

FOOD 4 FARMERS

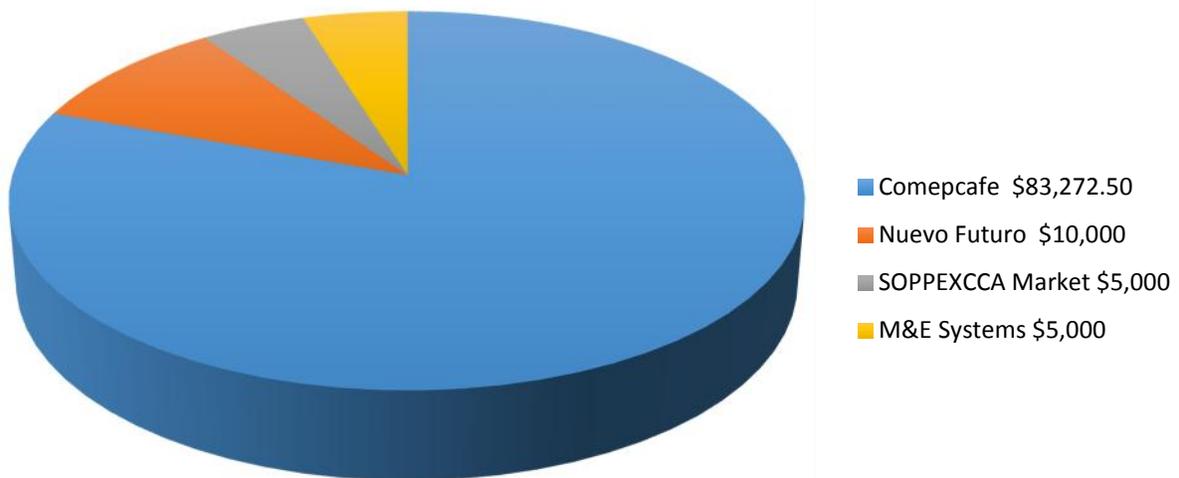
Food Every Day for Coffee-Growing Families

Philz and Food 4 Farmers - 2016 Year End Review

Total 2016 donations:

Jan 1- December 28, 2016: \$103,272.50

2016 Donation Allocation



2016 UPDATE By Project

COMEPKAFE – Cauca, Colombia 1,400 member families

Philz Donation: \$83,272.50 / 80.6% of Total



Philz has provided funding for a 3-year, community-wide, comprehensive food security program with this 1,400 member cooperative. This is Comepcafe's first community development project outside coffee. The organization is very well organized, but with very limited experience in participatory projects that include community voices along with the more traditional top-down

structure they've followed. We are putting as much time into helping Comepcafe develop leadership from the ground up – that is, at the community and household levels – as we are in identifying and implementing strategies that will help them build and spread successful, community-managed food security strategies across their large membership base. Our first phase of work is with the Agua Negra community, an isolated group of 200 indigenous families several hours away from the co-op's offices in Popayan. These families are energized, motivated, and absolutely committed to making sure that **everyone** in their community can become food-secure.

Community promoter training on home garden implementation

In September, we traveled to Agua Negra to conduct a 7-day training for community promoters who will lead food security educational workshops for families starting home gardens. Sixteen community promoters were recruited, and after they participated in the training, 13 signed a "commitment letter" in which they committed to support the implementation of home gardens with 150 families in all planned activities for the next two and half years.



Marcela Pino with new Comepcafe community promoters

Promoters will lead food security workshops, which include the following components:

- What is food security?
- How food security is related to climate change, farm practices and the environment
- How food security is related to personal health, and how to improve health
- What is nutrition, a balanced diet, and how to improve family food security
- What is a diversified farm? How can it support family food security?
- How home gardens are important for achieving food security
- What is “participatory” teaching?

In November, we conducted a four-day training with promoters to standardize teaching techniques and basic knowledge of home gardens (what to plant when, how to look for disease and when to harvest crops). Crops for gardens will include chard, spinach, cucumbers, tomatoes, squash, beans, corn, and culinary herbs.



Seed Exchanges In September, we hosted the first “Seed Exchange Event” for all promoters, where each promoter brought seeds and products found on their farms. The purpose of this event was to show promoters how farms are filled with plant resources that are often overlooked. Species of plants ranged from common ones like corn, squash, and chard -- to traditional ones, like native varieties of corn and beans not found in markets. There were also some that are rarely grown and almost forgotten. We are planning another seed exchange in February 2017, for at least 75 families participating in the project.

One of the main causes of food insecurity in coffee growing communities is that farms have become specialized, growing only coffee. As a result, many native food species are not consumed, and have been forgotten. This process has diminished environmental biodiversity and diet diversity of rural populations. Diet diversity is a key component of food security,

because it provides necessary vitamins and minerals that support human growth and general health.

