



2019-2020 EARLY EDUCATION CENTERS SUMMARY REPORT

The Café Femenino Foundation has been supporting the Early Education Center – Malnutrition Reduction Project since 2013, in Peru in the areas of greatest poverty. In the Andean rural area regions of Lambayeque, Amazonas and Cajamarca the centers focus on aspects of early stimulation and nutrition monitoring by training the teachers, parents, other staff, health personnel and community health promoters on simple techniques and development of hygiene and dietary habits that allow that allow the teach to exercise control of the nutritional status of their students through the weight and height measurements twice a year to compare their size to standard statistics for children their age.

The nutritious lunchbox monitoring program is another tool the teachers use to educate the parents and students about proper nutrition and healthy food options that are available in their communities. School curriculum includes exercise that stimulates the children’s motor skills while detecting nutritional conditions and contributing to the reduction of chronic malnutrition in the children under five years of age.

During the last year 401 people received benefit from program and the nutrition training: 236 children; 140 parents/guardians and 25 teachers.

The results for the 236 children tested for malnutrition are as follows:

Normal:	163 students
Malnutrition:	31 students
Overweight:	41 students
Obese:	1 student

While it is true that in the decade 2000 – 2010 it has been possible to reduce chronic child malnutrition from 23.6% to 12.9% and anemia in children under 5 years from 66.7% to 30.6%, these averages were national. In the coastal area the percentages are lower and in the rural area the percentages are much higher, especially in the rural Andean area where the figure exceeds 40% of the children with chronic malnutrition. In 2013, 31% of the children had malnutrition and 25% chronic malnutrition.

In 2019, after 6 years of implementing the project in the Early Education Centers it was found that the percentage of malnutrition remains 31%, but the percent of malnutrition has fallen to 13%. The remaining percentage of malnutrition is because of cases of overweight and obesity. The problem of overweight and obesity is mainly due to the ease with which processed foods, such as candy and sugary cereals, are reaching the communities.

Now 69% of the students in the 15 Early Education Centers are the Normal range and this is due to the ongoing education of the parents, the teachers and the community provided by the grant funds to the Early Education Project.

There are also additional projects funded by the Café Femenino Foundation that contribute to this reduction in malnutrition. Projects such as the breeding of cuyes, food conservation workshops, improved kitchens, wet mill and irrigation systems making water available for organic gardens and coffee crops. The people in these rural areas live in extreme poverty and without basic services and health care, therefore, their only source of income is what their land can produce.

Despite the difficulties and barriers, changes are being made in the lives of these women and families. The parents are becoming more interested in proper nutrition when feeding their children and they are aware of the development of their children. Teachers now have strong support in the development of their activities by providing them with the education materials as well as the hygiene supplies to work with children.

The hope for the future is to be able to continue the Early Education Center projects, increase parental participation, include an organic garden near each of the centers and involve the community health promoter/personnel more.