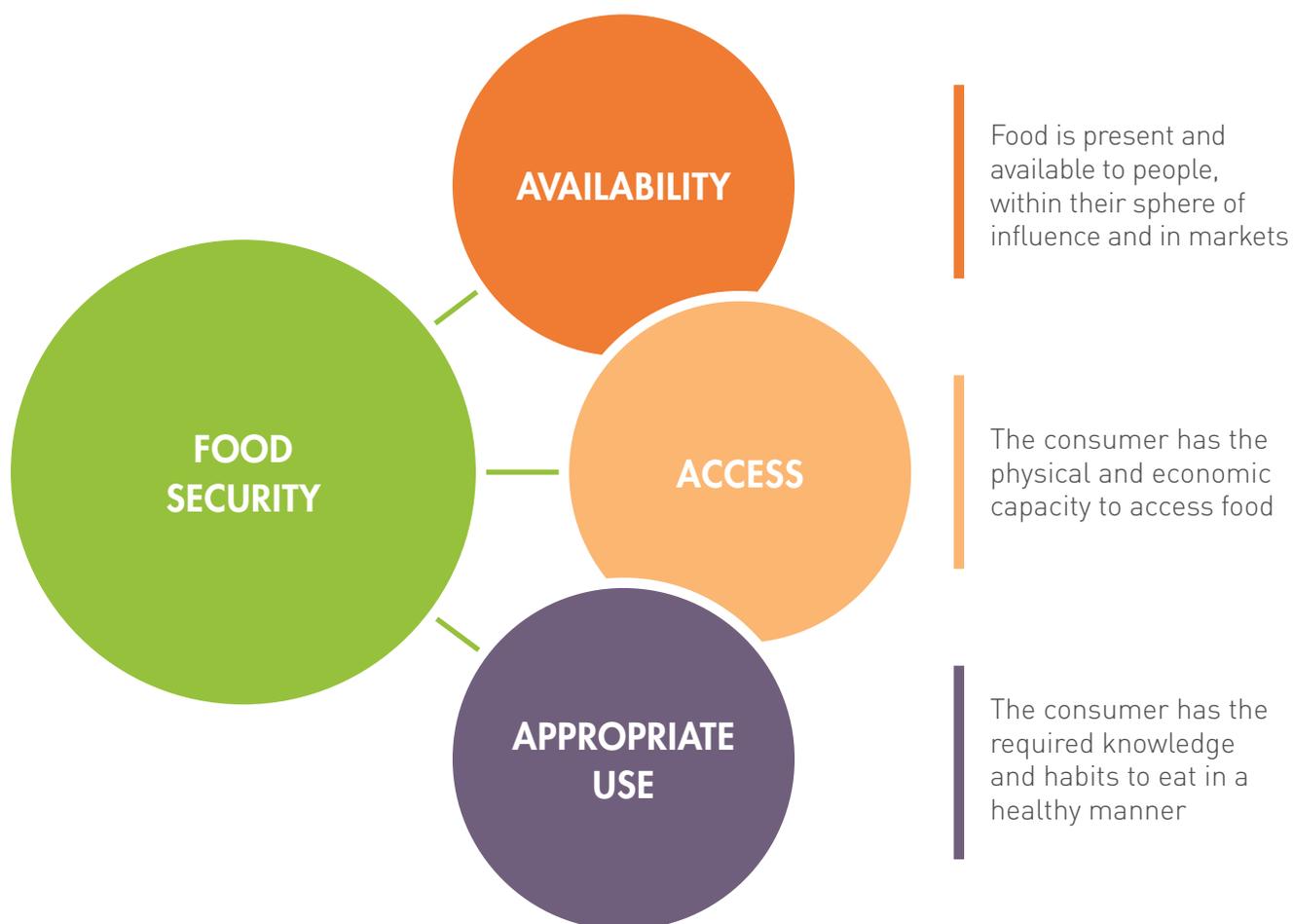
Develop skills related to preparing and consuming healthy foods.

Generate advocacy strategies to ensure food and nutritional security is on the policy agenda and steps are taken towards this goal.

WHAT IS FOOD SECURITY?

Food security exists when all people at all times have access to sufficient, safe, nutritious food to maintain a healthy and active life.

In this regard, food security can only exist when there is *availability* and *access* to food while in addition people give food an *appropriate use*.





