

Visit Our Web Site at www.sistercityproject.org

Healthy Children in Nagarote

THANKS TO A GENEROUS \$12,000 grant from the International Foundation for our new Healthy Children Program, kids in Nagarote and their families will enjoy more nutritious diets beginning in 2015.

The Healthy Children Program was designed to address malnutrition in Nagarote. According to the United Nations Food and Agriculture Organization, 19% of Nicaraguans are malnourished. As the children in our project are all low income, most fall into that 19% category. Their diets are often limited to rice and beans with few fresh vegetables or fruit. We have already created a sustainable farm to grow fresh produce and the teens who help with our farm take the produce home, but many of their families have asked us for help as they don't know how to prepare the produce and don't know its nutritional value.

We will use the grant to create a multi-pronged and enduring approach to this problem. Initially, our 14 teachers, nine college interns and cooking teacher will participate in five two-hour nutrition workshops. The teachers and college interns will then share the information with the children and parents in our programs through a series of on-going workshops.

Nutrition classes will become a regular component of our program for the foreseeable future.

At the same time, the cooking teacher, a chef at our favorite Nagarote restaurant will provide cooking classes to 200 of the Project's teens and their

parents at our Community Center. Throughout, they will develop a cookbook of inexpensive, appealing and nutritious recipes featuring fresh produce that we'll distribute to Project families.

In addition, 20 families will receive instruction and supplies to create kitchen gardens so that they can grow their own healthy produce.

The initial phase of the project will culminate in a banquet for 200 participants featuring fresh vegetables from N/NSCP's farm and the kitchen gardens and recipes from the cookbook.



YOU'RE INVITED

**29th Anniversary
Fiesta**

Friday, May 8, 2015, 6:30 PM

Oak Hills Restaurant on the Green

Oak Hills Park

163 Fallow Street, Norwalk

Featuring a silent Auction, buffet dinner, cash bar (first drink is on us) and an update from Nagarote
Contact Priscilla Woyke:

pwoyke@gmail.com

or 203-966-1565 for reservations

MEMBERSHIP/DONATION COUPON

Name: _____ Phone: _____

Address : _____

City/State/Zip: _____

email: _____

Friend \$50 Sustaining \$200 Benefactor \$1,000 Hero \$5,000 Other \$ _____

Please make your tax deductible check payable to NNSCP and return it with this form to:

John Woyke, Treasurer, P.O. Box 382, Norwalk CT 06852 • Or use your credit card to donate on line at www.sistercityproject.org

