

Healthy Kids, Healthy Forests

Restoring Maya Nut forests for Healthy Families in Central America

Presentation for Arbor Day
Foundation, 2012

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Maya Nut Institute



What is Maya Nut?

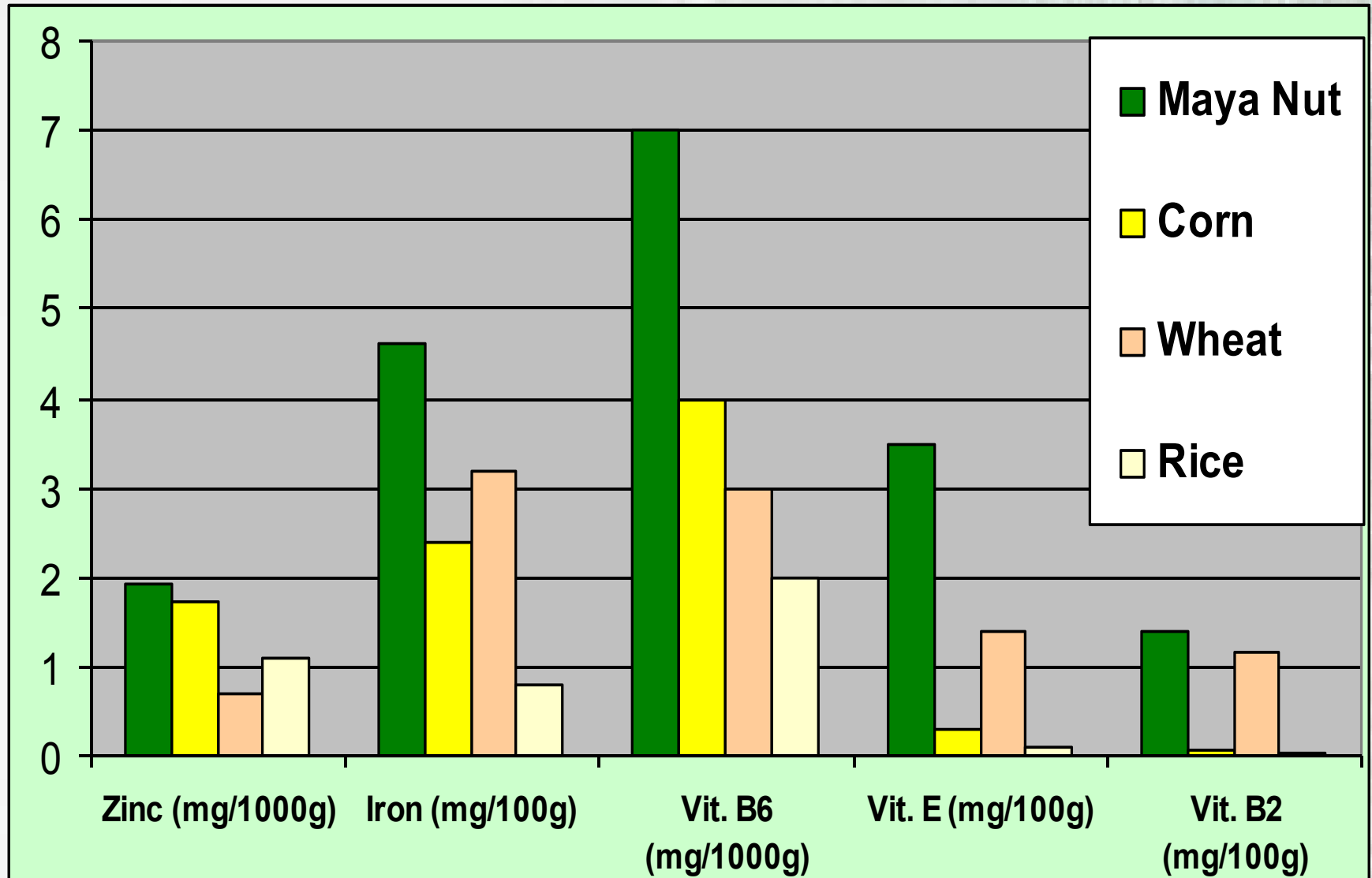
- *Brosimum alicastrum*, in the fig family
- The staple food for the Maya and other pre-Columbian neotropical cultures
- Also known as Ramon, Ojoche, Ujuxte, Ojushte, Ojite, Masica, Pisba waihka, Capomo, Mojo, Huje...
- Nutritious, delicious and abundant
- Multipurpose: provides food, fuel, wood, fodder, medicine and environmental services