FOOD SECURITY BASE LINE WITHIN THE EDUCATION CENTERS OF SCSJ

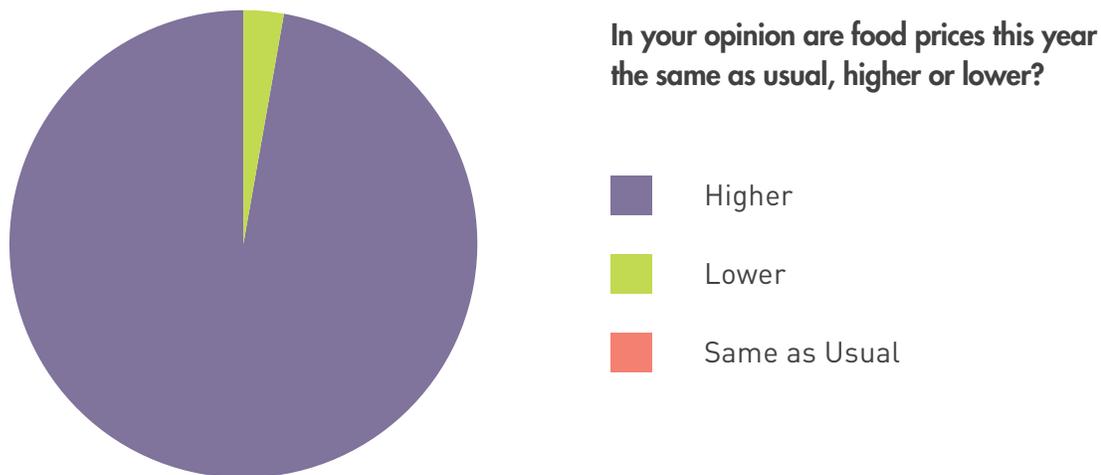
A base line study conducted among the community of beneficiaries of SCSJ and within the sphere of influence of the education centers in 2013 revealed that there exists food insecurity in the district, largely influenced by: a limited offer of fresh and healthy food, financial limitations for the purchase of abundant fresh and healthy food, and among others, an affinity for carbohydrates whether due to financial reasons or cultural eating patterns.

As regards *access, availability and use of food*, the collected data leads to the following general observations:

ACCESS TO FRESH AND HEALTHY FOODS

The rising price of food items is notably altering the amount of food purchased and consumed by families in the area.

A majority of parents indicate that the rising Price of food has restricted the quantity of food they can purchase for their home.



AVAILABILITY OF FRESH AND HEALTHY FOODS

The scarcity of markets in the area limits the availability of fresh food in the neighborhoods where the education centers are located.

The neighborhood stores offer a limited variety of food and less than half sell fresh foods including fruits and vegetables.

What type of food items are sold in your neighborhood convenient stores?

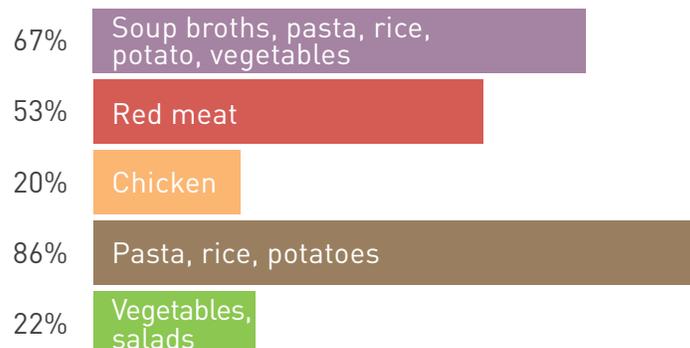


APPROPRIATE FOOD USE AND CULTURAL HABITS

The majority of boys and girls indicate they purchase and consume junk food on a daily basis. These items are purchased in neighborhood stores and stalls.

A significant number of families indicate the rising Price of food has had an impact on their ability to purchase food for their household, especially regarding fresh and healthy foods.

What foods are most common in your household?





ACTION PLAN

Founded on the collected data and the institutional commitment of Sociedad Católica de San José to empower its community to overcome the challenges of food insecurity, the project was structured around three programmatic objectives:

1

FOOD PRODUCTION

OBJECTIVES

Improve Access and availability of fresh, nutritious and healthy food.

Empower people with knowledge and skills necessary to guarantee their right to food.

2

HEALTHY EATING

OBJECTIVES

Guarantee the appropriate use of food.

Empower people with the knowledge and skills necessary to give food an appropriate use.

3

ADVOCACY

OBJECTIVES

Train youth so they are able to generate action platforms and can transmit knowledge to other people in an effort to bring about change within their community.

Empower youth with knowledge and platforms to generate change aimed at guaranteeing their right to food.

1

FOOD PRODUCTION





PREPARATION

The staff, boys and girls of the education centers of SCSJ participated in theoretical and hands on training sessions to learn the basic rules and guidelines of growing food locally. The sessions focused on how to design a food garden, the fundamentals of growing food, soil diversity, pests and organic pest control.

