



Featured program for January 2016

# Puente a la Salud Comunitaria

Women gaining health and independence by growing amaranth



*Dining for Women*



Changing the world one dinner at a time

# Introducing Puente



Puente a la Salud Comunitaria contributes to food sovereignty and advances the health and well-being of rural communities in Mexico by promoting the cultivation, consumption and commercialization of amaranth.

# Where in the world?

The project serves rural indigenous communities in the Valles Centrales and Mixteca Alta regions of Oaxaca, in southwestern Mexico.



# What are we supporting?

DFW's donation of \$50,000 will pay for 15 Staff members and 12 Community Promoters to directly teach 1,050 women and girls healthy lifestyles and farming methods for amaranth. Another 2,000 women and girls will be indirectly affected.

## Project objectives:

- 225 farmers learn to grow amaranth using agro-ecological methods through a series of workshops and technical follow-up and they participate in farmer-to-farmer exchanges.
- 540 women increase their consumption of amaranth to foster improved health and nutrition through 20 healthy cooking and nutrition workshops that benefit 300 women, eight summer nutrition programs that benefit 160 women and girls, and amaranth exchange vouchers that benefit 80 marginalized women.
- 16 amaranth microenterprise groups strengthen their organization and increase sales by 75 percent, directly benefitting 50 women.
- Two Regional Amaranth Networks strengthen their organization and 85 percent of communities that Puente serves are members of the Regional Amaranth Networks
- 480 high school students learn about healthy nutrition and investigate their local food systems, directly benefitting 240 young women.
- 3,000 members of the general public participate in Amaranth Day.

# Life Challenges of Oaxacan Women



Rural families are negatively affected by malnutrition and obesity. Some 27 percent of Oaxacans suffer from food scarcity and 36 percent of children are undernourished. In the communities Puente serves, 90 percent of families report not having enough food.

Women, with relatively few economic opportunities and minimal ability to increase their local food production, have little power to respond to this crisis of nutrition.

# Budget

How Dining for Women's grant of \$50,000 will be used.

<b>PUENTE A LA SALUD COMMUNITARIA</b>	Total	DFW	Secured Sources	Potential Sources
<b>Human Resources</b>	240,492	29,490	175,000	36,002
<b>Travel (Local, Staff and Visitor)</b>	19,075	1,515	12,000	5,560
<b>Vehicle Services</b>	16,205	1,456	8,100	6,649
<b>Facilities</b>	15,779	1,188	7,200	7,391
<b>Events (Community Events, Workshops, Meetings)</b>	17,265	2,941	10,000	4,324
<b>Media Production/Outreach (Flyers, handouts, videos)</b>	7,560	679	2,000	4,881
<b>Program Supplies and Equipment</b>				
Total	65,008	11,701	29,000	24,307
Planting Supplies and Equipment	22,750	4,095	11,000	7,655
Harvesting Supplies and Equipment	11,900	2,142	5,000	4,758
Commercialization and Sales	16,800	3,024	7,500	6,276
Promoters Supplies and Equipment	6,300	1,134	2,000	3,166
Consumption Supplies and Equipment	7,258	1,306	3,500	2,452
<b>Overhead</b>	10,555	-	4,750	5,800
<b>Fundraising</b>	6,150	-	2,275	1,785
<b>Professional services</b>	17,470	1,030	7,615	8,825
<b>GRAND TOTAL</b>	415,559	50,000	257,940	105,524

# About the Organization



The goal of Puente is to empower rural Oaxacan women to farm amaranth (a highly nutritious local grain crop), improve family nutrition and health and form microenterprise groups to create jobs and economic opportunities locally.

Puente seeks to empower marginalized women to overcome economic limitations and improve their health by offering them novel opportunities through the consumption, production, and commercialization of amaranth.

By promoting the leadership of rural Mexico's women and girls so they can achieve their economic potential and improve their nutrition and health, Amaranth embodies both Puente and DFW's goals of empowering women as agents of social change.

# January 2016 Sustained Program: Anchal



Anchal merges design, business, and education to empower marginalized and exploited women living in India. Commercial sex workers (CSWs) in India have limited options to improve their lives. Anchal offers an income-generating option, training in regional kantha quilt making. It provides seed funding, design guidance including an annual, on-site design workshop in narrative textiles, and access to U.S. markets.

Anchal partners with Indian NGO, Anoothi, to recruit CSWs, provide the workshop space and hire a local project manager to oversee the operation. Anchal artisans make 33 percent more than they would as CSWs and are also provided with healthcare and education workshops. Starting in 2012, 5 percent of sales were donated to an education scholarship fund for artisans' children. DFW will provide sustained funding in January 2016 – 2018.

# Share Your Thoughts



## Questions for Discussion

1. How do you think encouraging women to engage in agriculture can make an impact on future generations?
2. Have you considered the paradox of malnutrition and obesity? Why do you think it exists?
3. Why do you think Amaranth Day is an important part of sustaining women's role in farming this crop?



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Dining for Women | P.O. Box 25633, Greenville, SC 29616 | [www.diningforwomen.org](http://www.diningforwomen.org)