



FEED THE WORLD

self reliance • sustainable farming • lasting impact





MESSAGE FROM THE PRESIDENT

What do you see when you look into the face of a child? Children are similar all over the world; full of innocence, curious to learn, playful, and excited with the simplest things. These childlike traits are universal whether the children live in an affluent society or are subsisting on the edge of starvation. What does change is the potential these children will not attain if nutritional food is lacking from their diet. For example, a child's brain will never develop to its full potential if a nutritional diet is not provided in the early formative years.

In my travels I have met many people who are not sure where their next meal is coming from, and I have seen malnutrition at its worst. I have also seen the positive results of the Feed The World program in the lives of these humble people. Parents in South America and Africa have the same desires for their children that we have. Tears flow easily when these parents are able to provide adequate and nutritional food for their children.

There is a way out of poverty for small farmers. FTW teaches them to provide all the healthy food that their family needs and to produce a surplus which they can sell to provide the other material needs of the family. Self-Sufficiency is attained with a hand up instead of a hand out. I hope you will find our program interesting and worthy of your participation.



Michael Bumstead
President

Michael A. Bumstead





TABLE OF CONTENT

» ABOUT US

Message from the President	3
Our Mission	6

» THE PROBLEM

Hunger	8
Monocropping	10

» THE SOLUTION

Nutrition	12
Education	15
Sustainable Farming	16
Dignity & Hope	19

» SUCCESS STORIES

Ecuador	20
Kenya	22
Peru	24

» CALL FOR ACTION

Voluntourism	26
Support the Solution	27

OUR MISSION

The mission of Feed The World (Formerly The Institute for Self Reliant Agriculture) is to eliminate hunger, malnutrition, and poverty by teaching rural farmer families how to become nutritionally and financially self-sufficient with their land.

FTW uses the Small Scale Agricultural Model (SSAM) to enable farmers to grow and store all the varieties of foods their family needs for health and nutrition on their own small plot of land. After the family has satisfied all of its own nutritional needs, the surplus production is sold in the market to generate cash for other necessities.

Feed The World is a 501(c)3 organization.





These women in the Ecuadorian village of Cochas have successfully implemented the Feed The World model to feed their families a nutritional diet and are now, for the first time, able to sell their surplus in the market.

THE PROBLEM: HUNGER

The Food and Agricultural Organization of the U.N. (FAO) has defined poverty as not knowing where one's next meal is coming from. Over one billion people in the world today live in poverty. Many have land they could use to grow food, but lack the knowledge to feed their families effectively and nutritiously.

Recently in a village in Kenya one of the teachers related how one of her students fainted on her way home from school.

When she was revived, it was determined that she hadn't eaten anything that day, nor the day before except for a small portion of a cornmeal mush at breakfast. Thirty hours with no food is difficult for anyone, but especially when her regular daily intake amounts to a small cupful of carbohydrates and a few glasses of contaminated water.

MALNUTRITION

Sixty percent of the 10.9 million child deaths each year in the developing world are linked to poor nutrition, and 1 out of every 4 children is underweight. The FAO estimates that around half of the world's hungry are from smallholder farming communities. Chronic hunger leads to malnutrition.



BEFORE

NORMAL

By age 6, chronic malnutrition becomes increasingly evident in the lack of growth and development in children.





One in seven people will go to bed hungry tonight. Hunger is the number one health risk in the world today. [1] Sixty percent of the 10.9 million child deaths each year in the developing world are linked to poor nutrition, and 1 out of every 4 children is underweight.

