



Seeds for a Future
Food Security Solutions

More Than Aid: Cultivating a Sustainable Culture of Health and Self-Reliance

Since 2009, the Seeds for a Future Program has provided rural Guatemalans the training and resources they need to transform their lives.

The long-term impacts of the Program include:

- Sustainable and nutritious food security
- Healthier lifetimes from prenatal to old age
- Better futures and stronger communities

*Let's explore the challenges and the
community-led solutions.*



“We like Seeds for a Future very much because it does not just give us things, but it teaches us.”

SeedsforaFuture.org

What are the Challenges Facing Rural Guatemalans?

For many generations, rural Guatemalan communities have faced:

- The constant threat of food insecurity
- Severe health issues from chronic malnutrition: stunting, weakened immunity, poor brain development
- Limited income opportunities, and low family income

Guatemala Statistics 2024:

- Almost 50% of children under 5 years of age suffer from chronic malnutrition
- Guatemala is ranked one of the highest in the world for stunting. Nationally, 46.5% of children under 5 suffer from stunting, with some areas in Guatemala reaching rates between 70 and 90%.

Life-long Impacts of Malnutrition:

- Stunting -- the most visible effect of malnutrition -- foretells a lifetime of poor cognition and educational performance, increased childhood mortality from common diseases, and low adult earning power.
- Malnutrition's effects are replicated from one generation to the next, diminishing the health, wealth, and opportunities of families, communities, and regions.

Few long-term and effective solutions have been presented for countering these challenges.



How is Seeds for a Future Impacting the Challenges Facing Rural Guatemala?

Instead of providing only short-term aid (which can be vital in an emergency), the Seeds Program provides training and mentoring in nutrition and permaculture while fostering micro-business opportunities.

Self-reliance and self-sufficiency are cultivated through long-term commitments, training, and personal action.

- The Seeds Program provides participants with twelve months of weekly in-home training, as well as critical start-up resources.
- Training over time fosters knowledge sharing and builds confidence in the personal actions required to break out of generational poverty and transform lives.
- Families and communities are strengthened by the shared goal of improving health, well-being, and income opportunities.
- Improved health and opportunities create a sense of self-reliance at both the personal and community level, resulting in sustainable, self-sufficient practices and knowledge for building healthier and more vitalized generations to come.



How Does the Seeds for a Future Program Work?

The Seeds Program incorporates one-on-one training and support in three core action areas:

- Nutrition and health education
- Permaculture gardens and small animal husbandry
- Micro-business creation and crop diversification for increased incomes

In addition to the training and support for participants in creating their own permaculture gardens, Seeds for Future supplies initial seedlings, “starter” protein animals, and pen enclosure materials as needed.

To begin, participating families apply to the Program. Members of the Seeds Extensionist Team then meet with each family at their home to jointly assess the family’s needs and capacity.

Working together, team members and each family develop a customized usage plan for each participating family’s gardens and enclosures so their home area will produce as much nutritious food as possible.

Extensionists from the Seeds Program will work with families for a year or more to ensure they have the skills and knowledge needed for healthier diets, and to sustain their home-based, permaculture mini-farms.



What are the Impacts of the Seeds for a Future Program?

Program Participants Achieve:

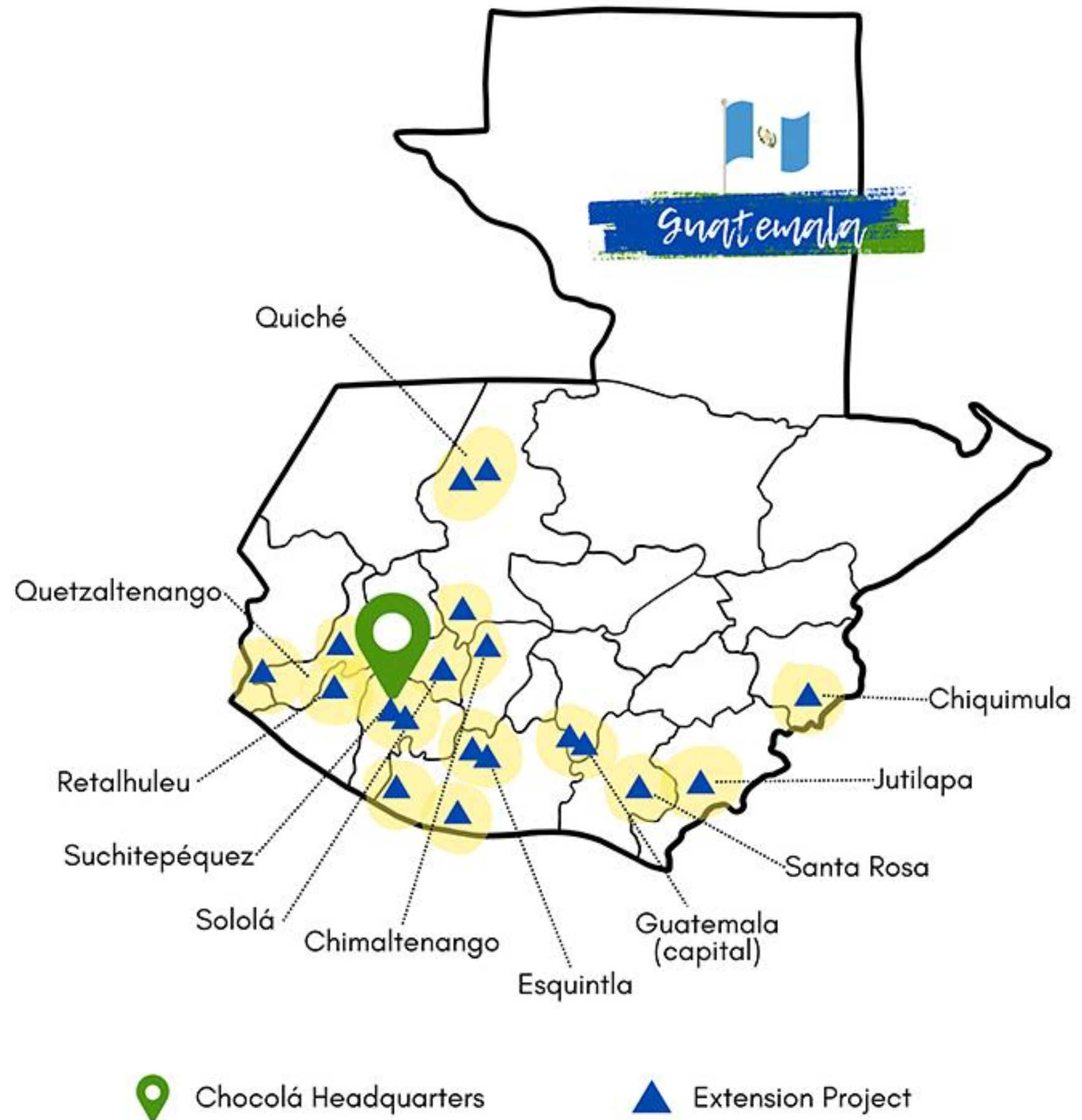
- Sustainable food security
- Improved health and well-being
- New income opportunities
- Upliftment for women and families
- Greater self-reliance and self-sufficiency

Seeds for a Future Results as of 2025:

- The Program has been implemented in 19 communities located in 10 states across Guatemala.
- Over 5,200 Families have graduated from the Program
- 41,600+ people have benefited (avg family size = 8.0)
- Thousands of home gardens created and maintained
- Thousands of protein animals raised
- Thousands of native fruit, cacao, and timber trees planted and producing



Program Locations of Seeds for a Future in Guatemala



A Clinical Study of the Seeds for a Future Program

An independent randomized control trial of the Seeds for a Future Program was conducted from 2014 to 2017 by the internationally respected **Institute for Nutrition in Central America and Panama (INCAP)**.

Funded by the Nestlé Foundation of Switzerland, INCAP's research revealed that Seeds for a Future's strategies and methods produce measurable positive improvements in the health of participating mothers and babies.

Follow-up interviews showed an extraordinary level of sustainability – more than 80% of study participants reported continuing one or more actions they had learned from the Seeds for a Future program.

The INCAP Study concluded, *“This is the first time that an integrated health, nutrition, and agriculture project demonstrated a positive outcome in biochemical biomarkers in women and children.”*

Find the INCAP study by [clicking this link!](#)



Why is the Seeds for a Future Program Successful on a Community Level?

The Seeds for a Future Program is designed for flexible implementation.

It can be adapted to virtually any local conditions worldwide, using the following principles of engagement:

- Sensitivity to the cultural context
- Relevance to participants' needs and interests
- Ethnic, political, and religious neutrality
- Use of learning techniques such as learn-by-doing and guided observation
- Design for affordability and the reinforcing effect of early success
- Adaptation to climatological and environmental conditions

Additionally, experience has shown these factors are also critical for the Program's success:

- Field teams are local to the area and trained to model mutual respect
- Encouraging innovation and learning from failure as well as success
- Self-selection by families indicates a willingness to learn and do their part
- Encouraging the sharing of both knowledge and resources



What Can I Do to Join the Support for Seeds for a Future?

Follow and Share Our Impact

Promote Seeds for a Future via social media, podcasts, or online content. Links and resources can be found [here](#) or by clicking the icons below:



Volunteer

Seeds for a Future is a growing and dynamic organization with dedicated staff and volunteers contributing their talents to create new potentials and possibilities to reduce suffering and increase opportunities.

For volunteer opportunities, connect with us [here](#).

Partner with Seeds for a Future

We partner with trusts, organizations, or individuals who share our commitment to helping families improve their nutrition, food security, and income and to live better lives.

Financial Support

Donate to Seeds for a Future by linking [here](#) or find additional ways to make a significant contribution, such as Donor-Advised Funds, by linking [here](#).

