

GET CLOSER

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.

MAKING AN IMPACT

NPH USA transforms the lives of abandoned and disadvantaged children in Latin America and the Caribbean by supporting the homes, healthcare and educational programs of Nuestros Pequeños Hermanos (NPH, Spanish for "Our Little Brothers and Sisters"). Since its founding in 1954, NPH has assisted more than 18,000 children and is currently raising more than 3,200 boys and girls in Bolivia, the Dominican Republic, El Salvador, Guatemala, Haiti, Honduras, Mexico, Nicaragua and Peru.

Please see other side to learn more.

**15,000 MEALS
SERVED
PER DAY AT OUR HOMES**



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.



NPH USA

Raising Children. Transforming Lives.

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