<http://www.wfp.org/hunger/stats>



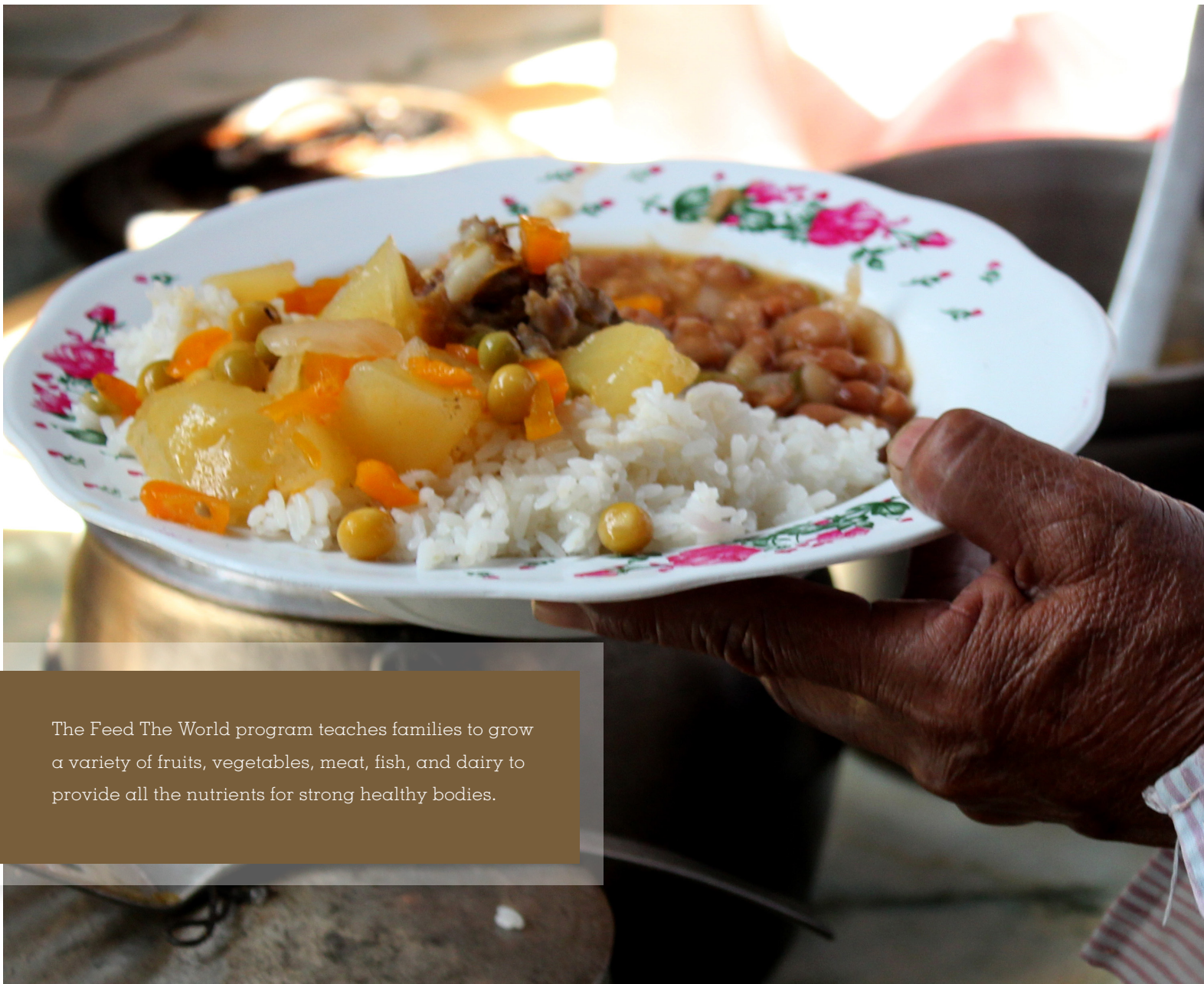
The families subsisting on a small plot of land cannot compete with the efficiencies of commercial agribusiness.



THE PROBLEM: MONOCROPPING

Where the small farmer with one hectare (2.47 acres) or less attempts to compete with the large, capital-intensive commercial farmer with a significant base of arable land area by producing a one-hectare version of the mono-crop commercial farm, he or she discovers that it cannot be done.

The value of the crop produced and sold, when a market is even available for produce from the small plot, is insufficient to enable the small farmer to buy the food and other essentials to support his family for the year. The Green Revolution has been very helpful to the financial success of large farmers who can take advantage of that improved biological and mechanical technology. The small-scale farmer, however, is worse off than before.



The Feed The World program teaches families to grow a variety of fruits, vegetables, meat, fish, and dairy to provide all the nutrients for strong healthy bodies.





THE SOLUTION: NUTRITION



Rather than growing one crop for the market, Feed The World (FTW) takes a different approach to agricultural development – one that focuses on the nutritional needs of the people first.

Farmers and their families are taught to grow a variety of rotating crops and maintain a 'kitchen garden'. Crop rotation helps improve the ecological health of the land, which in turn improves yields, food quality, and further contributes to the health of the family. The varieties of crops, vegetables, fruits, and small animals ensure sufficient, nutritious food through every season.

THE SOLUTION: EDUCATION

If nutrition is the foundation of every FTW project, education provides the framework for stability and longevity. Of all the inputs an agricultural development program can provide, education is the most sustainable, important, and revolutionary. The Feed The World staff and extension agents selected by application from our partners, reach out to teach families the FTW program.

