



## Saying Yes

Throughout my life, my mother has introduced me to many things. One thing I have shared with her is a group on Youtube called “Yes Theory.” **Based on pushing each other's comfort zones, these friends promote the mindset and motto to “seek discomfort.”** Inspiration and enrichment take place when we decide to explore beyond things that are familiar to us.

For as long as I can remember, dinner talk with my family would involve service and work in Honduras. My mother, Ruth, and my aunts Priscilla (Founder of MAMA Project) and Julia had all traveled back and forth on service trips for many years. This past March, my mother invited me along saying, “Come to Honduras with me; it's time.” But to be honest, I hesitated. Worrying about the violence in areas of the country caused me to lose focus on what is truly important. **Joining the trip turned out to be a wonderful experience and eye-opening to the impact of this organization.**

I got to hear the gratitude of village leaders that had traveled hours to thank the organization for providing food to isolated families during the pandemic. These leaders were able to give



a voice to their beloved people and bring light to their needs. I witnessed water filtration systems distributed to a whole mountain top village and a dental unit that was set up in a school classroom to give basic dental care. For the first time, I helped mix cement by hand so that three families are off the dirt and in healthier homes.

Beyond learning and witnessing the effect of the project, I got to experience so much more - the rich culture, warm people, beautiful land, great food, and wonderful fruit!

You might be looking for an opportunity to serve, but are doubting or worrying about going on a trip. **I suggest putting yourself out there and “seek discomfort”. I'm glad I did.**

*Julia is a Quakertown High School Senior from Quakertown, PA. Her mother, Ruth Cole, is a HNH Board member.*

*Pictured above: Julia with a young girl in Honduras.  
Pictured left: Julia helping mix cement for a concrete floor.*



# The HNH USA Board's Trip to Honduras

For the first time ever, 6 board members were able to travel to Honduras together with Dr. Herman, the HNH Executive Director. During their trip this past March, they were able to meet other organizations that HNH supports, as well as work alongside the HNH staff while they served in the communities. It was a blessed experience that gave the Board a closer view of all of the programs and inspired them to dream for the future.

Here is an overview of their trip and some highlights of what was accomplished that week:



Pictured left: HNH Board members (in the back) with leaders in the community they visited. **The leaders shared stories about the struggles in their communities and how grateful they are for the support HNH provides.**



Pictured above: Time was spent with Pastor Jose, the President of the Mennonite church in Honduras. He shared about their work, including **White Dove Mennonite School, a bilingual school** he and his wife operate. We were able to talk about a continued partnership as we reach more people in need.

Pictured right: The team was able to network with other local organizations, including "**Children's Impact Network**". Their Director, Melvin Flores, shared about the organization and provided a tour.



Pictured above: The **two HNH Boards of Directors (USA and Honduras)** shared a dinner together and were able to collaborate about the future of the organization.





Time was spent at the HNH Nutritional Center, touring the new facilities (left) and meeting the new employees (below). **The staff provided an excellent presentation of their current programs as well as their hopes for the future.**



Pictured right: The Board had the privilege to meet with the Staff of the Honduras President. The Staff shared about the President's **focus in building communities and schools**, and requested assistance from HNH to work together in providing deworming medicines to the people. She hopes to start the **"Healthy Schools Program"** again, bringing healthy snacks to children in need throughout Honduras.



Pictured left: The Board traveled to a community to pour concrete floors in the homes of several families. As they mixed cement, **they heard stories from the families about the current conditions of having only one meal a day due to the the ongoing pandemic.** After hearing this, HNH decided to restart the food relief program.



# Join Us for Our 14th Annual Golf Outing!

Want to come practice your swing while raising money to fight malnutrition?

Come to Butter Valley Golf Port (Bally, PA) on June 10th and play with us!

Registration is now available online at <https://healthyninos.org/golf-outing.html>

## Help Us Continue Our Food Relief Program!

As our Board members discovered on their recent trip, **the need for food in Honduras is greater than ever**, and we will continue to provide for that need to the best of our ability as resources allow.

**But, we need your help!**

For **\$40**, we can provide an **entire month's** worth of food for a **whole family**.

Donate by mail or online today, and **help us fight malnutrition in Honduras!**



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### Follow us!



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