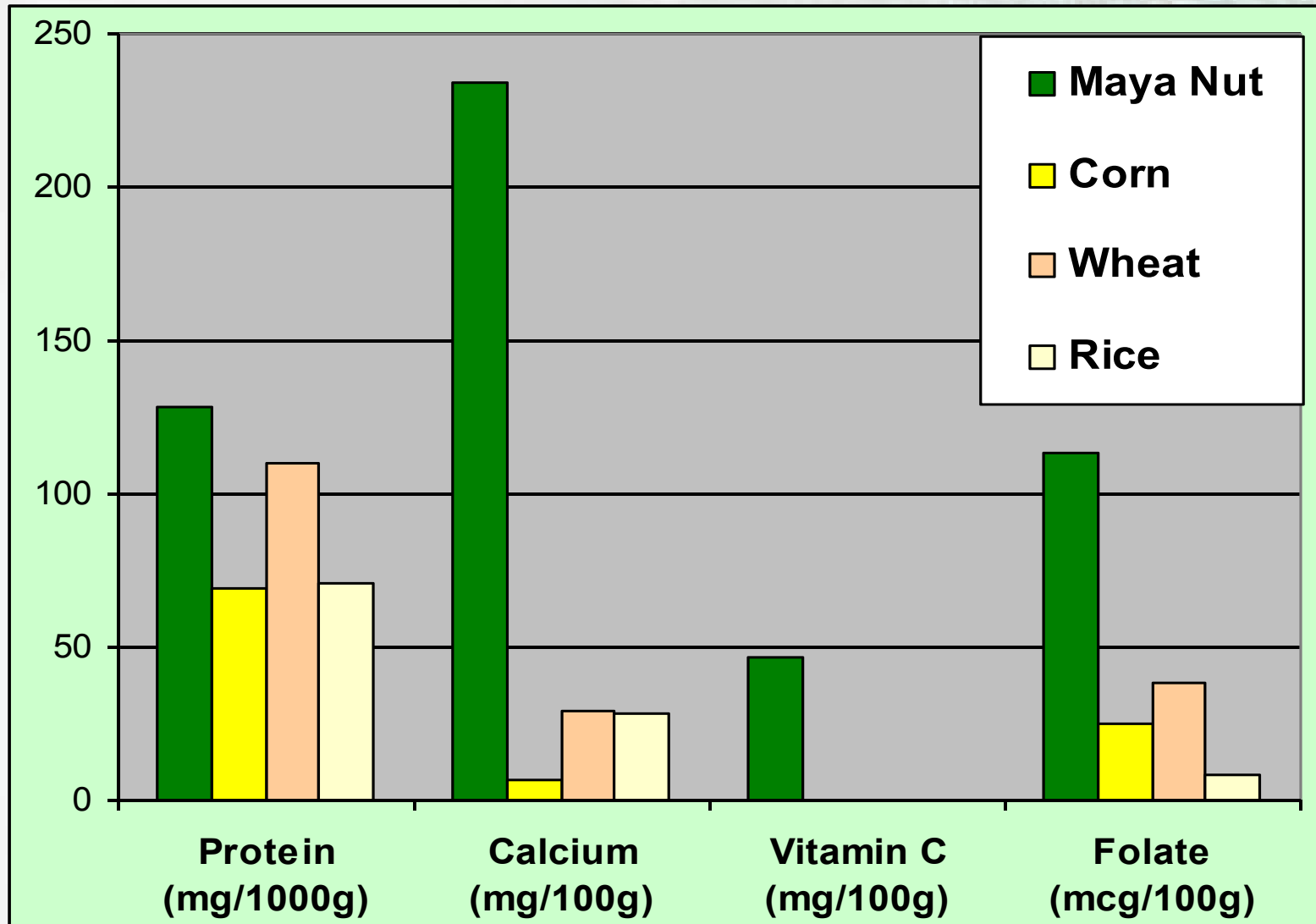


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Maya Nut is more nutritious than other staple foods



