



FOOD & NUTRITIONAL SECURITY

for Integral Human Development

PROJECT OVERVIEW - 2015



COMPLEMENTARY DATA

PROJECT BUDGET

275,000.00 bolivianos / Aprox. USD 39,500.00

PROJECT TIMEFRAME

10.5 months

PROJECT BENEFICIARIES

Boys and Girls: Aprox. 1000 people

Parents/Adults: Aprox. 200 people

SCSJ Center Staff: 20 people

**“We teach people about food security
and how to take care of their health.”**

- Griselda Quispe Salgado, Santa María de Alpacoma Education Center

**“In the same way this project helped me,
it will serve my family and in the future,
it will help my own family.”**

- Kirvin Mariano Laime, Las Lomas Education Center

**“What I learned helps me build
a positive future for myself,
improving my health and well-being.”**

- Brayan Ticona Lopez, Las Lomas Education Center

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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.

INTRODUCCIÓN

In February of 2015, we began the second year of the project “Food and Nutritional Security for Integral Human Development” implemented once again in the city of La Paz by Fundación Alternativas, Sociedad Católica de San José and Canadian Feed the Children. The project was centered on institutionalizing the models and strategies that were designed and adopted since 2014 to ensure people develop skills to guarantee their universal right to food.

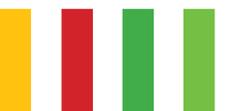
The activities implemented over the course of this project revolved around three programmatic objectives: food production, healthy eating and advocacy.

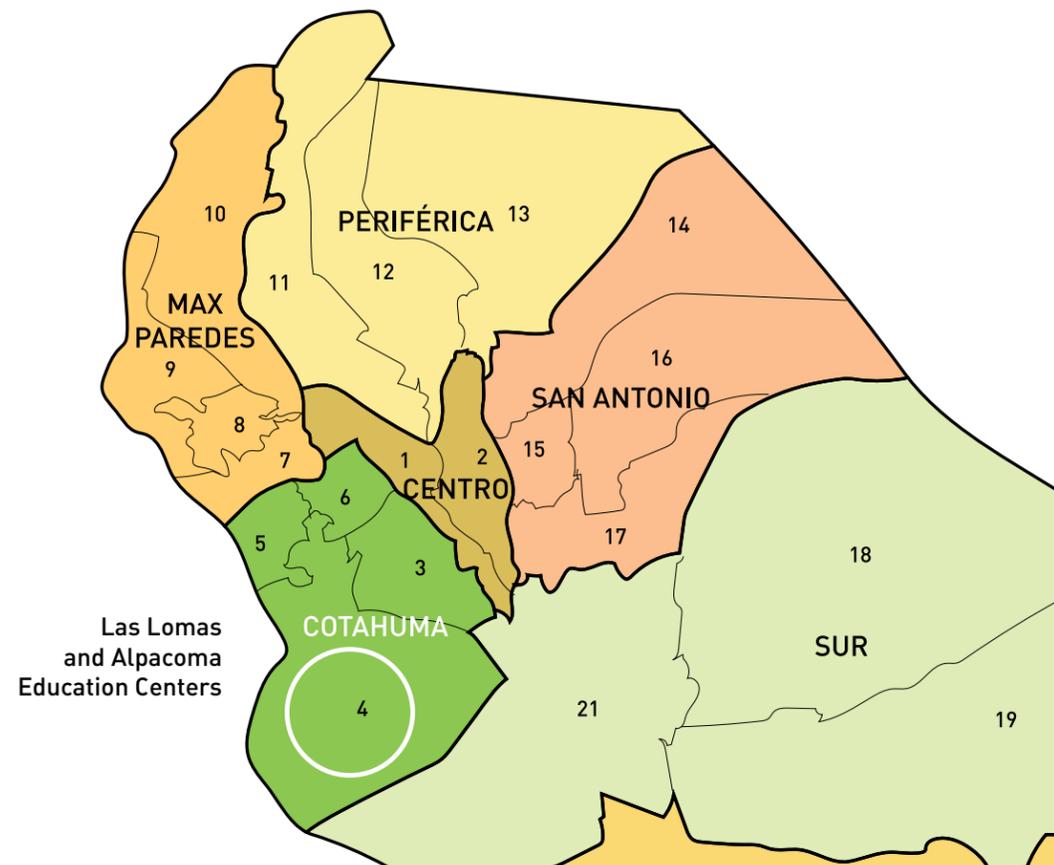
Over the course of two years, we developed a generous portfolio of best practices and lessons learned. We also generated replicable models that can be adopted by other educational projects and centers, a reason why we consider the project model demonstrates great potential for social impact.

