



NPH USA

Raising Children. Supporting Families.
Transforming Lives.

NUTRITION

NUTRITION ISSUES IN LATIN AMERICA

Over half the children in the developing world are severely deprived of basic necessities, including proper nutrition, adequate shelter, safe water and quality health care. They beg and scavenge to survive. These vulnerable children are often malnourished and are more likely to die from preventable diseases. For millions of children, the idea of three meals a day is only a dream.

In Latin America, it is estimated that 60% of all children under 12 years old live in poverty. As a result, approximately 27-28% of all children are estimated to be underweight or stunted resulting from not eating enough food, consuming a vitamin-and mineral-poor diet, and/or having a disease. As growth slows, brain development lags and children have trouble learning.

COUNTRY FACTS

- **BOLIVIA:** 23% of households are food insecure.
- **DOMINICAN REPUBLIC:** 33% of children under 5 are anemic.
- **EL SALVADOR:** Almost 40% of children born to mothers with no education are stunted.
- **GUATEMALA:** Has the third highest rate of chronic malnutrition (stunting) in the world (54.5%).
- **HAITI:** 73% of children 6–24 months have anemia.
- **HONDURAS:** 29% of children under the age of five are stunted.
- **MEXICO:** 50% of children are anemic.
- **NICARAGUA:** In the regions where most indigenous people live, the chronic malnutrition rate exceeds 50%.
- **PERU:** 30% of children under the age of five are stunted and 18% are underweight.

“Malnutrition, especially among children, is an obstacle that prevents individuals, and even societies from **developing their full potential.**”

~ The World Bank

MAKING AN IMPACT

NPH USA transforms the lives of vulnerable children in Latin America and the Caribbean by supporting the homes, health services and educational programs of Nuestros Pequeños Hermanos (NPH, Spanish for “Our Little Brothers and Sisters”). Together, we help children overcome poverty and become leaders in their own communities.

NPH is currently supporting more than 7,600 boys and girls in Bolivia, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico, Nicaragua and Peru. Our community outreach programs provided over 81,000 services in 2020.



16,000+ meals served per day

NUTRITION AT NPH

Improving the children’s health and keeping them healthy is a priority of NPH. Children who are sick or malnourished are less likely to learn, grow, advance developmentally or succeed in school. Upon arrival, each child is evaluated by the NPH medical team and treated for any medical conditions they have, including malnutrition.

Our homes strive to be as self-sufficient as possible. Each one grows fruit and vegetables, and some raise cattle, poultry and even fish. In addition, many homes run their own bakeries. The children participate in the food production and learn valuable skills on how to raise and prepare their own food.

The global economic crisis has impacted funding at the same time that food prices have dramatically increased. Our homes struggle to continue to provide the children with the nutritious meals that are vital to their growth and development. Higher cost protein sources, such as meat and poultry, have been replaced with beans or eggs. In some homes, the children are now only eating meat once per week.

BY THE NUMBERS

The children receive three meals and up to two snacks a day. The average meal consists of rice, beans and some form of protein. Each month, the homes use:

14,000 pounds of rice

15,000 pounds of beans

63,000 eggs

HOW YOU CAN HELP

By maximizing resources, the homes are able to feed each child for less than \$2.50 per day. However, with over 3,200 children, it costs over \$3 million per year to feed everyone. Your gift can help provide life-saving nourishment to our children, allowing them to grow into healthy and productive adults.

- \$1,250 buys a dairy cow for an NPH home
- \$2,500 feeds 1,000 children for one day
- \$5,000 provides beans for 331 children for one year
- \$10,000 delivers milk for 1,040 children for one month
- \$25,000 purchases pig feed for NPH Mexico for one year
- \$50,000 buys rice for 450 children for one year

NPH USA is a registered 501(c)(3) nonprofit corporation, Federal Tax ID# 65-1229309. Donations are tax deductible to the extent provided by law. All donated funds are diligently appropriated and an audited financial statement is available upon request.