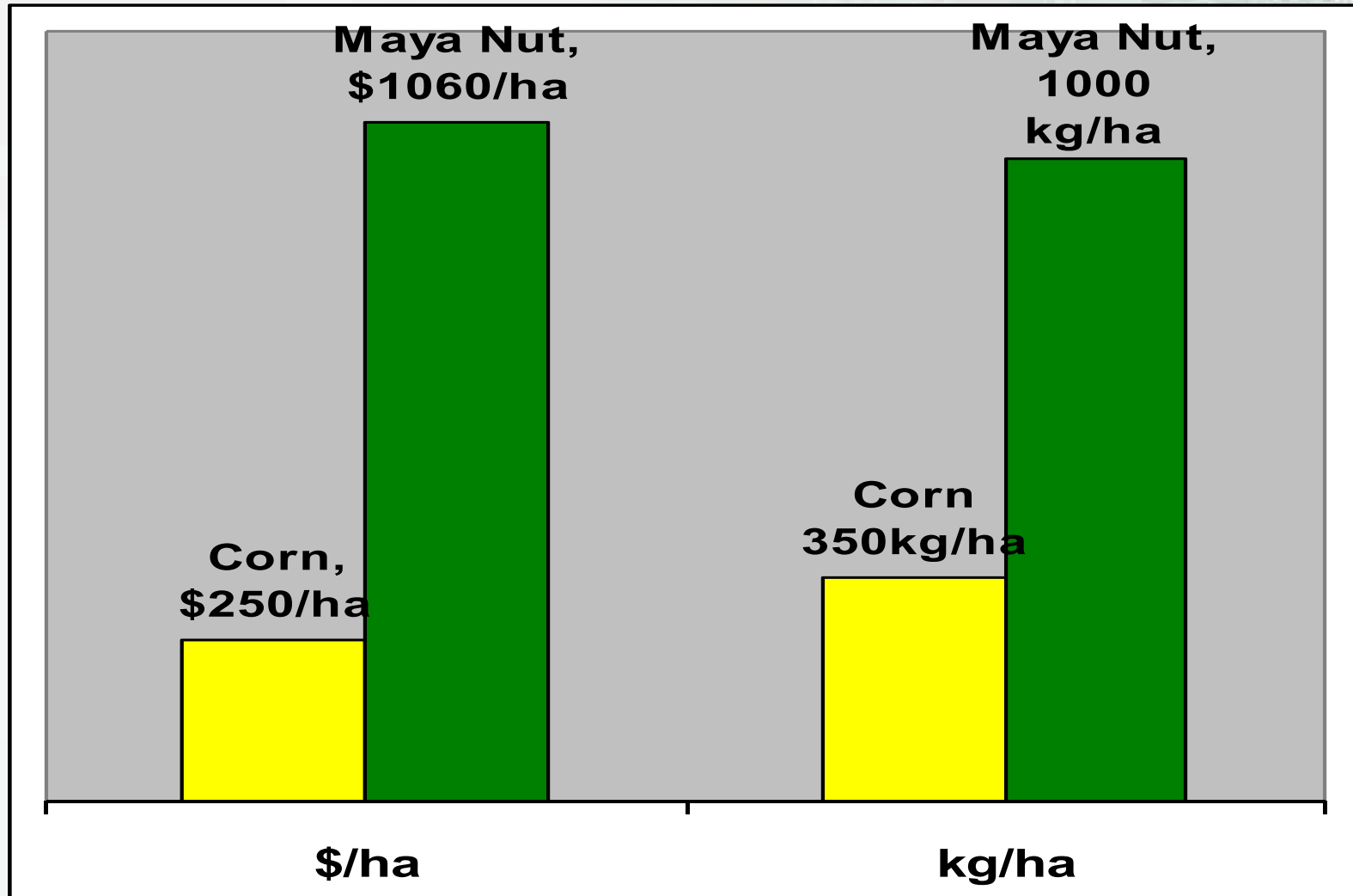
It is particularly high in calcium,
folate and vitamin C



