



# Seeds for a Future

Food Security and Nutrition Solutions

# 2025 ANNUAL REPORT





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## FROM OUR CO-FOUNDER



### A NOTE FROM SUZANNE DE BERGE

CO-FOUNDER AND BOARD PRESIDENT

#### To Our Partners in Success,

Since 2009, Seeds for a Future has been **guided by a simple belief**: that families, given the right tools and knowledge, can transform their own health and futures. Today, I write with profound gratitude and quiet awe at **how far we have come together**.

2025 was a record year, with **investments that deepened both nutrition and economic opportunity** for over 265 families:

- **\$8,000** across four seedling greenhouses (piloneras): enabling local seed harvesting, germination, and production management while reducing costs and travel time.
- **\$10,000** for 200 water filters: distributed to program

- (cont.) families to reduce the risk of waterborne illness, with each filter lasting over five years.
- **\$20,000** to expand into Santa Bárbara: In partnership with The M Story, where Doña Ada welcomed nearly 40 families, each receiving a regenerative home garden and a full year of mentorship in organic farming and nutrition.
- **\$2,500** in mushroom kit distribution: Each kit yields five harvests of 1 pound each, providing families with a reliable protein source and a new avenue for income generation.
- Egg chickens and chicken coops: **Provided nearly 400 egg chickens** to families without access to protein, ensuring a steady stream, with excess being sold.

None of this happens without you. **Your generosity is the reason** families are eating better, earning more, and teaching their neighbors what they have learned.

We remain humbled by the trust these families place in us and in each of you.

Saludos,  
**Suzanne de Berge**  
Co-Founder and Board Pres.  
Seeds for a Future



## ABOUT OUR ORGANIZATION

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Seeds for a Future is a U.S.–based nonprofit that partners with its sister organization in Guatemala, Semillas para el Futuro, to address two of the most urgent challenges in Latin America: chronic malnutrition and food security. Since its founding in 2009, Seeds for a Future has built a proven, community–driven model that enhances both food security and economic opportunities.

The program equips families with the knowledge, skills, and resources to cultivate small yet powerful household gardens to grow nutrient–rich foods, thereby building “regenerative family farms.” Families also receive guidance on preparing balanced meals, improving household hygiene, and generating income through micro–enterprises.

### Program Reach and Impact to Date (2025)

- Active in 23 communities across 8 departments
- Nearly 6,000 households reached, impacting nearly 40,000 individuals.
- Families increase dietary diversity with crops like chaya, amaranth, and peppers, while surplus produce generates additional income.
- Local extensionists are leaders trained within the community who ensure the delivery of culturally relevant and sustainable programs.
- Members pay GTQ 10 (\$1.25) each month, as families *choose* to invest in their future. A small fee ensures their dignity is respected, while covering some costs for inputs, learning materials, and more.

### Why It Matters

Seeds for a Future directly addresses the needs families have voiced: access to nutritious food, clean water, affordable ways to improve diets, and opportunities to earn income without leaving their communities. By combining nutrition education with economic development, the program helps families break the cycle of poverty while strengthening their resilience.

### The Path Forward

With continued support, Seeds for a Future will expand its reach to thousands more families in Guatemala’s most vulnerable regions. Each household that plants a backyard farm represents more than food; it represents health, dignity, and opportunity for future generations.

## PROGRAM MEMBER HIGHLIGHT



### REINA VELÁSQUEZ from Chocolá PROGRAM MEMBER

"I got to know the Seeds for a Future through the people who came to work here with a neighbor who was a beneficiary of the program. **We started talking, they told me about it, and I told them that I was interested.** When the team came to my home, Sandra showed us resources and explained the next steps. Then we started working with her on the program.

I have been participating in the program for about a year and a half, and the benefits that I have obtained are herbs, yellow flowers, and chard. We have consumed those here with the family, **without chemicals or going to the market.**

**My health has improved.** My family has consumed what is planted here at the house, as **we learn how to grow.**

Seeds for a Future has helped me economically because **I have saved on buying in the market what we are growing here.** Now the herbs and tomatoes are expensive, but I harvest them here at home, and I have not had to spend money. **I have learned how to care for plants and harvest them.** Before, I didn't know how to prepare the soil, but now I have learned how to better maintain the herbs

Here, the Seeds for a Future team has taught us how to make our own compost, and it has worked well for us. I have recommended this program to others because it helps families' yields.