All families selected to participate in FTW programs are given a basic orientation on topics like nutrition, hygiene, family health, and food storage, as well as farmers' responsibilities and obligations, like record keeping, collecting inputs, grain and field crops for the family, feed for the animals, field fertility, raising small animals for protein, and class attendance. Each farming family is taught the basic crop and animal models, but beyond these basics, education is tailored to each family's needs.

Feed The World changes lives by giving people the skills and knowledge they need to overcome starvation, malnutrition, and poverty. FTW works with government agencies to train extension agents and other organizations (NGOs) to expand the FTW program and reach as many people as possible.





While children of the Feed The World families attend regular school, the parents receive instruction in farming, gardening, nutrition, hygiene, as well as food preparation and storage.



This family enjoys an abundant harvest from their own efforts. The parents are happy and the children are healthy.

THE SOLUTION: SUSTAINABLE FARMING

Families participating in Feed The World projects are taught to grow and manage multiple crops, like maize, beans and peas. All fields will be rotated, either by growing a different crop each season or by rotating multiple crops through each plot after each harvest. Crop rotation reduces the need for fertilizers, pesticides, and herbicides, as well as promotes a system of sustainable soil management.

Kitchen gardens are essentially vegetable gardens. FTW families are taught to grow a variety of vegetables and fruits in intervals so that the garden is consistently producing food over many months.

The agronomist determines which vegetables and fruits will grow and produce well in the climate, soil, and rainfall conditions of the project area. Then, working with the agronomist, the nutritionist designs the garden to meet the particular nutritional needs and diversity of the diet of each family.

A well-balanced nutritional diet requires an animal component for such things as iron and calcium. The Feed The World program focuses only on small animals such as chickens, rabbits, guinea pigs and fish. The animal component is added only after a family has implemented the other parts of the program, because the bulk of the animal feed should be produced on the family's land. However, the animal component can often produce the greatest value of the marketable commodities for the family's income.



THE SOLUTION: DIGNITY & HOPE

Growing People from the Ground Up' is more than just a slogan at Feed The World – it's a guiding principle for the organization, its programs, and staff.

Often times the father and older boys and/or girls will venture to larger farms or into the cities seeking work, while mothers and young children are left behind. These absences often last many months. This takes both a psychological and a physical toll on the health of all family members. FTW programs allow families to stay together by providing the means to escape poverty and eliminate hunger right at home.

Dignity is restored to families as they work together on their own land as a self-sufficient family unit.

Hope is nurtured as families understand that they have the capacity and knowledge to take care of themselves. They now have the confidence that allows them to work on their farms effectively. They are no longer victims of all the things that have previously plagued them.



SUCCESS STORIES: ECUADOR

FAMILY: MALES – ESPINOZA

Father: Rafael Males, (41 years old)-Farmer-Mason

Mother: Rosa Espinosa (36 years old) -Farmer

Children: Geovanny (14 years old), Jefferson (13 years old), Leidy (11 years old), Eugenia (7 years old), Jazmín (6 years old), Darwin (4 years old), and Siza (1 year old)

The Males–Espinosa Family belongs to the indigenous community of Mojanda-Mirador, located 35 minutes from the city of Ibarra. A year before Feed The World came to this family, their nutrition and health conditions were not ideal, as they had serious basic nutritional deficiencies.

They had a ground space of just over one hectare, which was dedicated to growing a single-crop. Currently in this same space they have now planted crops of corn, quinoa, faba bean, chocho, barley, wheat and varieties of vegetables. They also have alfalfa, rye grass and a mixture of forage for guinea pigs and the goat. They also grow corn for the poultry.

Mr. Rafael and his wife have demonstrated great interest in the Nutrition, Agronomy and Animal Scientist trainings and, along with their children, have put into practice what they have learned. Their older children, Geovanny, Jefferson and Leidy, have been in charge of taking care of the rotational garden, which provides fresh vegetables for the daily meals. They are a large family, and now enjoy large amounts of different foods, including guinea pig meat as an animal protein source. Previously, protein was rarely consumed. They are





so happy to now have a goat and look forward to the milk this will provide for Darwin and Siza, who are under five years old. The entire family has become involved in implementing the Small Scale Agriculture Model.

Because the family did not have knowledge about proper health and hygiene, their health, nutrition and economic status were affected. They were constantly suffering from diseases such as diarrhea, influenza, skin infections, typhoid, and parasites, which directly affected the nutrition of the children and the adults of the family.

After a year of FTW health and hygiene training, and because of the dedication and participation of the entire family, this family has changed their life style, improved their living conditions, and expanded their knowledge of basic but important health issues such as personal hygiene, home cleanliness, and proper food preparation. These changes have significantly reduced the prevalence of these diseases.

