

## Participants in the Health and Nutrition Program



Tania Mejía Urbina, 3 years old, lives in the community of Las Crucitas #1. She started to take the nutrition snack at the age of six months when she weighed 11 pounds. She has graduated from the program because she was able to recuperate and now weighs 30 pounds. Her mother, Miriam, has put in practice the teachings from the charlas, and now because of that, she is advising other women in her community how to care for their children. Miriam says that when she first took her daughter to the clinic, she was very sick with diarrhea and many parasites, but with the medical care she received plus the milk and cookie, Tania is recuperating.

## Workshops for Midwives and Health Guardians



### Women strengthening and acquiring new knowledge and skills

This will have a multiplying effect in their communities as they share their experiences and the participatory dynamic.



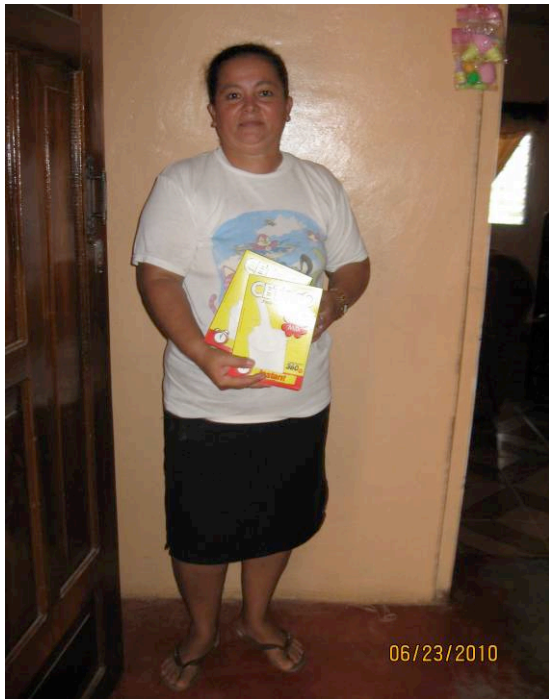
Rosa giving instructions for the community work



Miriam sharing about the community we all dream of having



### Supervising and Monitoring the Nutritional Cookie



Product ready to give to the boy and girl beneficiaries of the snack. Gladys is responsible for distributing the cookies, milk, and soy cereal.





Julia Ayala and Pastora Ramos

Participants were given meat and notebooks

Julia Ayala and Pastora Ramos are midwives from Santa Lucia and San Jose del Negrito in the department of Yoro. They say, “We like to participate in the workshops and charlas and we try to put into practice everything we learn. We advise the women we attend and we are making home visits to help improve the health of our communities. These classes motivate us because we

want to be useful. We bring our granddaughters with us because they are the people who will continue this work. We have a lot of willingness to help but have some limitations because we can not read and write, but now we are being encouraged to learn.”