Selection of 150 families to establish home gardens Families were selected through a process that included level of interest, credit history with the cooperative, location, and farm conditions. The number of families was decided between all parties included in the project, taking into account the desired impact of the strategy, and the capacity of promoters to support activities with families.

Farm diagnostics for 150 families As with Asociacion Nuevo Futuro, promoters visited each



Families map out weather and crop cycles for the year.

farm participating in the project to collect information about conditions of the farm, family needs, and goals for each home garden.

Food Security Workshops Promoters are teaching food security workshops. The 4 modules will be presented over six months, and will be completed by April. The content of these workshops is very similar to the ones conducted with Nuevo Futuro. The participatory methodology allows for each promoter to add content appropriate for this specific population.

Purchase and distribution of materials for home gardens This activity started at the end of November and will be completed by the end of 2016. Logistics of getting home garden materials to all 150 families is no small feat, because of the remote locations of COMEPCAFE headquarters and Agua Negra, the community where the materials are being delivered. We are currently in the process of procuring and delivering the materials up the mountain. This will most likely take multiple trips with a hired truck. Then, we will bring the materials to each family, most of it by motorcycle or donkeys.

Asociacion Nuevo Futuro - Cauca, Colombia 200 member families

Philz Donation: 10,000 / 9.7% of Total

In 2016, Philz donated \$10,000 to be used for Nuevo Futuro's new home garden program. These funds were used to purchase seeds, inputs such as fertilizers, tools and other materials, and training workshops for 50 families. One "family garden" became one school garden, at the request of a local school. We decided to support this request, and are excited about this new community initiative.



Nuevo Futuro is headed by Luz Chacon, second from left

- 5 Promoters (1 woman and 4 men) who are members of Nuevo Futuro have been trained and continue their work leading community food security educational workshops. These workshops provide coffee-farming families with information and education about best practices for food security, including:
 - What is food security?
 - How food security is related to climate change, farm practices and the environment
 - How food security is related to personal health, and how to improve health
 - What is nutrition, a balanced diet, and how to improve family food security
 - What is a diversified farm? How can it support family food security?
 - How home gardens are important for achieving food security

- What is “participatory” teaching?



49 families and 1 school are participating in the home garden project. In our methodology, at least one representative of each family will attend 4 food security workshops, learning each of the modules while they receive training to implement and utilize their new garden. As of this writing, 42 families have received all 4 modules and the other 8 families have received modules 1 and 2. The 5 promoters are in charge of teaching the modules and leading implementation of the gardens, and build their schedules taking into account the timing and needs of participating families.

5 communities have received an organic fertilizer system for home gardens. Our lead funder, Progreso Foundation, invited Nuevo Futuro to learn techniques to prepare organic fertilizers and pesticides. This activity has been conducted in coordination with the implementation of the home gardens and it has been a great addition to this strategy. First, Nuevo Futuro’s agronomist and food security coordinator were trained on how to set up the appropriate space to make the products, then how to produce them, including how to find necessary ingredients locally. Then, they established small versions of these systems in the communities that are implementing home gardens.

Farm Diagnostics All 49 farm diagnostics have been performed. Promoters visited each farm to collect necessary information to determine on-farm conditions, and decide which crops families want in their home gardens.

Materials for 49 home gardens and 1 school garden have been purchased and delivered to families. Materials include fencing, mulching material, and seeds. Crop seeds include cucumbers, tomatoes, squash, cilantro and medicinal herbs. Small fruit trees are also being purchased.



- **Water systems** We continue our planning with Engineers Without Borders to identify opportunities for them to begin work with Nuevo Futuro, to develop community-appropriate

small water management systems for families with home gardens, and build a reliable, clean water supply.

SOPPEXCCA Organic Farmers Market - Jinotega, Nicaragua 520 member families

Philz Donation: \$5,000 / 4.8% of Total

We have not yet succeeded in raising the necessary \$20,000 in additional funds to support training in organic production and the build out for the new market. We continue to reach out to past donors, foundations, and new prospects to get this important project off the ground. We are currently applying for new grant funding, and will re-visit this project by the end of Q2 2017 with Philz, to determine whether this merits continued support.

M & E System Development

Philz Donation: \$5,000 / 4.8% of Total

In 2016, Philz provided \$5,000 to build and develop effective monitoring & evaluation systems and tools. We used this investment to create templates for two program evaluations: The first, for our beekeeping program in Guatemala, with the Maya Ixil cooperative; and the second, for an evaluation we conducted for the SOPPEXCCA cooperative in Jinotega, Nicaragua. Along with these evaluation templates, we also developed monitoring systems and training for our co-op partners, to provide community-appropriate technology and knowledge for ongoing use in communities. This is key to building sustainability into our programs, as these tools empower co-ops to manage and build success on their own, long after the project funding and our involvement ends.