In the search for mechanisms that can generate resilience in the face of food insecurity, especially amongst the most vulnerable, we consider these pilot projects and models fundamental. Today, we see that our project participants have developed the capacity to produce food (organically) in urban areas, and in reduced spaces. They have also been exposed to new ways of preparing food (in a healthy and affordable fashion), and have acquired information about the importance of healthy eating.

Finally, we highlight the important work conducted by the Youth Advocates for Food Security. These young actors implemented numerous activities in La Paz to foster greater awareness about food security and healthy eating. These *agents of change* have undoubtedly sown seeds of change in their community

Maria Teresa Nogales
Executive Director
Fundación Alternativas





The project Food and Nutritional Security for Integral Human Development 2015 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 in urban areas.

Develop people's 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.

FOLLOW-UP TO THE FOOD SECURITY BASE LINE WITHIN THE EDUCATION CENTERS OF SCSJ

In 2013, a baseline study was conducted among the community of beneficiaries of SCSJ and within the sphere of influence of the Education Centers. Collected data revealed food insecurity in the district.

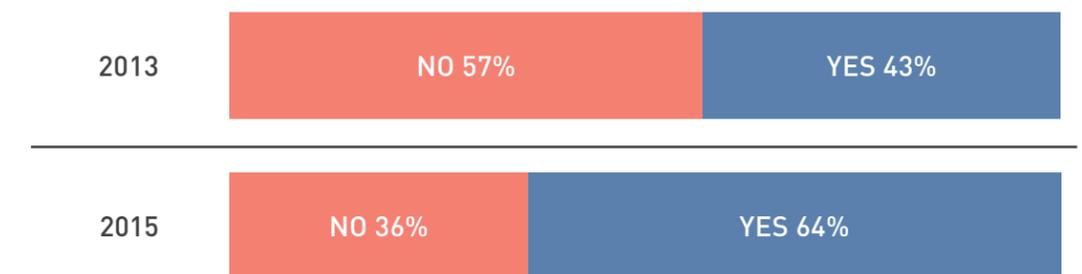
Since then, a series of training sessions and activities were conducted on the topic of food security, urban food production and healthy eating, with the staff of the Education Centers, children and adolescents (boys and girls), and parents.

In 2015, after two years of project implementation, a follow-up to the baseline was conducted so as to obtain up-to-date data on access, availability and the use of food. The collected data leads to the following general observations:

AVAILABILITY OF FRESH AND HEALTHY FOODS

Having worked to generate greater awareness among the parent community of the Education Centers as well as among the boys and girls who attend, many are embracing the importance of growing one's own food. In 2015, 64% of respondents indicated they have begun to grow food at home. This marks a 21% increase since 2013.

Do you have edible plants at home?



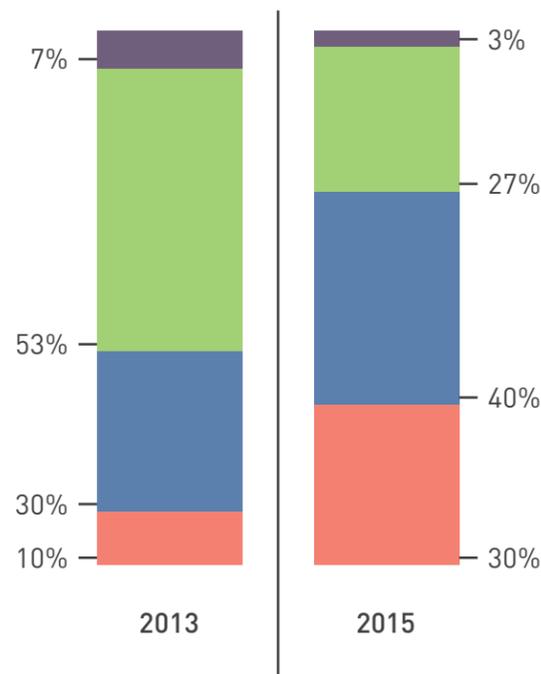
ACCESS TO FRESH AND HEALTHY FOODS

Since 2013, there has been a 26% reduction in respondents who indicate “sometimes we do not have enough to eat.”