A family of 5 can harvest 1000lb of seed in seven days



Natural Maya Nut forests produce
4 times more income and 3 times more food
per hectare than corn



Maya Nut “farms” look like this...



Instead of this....



Maya Nut Program Methodology:

- Workshops only require one-day
- 90% of workshop content is hands-on and practical
- Teaching materials adapted to illiterate or low-level literacy
 - Female staff for women's workshops
 - Utilize resources, skills and knowledge that participants already possess
 - Foster innovation and independence



Women and Girls workshops:

- Topics: Nutrition, recipes, processing
- All female staff Utilize local resources, skills and knowledge
- Foster innovation and independence





Quek' chi Guatemalan women learning about Ax (Maya Nut)
from TEF promoters

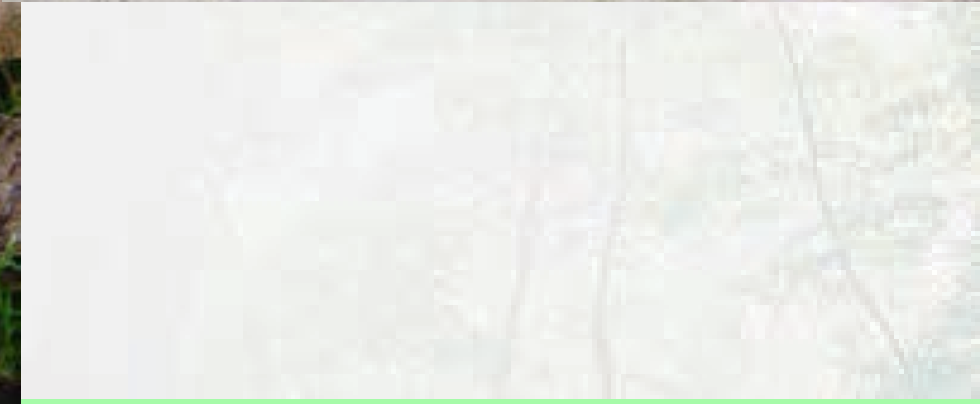


Honduran Miskito women learning about Pisba Waihka (Maya Nut)
from TEF promoters

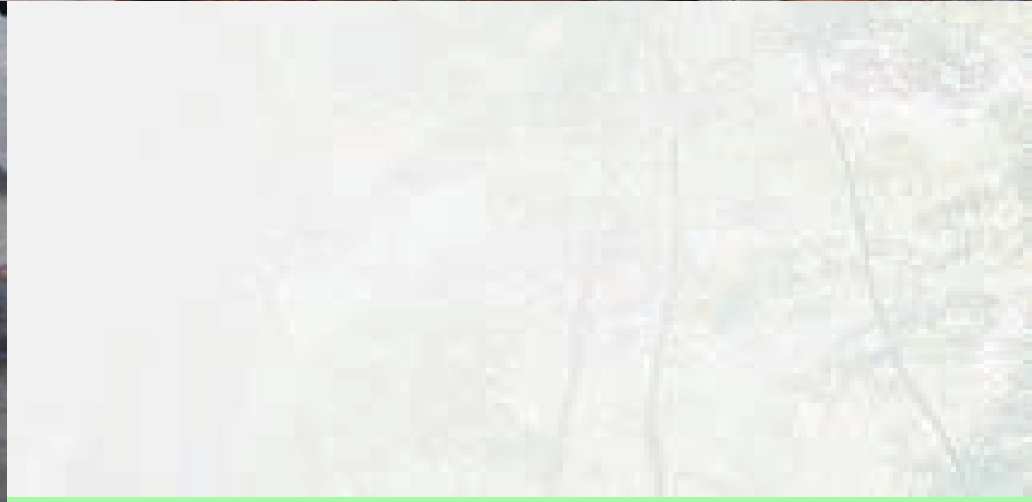


Guatemalan promoters teach new communities









It is easy for women to convert Maya Nut seed into a nutritious, delicious flour





Fresh seed can
be boiled and
ground into a
dough for use
in patties,
spreads, soups,
etc.











