

# Seeds for a Future

## Semillas para el Futuro

### THE CASA-GRANJA (BACKYARD FARM)

2 ZERO  
HUNGER



-- SPONSOR A FAMILY BACKYARD FARM --  
GIVE RURAL FAMILIES A CHANCE FOR A  
BETTER LIFE WITH JUST \$50US PER MONTH



## Facts for Guatemala

Did you know: **chronic malnutrition** has irreversible effects on brain and physical development of children when they do not eat the correct balance of nutrients during the first 1,000 days of life?

And a child's nutrition is also affected by a good nutrition of the mother before and during pregnancy, as well as while breastfeeding!

**47%** of children under age of 5 suffer chronic malnutrition

**14%** level of malnutrition among women of reproductive age

**67%** of population live below poverty line of \$2 per day

**70%** in rural areas: level of chronic malnutrition

The **Casa-Granja - Backyard Farm** is the first nutrition program with **scientific proof** of effectiveness! The Casa-Granja leads rural families through two years of coaching on home garden crops and animal production & **understanding nutrition needs** to improve the overall well-being of all family members, especially **pregnant women & young children!**



**We want to give 125 more families the chance for a better life!**

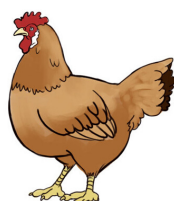
***That means:***

Healthier nutrition for

**1,000** rural people, including  
**600** children!



Families learn to produce  
**nutritious vegetables & protein animals,**  
and grow their own seeds and seedlings!



Better use of human capacity

**& improved household income**  
for the family!





We're based in Suchitepéquez - one of the areas most affected by chronic malnutrition!

**10+** years of experience helping families have better nutrition

**1,500+** rural families have overcome poverty and hunger

Seeds for a Future's Casa-Granja Backyard Farm REALLY WORKS to help rural families achieve affordable & diverse nutrition!



## Sponsor a rural Family



**at 3 months...**

Improved nutrition after 1st harvest & enhanced feelings of self confidence & respect

**at 6 months...**

Better health for all family members & starting to sell surplus production

**at 1 year...**

Able to self-maintain the Casa-Granja & lower anemia rates for all family members

**at 2 years...**

80% of families continue with the Casa-Granja after graduating!



**\$50 per month helps cover supplies for 1 Casa-Granja for 1 family**

## Sponsor an Extensionist

Guides & coaches up to **25** families per week in understanding nutrition needs & preparing healthy diets, **especially for women & babies!**

Advises families in implementing and maintaining the Casa-Granja, its plants and animals, by applying **organic fertilizer and pest control**



**\$ 175 per month helps our Extensionist work with up to 200 family members!**

**YOU have the power** to change the lives of rural families!

**YOUR donation** will help rural families implement their Backyard Farms, and ensure sufficient Extensionists for weekly coaching!



**Thank you very much for your support!**

Send us a message at [seedsforafuture@gmail.com](mailto:seedsforafuture@gmail.com)



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Backyard Farms today!*