**I recommended it to some neighbors,** and now they are also program members. There are already several families who are beneficiaries.

**My husband and I take care of the garden.** He clears the weeds and waters in the mornings. Every weekend, he removes weeds so that the garden improves every day.

In the same way, with our 3-year-old baby, we made him a little water bottle with holes so he can water the plants in the mornings. He does it almost every morning when he gets up.

We have not been involved in any other program. **Seeds for a Future provided this opportunity at nearly no cost** and guided us on how to properly maintain the garden. We hope to continue working with Seeds for a Future for many more months."



# ABOUT GUATEMALA

## FOOD SECURITY, MALNUTRITION, ECONOMIC DEVELOPMENT

### The Need

Guatemala has the highest rate of child stunting in Latin America and the Caribbean, and one of the highest in the world. **46.5% of children under five are stunted**, a rate that has improved by less than a quarter of a percentage point per year over six decades (World Food Programme). **Two-thirds of the population lives on less than US\$2 per day**, and the country ranks among the ten most climate-vulnerable nations globally (World Food Programme). The combined cost of undernutrition and obesity reached US\$12 billion in 2018, 16.3% of GDP (Borgen Project). Scaling Up Nutrition, says today, more than **2.9 million Guatemalans face crisis or emergency levels** of food insecurity.

Seeds for a Future works in rural departments where these conditions are predominant:

1. **Suchitepéquez //** Malnutrition rates exceed the national average in many communities. Diets center on corn and beans, with fresh produce largely displaced by cheap processed foods. (Food Anthropology) Contaminated water compounds poor health outcomes.
2. **Sololá //** Guatemala's indigenous population bears the heaviest burden, with up to **70% suffering from chronic malnutrition** per the National Survey on Maternal and Child Health. Rikolto Sololá, a predominantly Indigenous Maya department, reflects this acutely: between **30–45% of its population faces food assistance needs** at IPC severity level 3 or higher (ReliefWeb).
3. **Escuintla //** Despite fertile agricultural land, rural families face serious nutritional gaps. The displacement of traditional crops by cheap processed foods has eroded dietary diversity (FoodAnthropology), with **women-led income opportunities remaining extremely limited**.

### Meeting the Need

Families across these departments consistently report the same priorities: nutritious food, clean water, and income opportunities close to home. To date, **Seeds for a Future has reached nearly 40,000 individuals** with simple, sustainable, community-led solutions.

#### Sources

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## FROM OUR PROGRAM MEMBERS

At the center of this work are the families who bring learning to life each day. Through their commitment, resourcefulness, and willingness to try something new, change begins at home and grows outward into their communities. These stories, shared in their own words, reflect what becomes possible when families have access to the right knowledge, tools, and support to shape a more secure and nourishing future.

"The benefit I have earned from the program is that it has given me a lot of knowledge... sometimes I don't buy two or three cucumbers to eat, but I have them here at hand... this has improved our way of life... we are learning how to grow our own food, make better use of what we have at home, and take advantage of the space around us to produce more."

— **Tomás Suhul from Bodega, Chocolá**

"Today we have more piglets, and thanks to their support, today we are growing... we are going to improve our economy because, through the vegetables, the chickens, and the pigs, the family has been participating... little by little we are moving forward, producing more, and seeing how the project helps us continue working and improving our production."

— **Gerson Dario Lopez from Cerro Grande, Chocolá**

"The program has been of great benefit to my home, my children, and our economy... it gives us joy to see the plants growing and to see that we are progressing... it has been a blessing for our family because we are learning, improving together, and making changes that are helping us live better each day."

— **Bárbara Eloísa López from Cerro Grande, Chocolá**


"I don't need to go to the market to buy herbs, I have them in my garden... I didn't know how to prepare the soil; they have taught us... now we can grow and maintain our food ourselves... we are also learning how to care for the plants so they continue producing and how to use what we grow in our daily meals."