Malnutrition is not a health problem itself, but children with some type of malnutrition have complex health problems that can lead to death.

Prior to helping this family, Feed The World evaluated each child using anthropometrics valuations (weight/height). We were able see immediately that these children suffered significantly from malnutrition, as they were shorter than average for their age, they

weighed less than average, and were underweight in relation to their stature. This evaluation allowed us to design the proper intervention aimed at improving the nutritional status of this family.

The nutrition for this family before FTW intervened was based on what food they could produce on their own. This mean potatoes and corn was their main diet, keeping in mind that most of what they produced was sold in the market in order to buy other essentials and inexpensive foods which are low in nutritional value. Consequently, there were significant deficiencies in the diet, such as protein, dairy, vitamins and minerals.

After completing the first cycle with Feed The World, the family has achieved awareness of the consumption of traditional foods (corn, quinoa, faba bean, chocho, beans, peas, barley, wheat and vegetables). They have also changed their thinking about selling the food they produce. They now produce for family health first, and then take the excess to market.

This family is now capable of growing food for their family and crops to take care of their animals. They have knowledge on how to make healthy meals, and the value of consuming vegetables. In summary, they have learned the importance of nutritious eating, which knowledge will be passed to future generations.

SUCCESS STORIES: KENYA



I. JACKLINE KHAVUGWI SHIVOGO

Jackline Khavugwi Shivogo is a fine case of the success of the Feed The World-Small Scale Agriculture program. She is one of the first ladies who came to learn from FTW-Kenya when it first set up a demonstration rotational garden at Mnyenzi village, Kinango District. By following the farming methods and technologies taught to her by the FTW-Agronomist, she was able to put up her own garden at her home.

Jackline attending to her rotational garden

She never thought that one day she could harvest vegetables within her compound and is grateful for the constant supply. "I used to walk long distances looking for vegetables, which was time consuming and very expensive," she says.

Jackline can now make a choice of what types of vegetables to consume at any given time. The vegetables which she grows include; kale, spinach, eggplant, amaranth, okra, black night shade, cowpea, and carrots.

She also boasts of having ample time to do other activities now that she does not need to walk long distances looking for vegetables.



II. MWAMBA NDEGW

As part of the program, we keep Gala goats at the demonstration farm. Gala goats are dual purpose and are kept for both their milk and meat. 15 goats have produced a total of 2025 liters of milk so far in a period of five months.

There is a high level of malnutrition in the area. Saumu Ndegwa is one of the beneficiaries of the goat milk for her child. In appreciation of this, Mama Saumu brings fodder for the goats and cleans the goat pen as her contribution towards the animal husbandry program.

Mwamba Ndegwa , the malnourished child, was 11.8kgs with a mid-upper arm circumference of 15.5 owing to Oedema. He now weighs 14.1kgs with a mid upper arm circumference of 15.5 and without Oedema within a period of two months.

Mwamba Ndegwa also had kwashiorkor and Oedema in his lower and upper limbs. He is now almost fully recovered and is a happy and jovial boy. Through the success of milk production we were able to save the lives of many other malnourished children like Mwamba Ndegwa .

We were also able to extend our milk supply to the Mnyenzi Kindergarten, and it was incorporated in the feeding program, which has greatly improved the nutrition status of the pupils.

III. MNUENZENI KINDERGARTEN

Other beneficiaries of our programs are the Mnyenzi kindergarten pupils. Vegetables grown at the Feed The World farm are given to the pupils to supplement their lunch time feeding program diet.

“The pupils are alert, attentive and more involved during class work,” says teacher, Grace.

Through anthropometric measurements there has also been a great improvement seen in the weight of the pupils. Janet Luvuno aged 6yrs was 13kgs before the introduction of the vegetables in the school diet and now weighs 14.5kgs all within a period of eight weeks.



SUCCESS STORIES: PERU



I. SANTOS BRICEÑO FAMILY

The Santos Briceño family is a family of 5, living in the community of Monte Castillo that is located 30 minutes away from the Province of Piura district, north of the Country. Teófilo is the head of the family and works in the field with his wife Juana.

They have been in the FTW program for about two months; they are new but have seen great changes in their lives. They have rearranged their home and say things like this: "We did not know that there must be a division between the kitchen and the yard, now we have raised (built) a bamboo wall to make more order at home, we have also made tables to raise the pots that used to be on the floor."