IDENTIFICATION

The staff of the education centers and Fundación Alternativas worked side by side to identify the most suitable locations for the soon to be food gardens within each center. Once identified, the land was cleared to give way to the construction work that lay ahead.





TRANSFORMATION

The staff of the education centers and Fundación Alternativas worked together to build the greenhouses and food gardens. The greenhouses are 10 and 12 square meters respectively and contain 6 and 8 raised beds. The greenhouses also make use of vertical structures in an effort to optimize the available space.

PRODUCTION

The staff, boys and girls planted their greenhouses, chores that were accompanied with close technical support from Fundación Alternativas. A variety of vegetables were sown to ensure crop diversity within the gardens and minimize risks to food garden pests.



TEAM WORK

The project adopted a socio-participatory methodology in the implementation of all conducted activities with the goal of generating sustainable skills among beneficiaries. Once a week, the staff of the education centers dedicated a morning of work to the roster of garden and food production activities.

The active participation of all in training sessions, the identification of garden space, tasks related to preparing the garden areas, building greenhouses and complementary productive infrastructure (composters, raised beds, etc.) and the subsequent maintenance of the gardens sought to generate buy-in and appropriation towards the project and the products generated as a result.

Buy-in is a fundamental characteristic to the maintenance and sustainability of all that has been generated as a result of this project.

2 HEALTHY EATING





NUTRITIONAL GAMES

Nutritional games were designed and applied within the centers with a focus on sharing nutritional information on common and local food items. Given their versatility the games can be used by all age groups including children, youth and adults. The games will be incorporated into the classrooms of the education centers to ensure permanent use of these.





CULINARY DEMONSTRATIONS

Renowned chefs of the city of La Paz visited the education centers to conduct culinary demonstrations. These activities were focused on showing how to prepare food at home, using staple food items and rescuing the greatest amount of nutrients from each item.



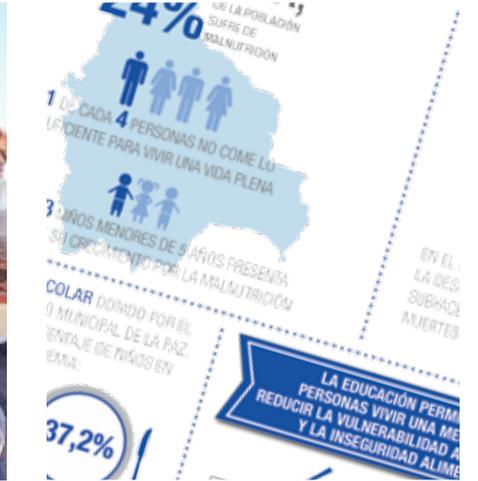
EDUCATIONAL GAMES

Games are one of the most versatile pedagogical tools because they can be used to teach many things. Games invite participants to interact with information and the repetitive use of these guarantee messages are reinforced on several occasions.

The games designed and used over the course of this project adopted a variety of formats so as to attract different users and audiences.

The boys and girls that participated in the project were very receptive to the games which focus on teaching nutritional information and the medicinal properties of fruits and vegetables as well as criteria to make wise choices when deciding what to eat.