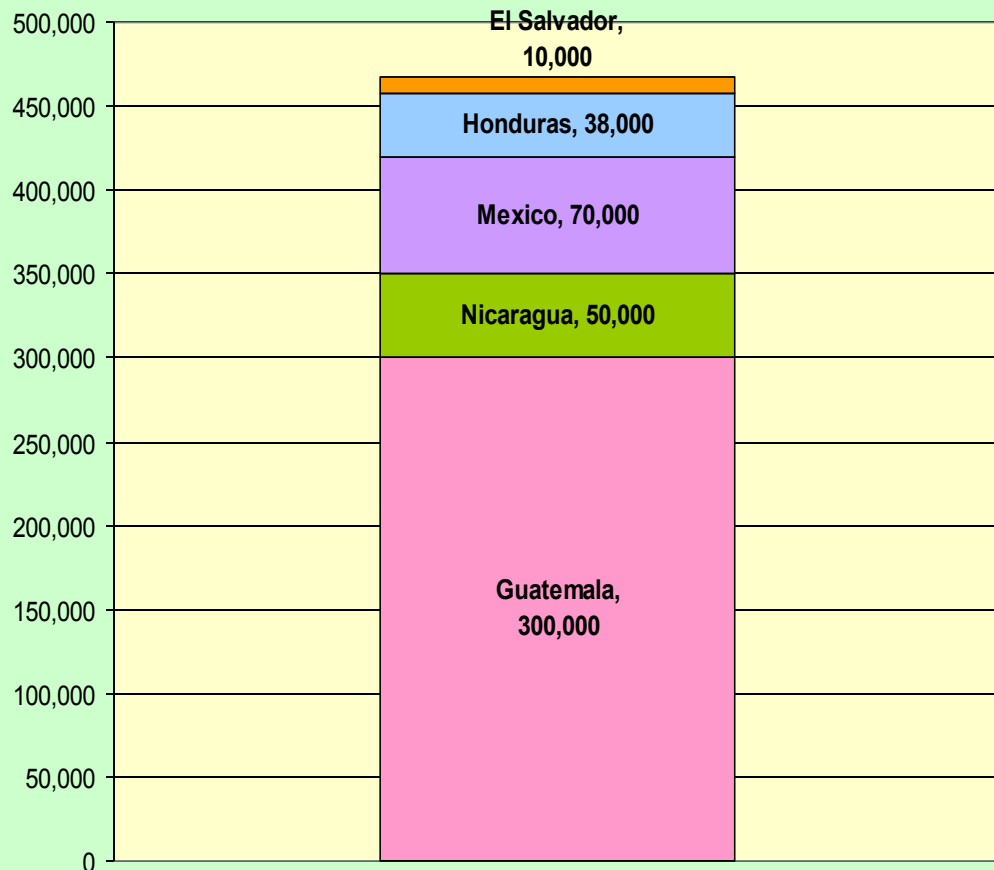
MAYA NUT PROGRAM IMPACTS SINCE 2002



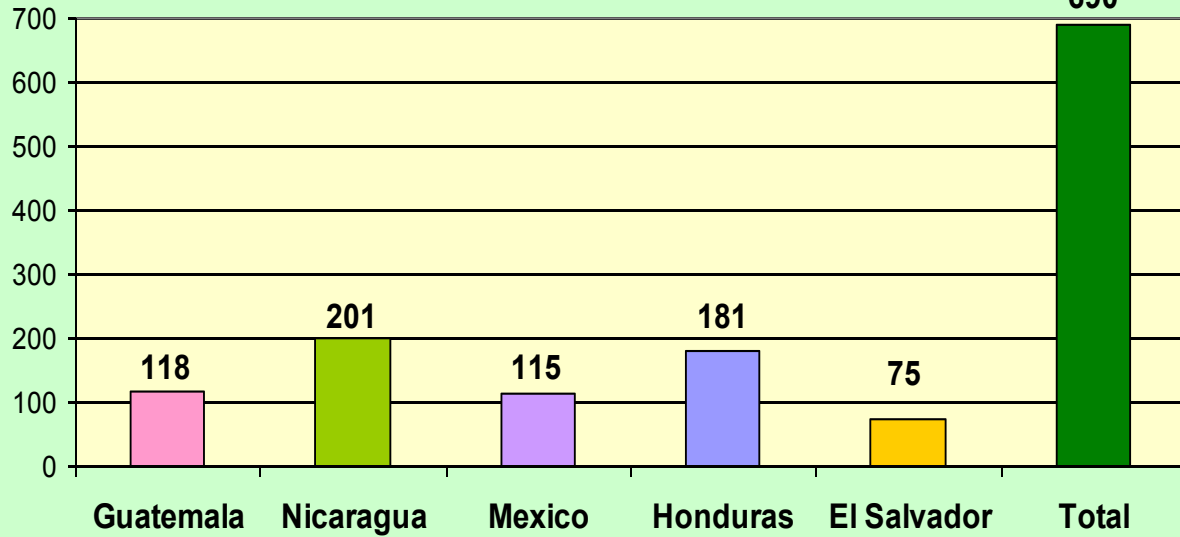
We have 72 women promoters in 5 countries who travel and teach about Maya Nut



