The Casa-Granja
(Backyard Farm)

-- Sponsor a family Backyard Farm --
Give rural families a chance for a better life with just $50US per month

www.seedsforafuture.org
The Casa-Granja - Backyard Farm is the first nutrition program with scientific proof of effectiveness! The Casa-Granja leads rural families through 12 months of coaching on home garden crops and animal production & understanding nutrition needs to improve the overall well-being of all family members, especially pregnant women & young children!

Facts for Guatemala
Did you know: **chronic malnutrition** has irreversible effects on brain and physical development of children when they do not eat the correct balance of nutrients during the first 1,000 days of life? And a child’s nutrition is also affected by a good nutrition of the mother before and during pregnancy, as well as while breastfeeding!

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>47%</td>
<td>of children under age of 5 suffer chronic malnutrition</td>
</tr>
<tr>
<td>67%</td>
<td>of population live below poverty line of $2 per day</td>
</tr>
<tr>
<td>14%</td>
<td>level of malnutrition among women of reproductive age</td>
</tr>
<tr>
<td>70%</td>
<td>in rural areas: level of chronic malnutrition</td>
</tr>
</tbody>
</table>

The Casa-Granja - Backyard Farm is the first nutrition program with scientific proof of effectiveness! The Casa-Granja leads rural families through 12 months of coaching on home garden crops and animal production & understanding nutrition needs to improve the overall well-being of all family members, especially pregnant women & young children!

We want to give 125 more families the chance for a better life!

That means:

- Healthier nutrition for 1,000 rural people, including 600 children!
- Families learn to produce nutritious vegetables & protein animals, and grow their own seeds and seedlings!
- Better use of human capacity & improved household income for the family!

Did you know:

- **Chronic malnutrition** has irreversible effects on brain and physical development of children when they do not eat the correct balance of nutrients during the first 1,000 days of life?
- And a child's nutrition is also affected by a good nutrition of the mother before and during pregnancy, as well as while breastfeeding!
Sponsor an Extensionist

Guides & coaches up to 25 families per week in understanding nutrition needs & preparing healthy diets, especially for women & babies!

Advises families in implementing and maintaining the Casa-Granja, its plants and animals, by applying organic fertilizer and pest control

$175 per month helps our Extensionist work with up to 200 family members!

Sponsor a rural Family

- **at 3 months...** Improved nutrition after 1st harvest & enhanced feelings of self confidence & respect
- **at 6 months...** Better health for all family members & starting to sell surplus production
- **at 1 year...** Able to self-maintain the Casa-Granja & lower anemia rates for all family members
- **at 2 years...** 80% of families continue with the Casa-Granja after graduating!

We're based in Suchitepéquez - one of the areas most affected by chronic malnutrition!

- **10+** years of experience helping families have better nutrition
- **1,500+** rural families have overcome poverty and hunger

Seeds for a Future's Casa-Granja Backyard Farm REALLY WORKS to help rural families achieve affordable & diverse nutrition!

$50 per month helps cover supplies for 1 Casa-Granja for 1 family

*Organic fertilizer and pest control*
YOU have the power to change the lives of rural families!

YOUR donation will help rural families implement their Backyard Farms, and ensure sufficient Extensionists for weekly coaching!

Thank you very much for your support!
Send us a message at seedsforafuture@gmail.com

@seedsforafuture

Sign up to our Newsletter here: http://eepurl.com/dJNnzo

Join us at www.seedsforafuture.org and donate to support rural families' Backyard Farms today!