In 2015, 27% of those interviewed answered “sometimes we do not have enough to eat” in comparison to 53% in 2013. In this same timeframe, there has been a 4% decrease in those who responded “often, we do not have enough to eat.” It is highlighted, however, that 3% of families still indicate they often do not have enough to eat and it is important to work towards reducing this percentage to zero.

Now I am going to read four phrases. Can you please tell me which best describes your household?

- Often, we do not have enough to eat
- Sometimes we do not have enough to eat
- We always have enough to eat but we do not always have the food we like and want
- We always have enough to eat and we always have the food we like and want



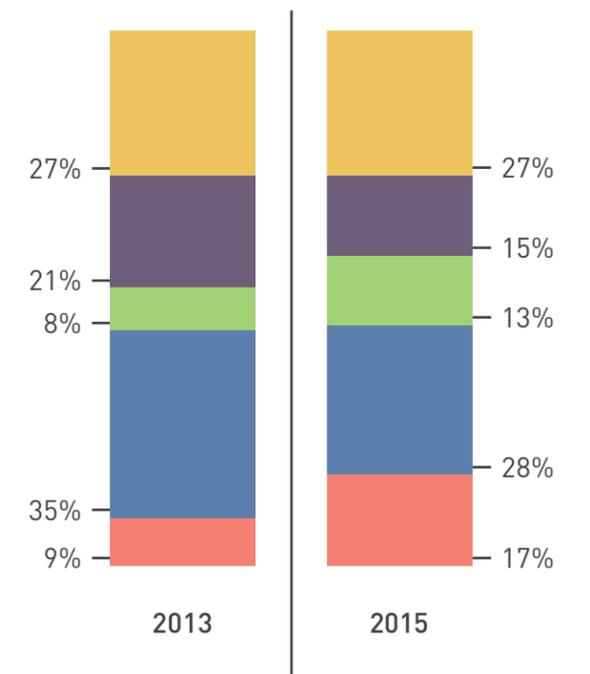
APPROPRIATE AND CULTURALLY SOUND USE OF FOOD

The data collected through interviews with boys and girls who attend the Education Centers largely echoes data provided by parents. Between 2013 and 2015, there is a registered 7% decrease in the consumption of carbohydrates, even though these continue to serve as a foundation for daily meals. Data also shows meat consumption has decreased 6% since 2013.

In 2013, 9% of boys and girls indicated they frequently consumed vegetables but in small quantities. In 2015, responses reveal an 8% increase.

What do you eat most often at home?

- Soups (beef broth, pasta, rice, potato, vegetable)
- Red Meat
- Chicken
- Pasta, Rice, Potatoes, Chuño
- Vegetables/Salads



ACTION PLAN

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

1 FOOD PRODUCTION RESULTS

Improved access and availability of fresh, nutritious and healthy food as a result of the adoption of food gardens and greenhouses within the Education Centers.

Empowered people who possess the necessary knowledge and skills to guarantee their right to food.

2 HEALTHY EATING RESULTS

Greater awareness – among children and adolescents, parents and Center staff – about how to prepare healthy, nutritious and affordable meals.

Empowered people who possess the necessary knowledge to make an appropriate use of food.

3 ADVOCACY RESULTS

Empowered youth advocates capable of transmitting their knowledge to others so as to foster proactive change within the community.

Empowered youth advocates who possess the necessary knowledge to generate change aimed at guaranteeing their right to food.



1 FOOD PRODUCTION





SPECIALIZATION

The staff, boys and girls of the Education Centers of SCSJ strengthened their knowledge about organic food production. Today, they have the necessary skills to grow food in urban areas and replicate their food growing experiences within the community.



PRODUCTION

As a result of training sessions and capacity building activities, each Center produces a variety of vegetables and culinary herbs. Weekly harvests are used in the kitchen to compliment the healthy meals which are served daily to the boys and girls.



EXPANSION

Each Education Center tailored new spaces to expand their food growing capacity. The garden beds and greenhouses produce fresh food for each Center and also serve to motivate beneficiaries to grow food at home.



DISSEMINATION

The Center staff replicates their newly acquired knowledge and skills, conducting a series of educational activities aimed at generating greater awareness about food security and healthy eating among parents, children and adolescents, neighboring schools and the community at large.