— **Crisanta González García from Cerro Grande, Chocolá**





## DONORS, FOUNDATIONS, AND FUNDING PARTNERS



**On behalf of Seeds for a Future's team, board, and program members, thank you for your generous, ongoing support.**

### **DONORS**

Alfredo Toriello  
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Earl de Berge, Co-Founder and  
Member  
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Don Julio, Sr. Field Team Member  
Moisés, Program Manager  
Sandra, Sr. Field Team Member  
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Erminia, Field Team Member  
Sucely, Field Team Member  
Ada, Field Team Member  
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Ana, Field Team Member

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Benjamin Hernandez  
Joanne Ralston  
Mark Winheld

### OPERATIONS TEAM

Leilani Yats, Executive Director  
Christopher Warren,  
Development Director  
Vivien Varga, Marketing Lead  
Lisa Massey, Accounting

### VOLUNTEERS

Ayla, Florida, Admin  
Evette, Florida, Social Media  
Melanie, Georgia, Translation  
Mila, Australia, Translation & Admin  
Rachael, North Carolina, Curriculum

*To to inquire about our open  
**Development Officer** role, please  
email [leilani@seedsforafuture.org](mailto:leilani@seedsforafuture.org)*



## FROM OUR EXECUTIVE DIRECTOR



### A NOTE FROM LEILANI YATS EXECUTIVE DIRECTOR

Dear Friends,

This past year has been one of **reflection and forward momentum** for Seeds for a Future.

The realities families face in Guatemala remain urgent and go beyond food alone. **Prolonged droughts and erratic weather patterns** continue to devastate subsistence crops. In 2023 alone, El Niño damaged harvests across 54,000 hectares, affecting millions of Guatemalan farming families. Food prices rise, and **household budgets that are already stretched thin shrink further**. These climate shocks are year-round threats to income, nutrition, and stability.

What continues to inspire us is not only the need but the response. Across **23 communities this year**, including eight new ones, over **265 new program families** are cultivating food security throughout their regenerative gardens, building nutrition and resilience from the ground up.

These numbers reflect a **steady shift from scarcity toward self-reliance**, from uncertainty toward possibility.

This progress is **rooted in a model built over 17 years**, one that prioritizes knowledge, mentorship, and community leadership. Families are not receiving solutions; they are building them.

Looking ahead to 2026 and beyond, **we are focused on three significant milestones**. In the second half of the year, we will launch our **Food Security Academy**, an online course designed to equip community leaders and organizations worldwide with the **tools to replicate our proven model**, covering team building, nutrition education, regenerative gardening, and family engagement.

We are also **deepening our extension program**, traveling to new communities to train local leaders as extensionists with **opportunities already identified** in Quetzaltenango, Sololá, Escuintla, Sacatepéquez, and beyond.

We're also dedicated to growth and innovation. We continue to **test and experiment with ways to deliver scalable solutions** for families, including hydroponic systems that offer opportunities for economic development.

To each of you who has supported Seeds for a Future, through giving, partnership, or encouragement, thank you. **You are part of a global community helping families move beyond survival into stability**, health, and opportunity.

With deep gratitude,  
**Leilani Yats**  
Executive Director  
Seeds for a Future

# STATEMENT OF FINANCIAL POSITION

## 2025 SEEDS FOR A FUTURE

### 2025 BALANCE SHEET

Assets	
Current Assets	
Bank Accounts	
BanRural	4,288.16
Cash	6,785.03
WF Checking (7562)	16,880.40
WF Savings (8617)	26,083.80
<b>Total for Bank Accounts</b>	<b>\$54,037.39</b>
<b>Total for Current Assets</b>	<b>\$54,037.39</b>
Other Assets	
Endowment Fund	752,610.15
Reserve Fund	344,826.78
<b>Total for Other Assets</b>	<b>\$1,097,436.93</b>
<b>Total for Assets</b>	<b>\$1,151,474.32</b>
Liabilities and Equity	
Liabilities	
Current Liabilities	
Other Current Liabilities	
Short-term business loans	12,400.00
<b>Total for Other Current Liabilities</b>	<b>\$12,400.00</b>
<b>Total for Current Liabilities</b>	<b>\$12,400.00</b>
<b>Total for Liabilities</b>	<b>\$12,400.00</b>
Equity	
Retained Earnings	1,164,466.42
Net Income	-25,392.10
<b>Total for Equity</b>	<b>\$1,139,074.32</b>
<b>Total for Liabilities and Equity</b>	<b>\$1,151,474.32</b>





**Seeds for a Future**  
Food Security + Nutrition Solutions

# THANK YOU



[www.seedsforafuture.org](http://www.seedsforafuture.org)



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