

A Self-Help Project to Change the World

A Daycare and Feeding Center in San Carlos, Nicaragua

What's the Problem?

Every night, 109 preschool children – at last count – in San Carlos, Nicaragua go to sleep hungry. Twice a week, these small children are dropped off at a run-down house they use as a daycare center. **This house has no electricity, water, latrine or chairs.** One child's parent, if they have more than one, is out earning less than \$2 a day – the average wage for 70% of the people in Nicaragua. The children's parents are trying to make a go of the daycare; some mother's volunteer their time. However, they have no money to provide food for so many kids and certainly none to improve the dilapidated condition of the building.



Self-Help has been battling hunger and poverty among the rural poor in Nicaragua since 1999. Self-Help can provide a high-protein, vitamin-fortified porridge meal for about \$24 per child per year. Because of Self-Help's success fighting malnutrition, we have been approached by a Nicaraguan governmental agency to assist with the malnutrition problem in San Carlos. Because of the importance of this project to the city of San Carlos, its business and government leaders have fully endorsed Self-Help's involvement. Local families will even provide the labor to complete construction.



San Carlos, a community of about 13,000, is situated in a rural area of about 40,000 people. If we can change the lives of these 109, we are confident this project will open up 5-days-a-week within the next two years and more children will come. Almost 4% of children in Nicaragua under age 5 die. Malnutrition, a gateway condition for more serious diseases, is 100% treatable. Roughly 50% of children 6-months to 6-years in and around San Carlos suffer from malnutrition. Effects of malnutrition in children, stunted growth, orange-tinted hair, patchy hair growth or general lethargy, are evident in the community.

What can be done?

Progress has already been made. Self-Help has secured support from local government officials, Mi Familia/PAININ and local community leaders. However, there is much left to accomplish.

\$24,405 is still needed! The land, building, and construction materials in addition to all cooking and serving utensils must be purchased. Self-Help will provide all the management supervision, volunteer training and approximately 30% of the total cost (\$34,835) of this project. Self-Help will also maintain the property and the feeding program out of its annual operating budget once construction is complete.

How can I help?

- * \$15 buys a set of spoons, cups and plates for 3 children
- * \$25 will feed one child a porridge meal (with vitamins) 2x a week for a year
- * \$100 purchases sleeping mats and age-appropriate toys for 20 children
- * \$300 buys a new wood-fueled stove
- * \$675 funds an indoor latrine; important for children's health and sanitation

About Self-Help

Self-Help is an international development organization based in Waverly, Iowa dedicated to helping people help themselves. Since 1959, it has helped tens of thousands of the world's poorest people win the battle with hunger, malnutrition and poverty. Self-Help is a non-profit with a 501 (c)(3) designation so donations may be tax deductible.



703 Second Ave NW, Waverly, IA 50677
319-352-4040
www.selfhelpinternational.org