



Healthy Niños Honduras

Vol. 5 Issue 1

Winter 2021

A Continuation of the work of MAMA Project in Honduras.

Dear Friends,

As we ended 2019 and looked into the new year, we were excited about our mission trips, our new warehouse project, and a new software we were using for evaluating communities. Like everyone around the world, we did not expect everything to change so quickly.

2020 had its challenges but Healthy Niños was able to continue providing assistance to families in new ways. A few months ago the Staff were visiting communities, specifically families who had been recovering in our Nutrition Center. They were talking with one mother and suddenly her son started begging her to return to the Center. A Staff member asked him why he wanted to come back so badly. He replied, "At the Center we ate chicken and here at home we don't have any." Even though I have been working with the organization for over 15 years, when I hear these kinds of stories, my heart still breaks. I'm fortunate that my family and I eat a variety of foods, including meats daily. But this family and many other in Honduras don't have easy access to good, nutritious food.

Throughout the Bible, we are reminded to share with others. We are grateful for you, our friends, who continue to share from your blessings so that families in Honduras can have the same opportunities for a healthy life.

Thank you for your help in providing good health and hope for more children in Honduras!

Dr. Herman Sagastume, Executive Director



Thank You!!

We cannot express our gratitude enough for the support that was provided in a year with so many difficulties. As our programs adjust slightly due to the circumstances, we will continue to work towards providing clean, healthy homes for families in Honduras.

Join us in celebrating all we were able to accomplish in 2020 as we eagerly await the new opportunities in 2021!

Food Relief Program

The U.N. World Food Programme estimates that the pandemic will increase the number of food insecure people in the world by 80 percent—to 270 million before the end of 2020. This Pandemic is making the poor poorer and the hungry hungrier. It has been devastating for groups that were already vulnerable prior to the crisis – including children.

To help the communities in need, HNH started the food relief effort in April. Through several food deliveries, more than 10,000 people in different communities received food rations. For \$40 we were able to provide enough food for two weeks and the recipients were very grateful. In addition, we were able to help local businesses with our purchases. One local grocer knew about the reason for our large food orders and began giving discounts so that our funds would stretch further. Some Board members in Honduras also helped with the distributions.

It was wonderful to see people join together to provide assistance.



Hurricane Relief

At the end of 2020 the 2 hurricanes, Eta and Iota, caused enormous destruction in Honduras, affecting 2 million people. But in the middle of this dark, frustrating, and devastating time there were donors who stepped in again and helped us to continue deliver water, food, medicines, and hygiene supplies in Honduras.



Water Filtration Systems

Clean, safe water is something we take often for granted. Many people around the world do not have access to water they can safely drink. Our water systems, which only cost about \$30, provides a filter that can be used for at least 60 years (as long as it is maintained correctly). This will give families the opportunity to drink clean water and have less chance at having intestinal parasites or other sicknesses.

Our goal is to provide water filtration systems for every family in need in the communities with whom we work.



Concrete Floors

Another way to prevent disease or intestinal parasites, is to have a concrete floor in the home. Families can keep a clean floor, which is often used for sleeping as well. For only \$200 we can provide a healthy floor in a home. In 2020 we were unable to provide as many floors but have plans in 2021 to start working on this project again with the help of our Staff and community members.



Community Brigades

Our brigades do not look the same without our mission teams but we are grateful that we will still have the opportunity to provide the much needed assistance to the communities. The HNH Staff will be visiting communities to provide medical attention, vitamins, deworming medicines, and dental care.

For just \$1,000 a day, we will be able to help the community. Maybe you had planned on joining a team in 2020 or 2021 and were unable due to the pandemic.

This is your chance to still make a difference in the lives of many people!! Will you help us make this possible this year?



Warehouse & Office Construction

Although we had hoped to start this project in the Spring of 2020, it did not start until December. But the warehouse and office construction has begun. It will give us more space to **receive and store donations and facilitate our operations** in Honduras. As we consider the need for food in the communities, this space will allow us to better supply those needs as well.

There is still a chance to donate towards this project that includes a water harvest project as well. Our goal is to raise \$200,000 for those projects and we are about halfway there!

Will you help us reach \$125,000 by the end of February?



Creative and Tax-Smart Ways to Give

New tax laws in 2019 and 2020 have changed ways the Healthy Niños giving partners are making their gifts. Here are a few creative and tax-smart ways for you to give:

- 1. Make a gift from your IRA**—generous people age 70 ½ or better can make gifts directly from their IRAs. You save taxes because this gift takes the place of your RMD. It's called a Qualified Charitable Distribution (QCD). QCDs are also a great way to get a tax advantage for seniors who don't itemize on their tax returns.
- 2. Give from your Donor Advised Fund**—a lot of people have started to use a Donor Advised Fund to "bunch" their giving. It's an easy tool to save money on taxes and add convenience as you do your regular giving.
- 3. Give through your will or beneficiary designations**—these legacy gifts are an opportunity to make what could be the biggest gift of your life to the organizations that mean the most to you.

Have you included Healthy Niños Honduras in your will or as a beneficiary? Remember that HNH and MAMA Project became two separate organizations in 2017. **If you have included MAMA Project in your will and you intend that gift for the work in Honduras, please change that designation to Healthy Niños Honduras.** *If you have questions on any of these strategies, let us know. We can help.*

Join us at the 13th Annual Golf Outing!

*June 11, 2021 at 7:30am
Butter Valley Golf Port, Bally, PA*



Mark your calendar!
More details to follow.

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