KNOWLEDGE TRANSFER

Over the course of the project, participants worked to expand the areas dedicated to food production within each Education Center. In addition, a series of organic food production manuals were published.

All the educational materials and the productive infrastructure built over the course of the two year project were transferred to SCSJ in 2015. The educational materials were specifically designed to ensure the institution can continue to work with the community on food security initiatives.

2 HEALTHY EATING





ENJOYING THE HARVEST

Celebrating the fruit of their labor, Center staff enjoyed their harvest and learned to prepare new and healthy recipes using ingredients found in their garden beds and greenhouses.



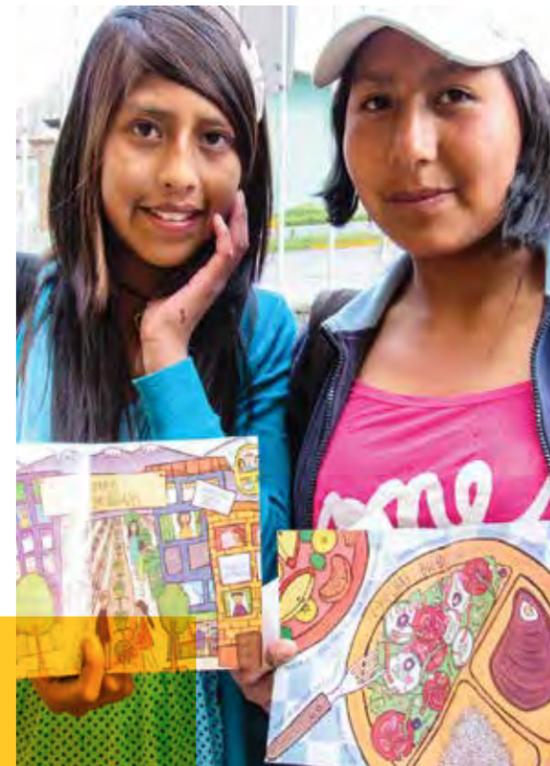
CULINARY DEMONSTRATIONS

Local and international chefs visited the Education Centers to conduct culinary demonstrations. They shared healthy, easy and affordable recipes with the staff, parents, children and adolescents.

ENGAGING FAMILY

The project incorporated training sessions and activities on food security, urban food growing and healthy eating, designed specifically for parents.

These efforts sought to equip parents with the same information their children obtain through their participation in food security initiatives conducted in each Education Center. This ensures all family members obtain the same information and can take collective actions to improve their well-being.



3 ADVOCACY





TRAINING

In each Center, approximately 30 boys and girls joined the group Youth Advocates for Food Security. The 60 participants learned to translate their concerns into proactive community action platforms.

ACTION

The youth advocates shared their action platforms with peers through games, guerrilla gardening projects and other outreach activities. They also continued learning to grow organic food in their Centers and supported activities in the nearby community garden *Huerto Orgánico Lak'a Uta*.



OUTREACH

The youth advocates conducted a series of community outreach activities to share messages on food security, healthy eating and the importance of urban agriculture. They conducted door-to-door campaigns, sold and gave away edible plants to neighbors and parents, visited schools to share their platforms with other school-aged children and participated in radio talk shows.



TRANSFORMATION

The Youth Advocates for Food Security transformed under-utilized spaces into small food gardens so as to generate greater awareness on urban agriculture within the community. As a result of their actions, these young leaders have become agents of change and have sown seeds of change within their community.



IMPACT EVALUATION

In 2015, a follow-up to the food security baseline was conducted in an effort to measure the impact the project has had to-date and inform future institutional efforts linked to ensuring people's universal right to food.

The study was structured around the three pillars of food security and shows changes in relation to the target population's access, availability and use of food. Data collected shows an increase in fruit and vegetable consumption by children and adolescents as well as Center staff. In addition, families are beginning to grow edible plants at home.

Data suggests that the food production models adopted in each Center are motivating children and adolescents, parents and staff to take concrete actions related to improving their food security. Participants also demonstrate an interest in replicating their urban food production skills within their community.

WHO WE ARE

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 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, Sociedad Católica de San José has two Education Centers through which it conducts health and education programs in favor of children, youth, and their families.

Project Funding:

Canadian Feed the Children 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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