Having their own space from their animals, they have been able to order their animals according to species, and now, they have pens for chickens, ducks and pigs. Each animal is in its respective place and away from the kitchen.

They have also learned that animals can have parasites that can sicken the family and themselves. The Animal Scientist has taught them to de-worm, and do this from time to time.

In the area of agronomy, Mr. Teófilo has learned how to do a better layout of his farm in order to plant multicrops and thus ensure a variety of food for them. He already planted his farm with legumes, cereals, tubers and forages. Mr. Teófilo is also learning



how important is to install a garden at home, and this way they eat fresh vegetables.

Mr Teófilo is a very enthusiastic person, he likes to participate and learn in all the trainings we do. At this moment he is learning how to make compost because he wants to improve the soil of his land and in this way get better crops.

II. MORE FLORES FAMILY

Dolores is a man who teaches math to children in their community after working his land. His wife Felicita supports the health center as a health promoter because she has attended training in health skills. Now she helps her neighbors to have better health. They hold together a family of 5 members. They very much like the idea of improving nutrition by planting different foods. They are always willing to help and organize all of their neighbors to attend training in health and nutrition. They want to see a change in their family; they want their children to be better than them.

In the area of animal husbandry they have understood that the best way to keep animals is clean and orderly. That's why one of the first tasks was to separate the area of animals and household.

Currently their yard is one of the most ordered.

Ms. Felicita supported us on de-worming day held in her

community and we were able to de-worm about 50 dogs for free.

Mr. Dolores, as a family man, has understood how important it is to have multicrops at his farm because this way he ensures a variety of foods for his family. 15 days ago he planted his farm with 4 types of legumes, 2 kinds of cereals, 1 kind of tuber and alfalfa. Also he has prepared an area at his home for the installation of one Rotational Intensive Biogarden (or Kitchen Garden), which is located close to the house.

III. ZAPATA BAUTISTA FAMILY

This is a hard-working young family consisting of: Jose Zapata (father), Victoria Bautista (mother) and their two daughters: Nayeli (10 years) and Adriana (2 years).

On the health aspect, the family has improved their housekeeping practices, care of the kitchen and food hygiene and we have seen about a 90% improvement from before the program began. The mother of the family now can prepare meals based on the major food groups, using vegetables, legumes, cereals, animal and vegetable proteins for the development of their diets and not just the consumption of carbohydrates.

They like to raise animals. Now, they have doubled the population of hens, keeping them well maintained in their respective pens, and providing much needed protein to the family diet.



VOLUNTOURISM

Volunteer travel, volunteer vacations or voluntourism is travel which includes volunteering for a charitable cause. In recent years, “bite-sized” volunteer vacations have grown in popularity.

Volunteer vacations vary widely in scope, from low-skill work cleaning up local wildlife areas to providing high-skill medical aid in a foreign country. Volunteer vacations participants are diverse but typically share a desire to “do something good” while also experiencing new places and challenges in locales they might not otherwise visit.

There are also other types of traveling that engage people with scientific research and education to promote the understanding and action necessary for a sustainable environment. Participants cover a fee that would include expenses on the different sites worldwide, and engage in projects according to their interest or location.

Feed The World is always working on a variety of important projects that not only make a meaningful, lasting difference in the lives of those who benefit, but will also change the givers life for the better.

Do you want to get your kids focusing on what matters most? Are you looking for a greater purpose? Then a Voluntourism trip is just what you and your family or organization needs. Contact us today to get more information on these wonderful experiences!



SUPPORT THE SOLUTION

Join us! There are many ways to get involved with Feed The World. We need bloggers, people willing to help us build up our social networking platform. If you have experience with video production, website development, fundraising, etc. we need you. Make a difference not only in the lives of others, but in your own as well!

The FTW staff and volunteers can promise you that as you give of yourself to these wonderful people, you will experience great personal satisfaction and a profound happiness as you watch lives change and see families grow in self-reliance. Here are some of the ways you can help:

TIME

Many organizations dedicate time to help worthy causes. If you have expertise in:

- » Website development
- » Social Networking
- » Search Engine Optimization
- » Grant Writing
- » Marketing
- » Design
- » Video Production

MONEY

We'll never say to no to financial help.

RESOURCES:

In-kind donations are a great way to donate to Feed The World. Here are some ideas you might not have thought about:

Materials (such as sanitation kits, seeds, animals, tools, etc.)

- » Hosting services
- » Marketing materials
- » Airline miles
- » Include FTW in Wills or trusts, and many others

HOST A FUNDRAISER:

If you can get a group of your local leaders together, we will be glad to send a representative to make a presentation to your community!





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