



A Continuation of the work of MAMA Project in Honduras.

Marina, a familiar face and friend to many

Marina has been working with MAMA Project and then Healthy Niños Honduras for almost 18 years. She is in charge of the families' care while they are at the Nutrition Center. Through her work, many children have received good care, nutritious food, education and, more importantly, she has provided love to everyone. Marina can share many stories of children and families about how they arrived to the Nutrition Center, how they recovered and how they have been able to return to their home.

Marina has never said goodbye formally to the families when they are discharged from the Nutrition Center. She states that she gets very emotional and she prefers to say her goodbyes from afar, from her kitchen.

With the pandemic the Nutrition Center programs changed slightly. We were able to do mobile clinics, bringing the Nutrition Center education and help to the families in their communities instead of bringing the families to the Center. Marina has had the opportunity to visit the communities and work with families in their environment. Her joy is not hidden as she shares about how she teaches the mother about food preparation, hygiene and more. She experiences the pride of the mothers in their homes as they are able to show Marina how they put into practice many things that she taught them.

More recently Marina's passion for her work was evident as she gave a presentation to some visitors at the Center. She described how she welcomes the children and families and how she introduces nutritious food from vegetables, fruits and more to the families. Marina has become friends to many through her time at the Center and it is wonderful that she has been having more opportunities to see the product of her work as she visits the families in their homes.



The Nutrition Center Experience

I recently had the opportunity to return to Honduras. My last trip had been March of 2020 and this was the longest time I had been without traveling there. It was a great time of seeing the staff in person. I was also able to talk with two families who had recently come to the Nutrition Center and I asked about their experience so far.

They started by sharing how they are treated well but what they really enjoy is being able to spend more time with their children. At home they are very busy with caring for their house and completing the necessary chores. They enjoy seeing their children being able to play with toys that they would never have access to otherwise. The mothers share about their income being limited to purchase “extras” like toys. They like being able to see their children’s smiles. They expressed gratitude for Healthy Ninos for having a program that can help them recover medically but also provide physical rest. They will recommend the services to other families in their communities.

It is wonderful to give hope and love to these families in a time of great need!

Dr. Herman Sagastume, Executive Director



New Office & Warehouse Building Update

This has been a longer than anticipated project but we are in the final stages. The staff are working on a few last details and already started to move items. The Nutrition Center main room has started to be cleaned out. What a difference it is to have a space for the children to use for their art projects or classroom lessons. The donations can be easily accommodated as well as accessed for delivery. The office space is beautiful and the view from the front balcony is fantastic. This is a much needed space to help Healthy Niños continue to work more efficiently and effectively. We look forward to putting it into use!



Changing Floors Changes Lives

A recent article by Frangie Mawad (2021) stated the dangers of having dirt floors in homes: causing coughing common from dust when sweeping floors, rain filled houses made mud, fecal matter was often on the ground causing intestinal parasites and anemia. The author stated that “floor replacement is a fast and cost-effective way of improving life conditions and public health, especially in children”.

“EarthEnable reports health benefits, with around 95% of the households who installed its floors citing improvements for the children living there. That included fewer cases of diarrhea in children and less stress and anxiety in mothers” (Frangie Mawad, 2021).

Healthy Niños Honduras has been actively helping families by providing concrete floors for over 30 years. At a cost of about \$200 per floor, this makes a huge difference in the family life. In addition to a new floor, HNH provides a water filtration system so that the family can also enjoy clean water.

Frangie Mawad, T. (2021, August 23). *One way to tackle extreme poverty: Replace dirt floors*. Bloomberg CityLab.





Thank You!

Despite having an unusual year, we have so much to be thankful for!

Thank you for your participation in bringing much needed help to families in Honduras.

We were able to provide food, hygiene products, school supplies, vitamins, deworming pills, medicines, dental services, water filtration systems, and concrete floors to many.

We were able to continue helping children with malnutrition, so that they have a better chance at survival.

We were able to build a new office and warehouse space that will help us continue to serve communities in need for many years to come!

As we enter into the season of thanksgiving, we thank you! You continued to support when the need did not end. We look forward to continuing to work together!



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