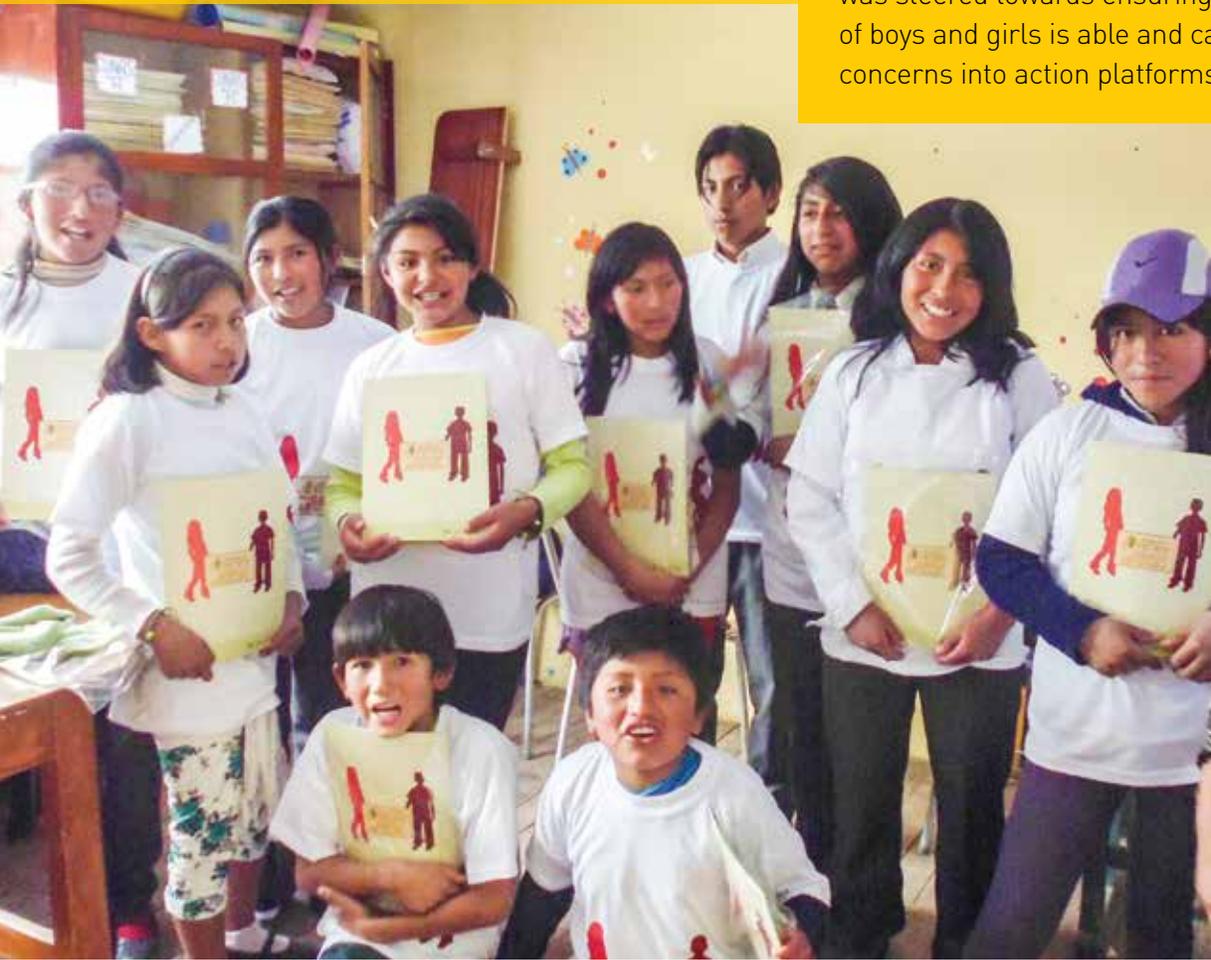
3 ADVOCACY





AWARENESS BUILDING

In each center, groups of approximately 15 boys and girls were trained and begun practicing how to become change makers in their community and social advocates for food security. This work was steered towards ensuring a new generation of boys and girls is able and can transform concerns into action platforms.





ADVOCATING FOR CHANGE

The Youth for Food Security (*Jóvenes por la Seguridad Alimentaria*) shared their action platforms and proposals with different media outlets so as to reach a wide audience and build their awareness on the challenge of food insecurity. Their messages were broadcast through print, online and broadcast media.



REPLICABILITY

All the activities and models developed through this Project can be applied and replicated in other educational contexts, with people of all ages, in cities and rural areas around the world.

The food production models have been designed with versatile traits to ensure they can be copied by others. For this reason, an emphasis was set on using low cost and simple infrastructures. The models also incorporated recyclable materials and the practice of composting so as to give refuse a new meaning and purpose.

Likewise, the games and all the didactic activities were designed so as to be incorporated within classrooms and used over the course of the year to reinforce messages, concepts and overarching principles.

WHO WE ARE

PROJECT COORDINATION:

Sociedad Católica de San José is a non-profit, non-government organization founded in 1878 to adequately respond to the needs of peoples at risk and living in extreme poverty. In the city of La Paz, the Sociedad Católica de San José has two education centers through which it conducts health and education programs in favor of children, youth, and families.

PROJECT IMPLEMENTATION:

Fundación Alternativas is a non-profit organization dedicated to generating sustainable approaches to greater food security in Bolivia's growing cities. Alternativas works to unite civic, public and private efforts in the design and application of public policies, programs, and initiatives that ensure individuals and communities are able to satisfy their universal right to food.

PROJECT FUNDING:

Canadian Feed The Children (CFTC) is an international organization independent of any political or religious affiliation, which works with local strategic partners in five countries in the world and within Canada to alleviate the impact of poverty on girls and boys. CFTC has been working in Bolivia since 2004 funding projects for human development with an emphasis on early childhood and across two key sectors of intervention: education and capacity building.



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