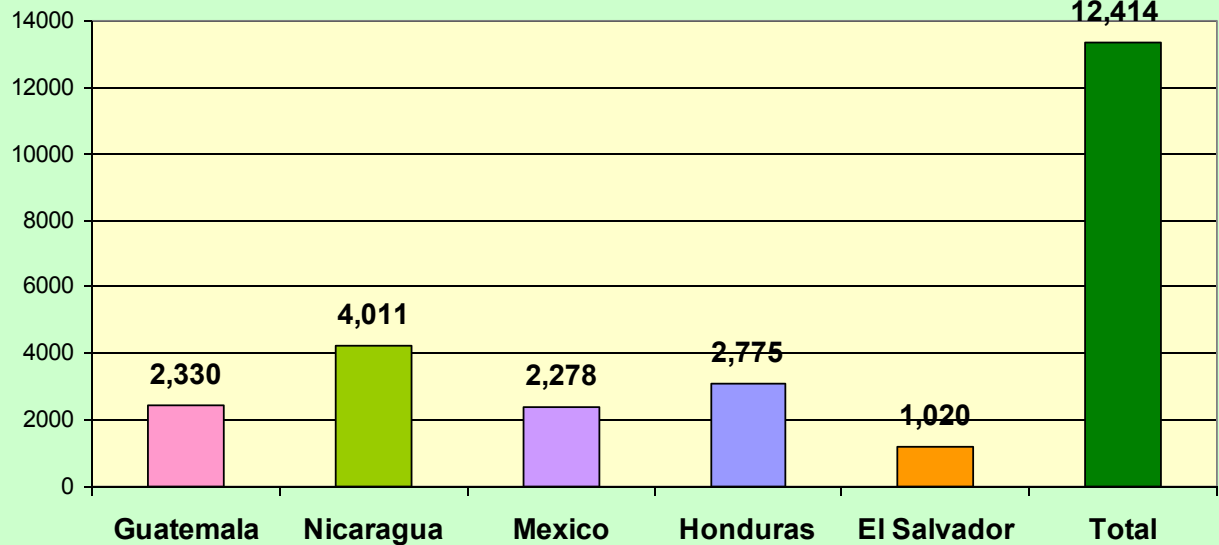
NUMBER OF MAYA NUT TREES PLANTED 2003-2009



Total Number of Communities educated about Maya Nut
(2003-2009)



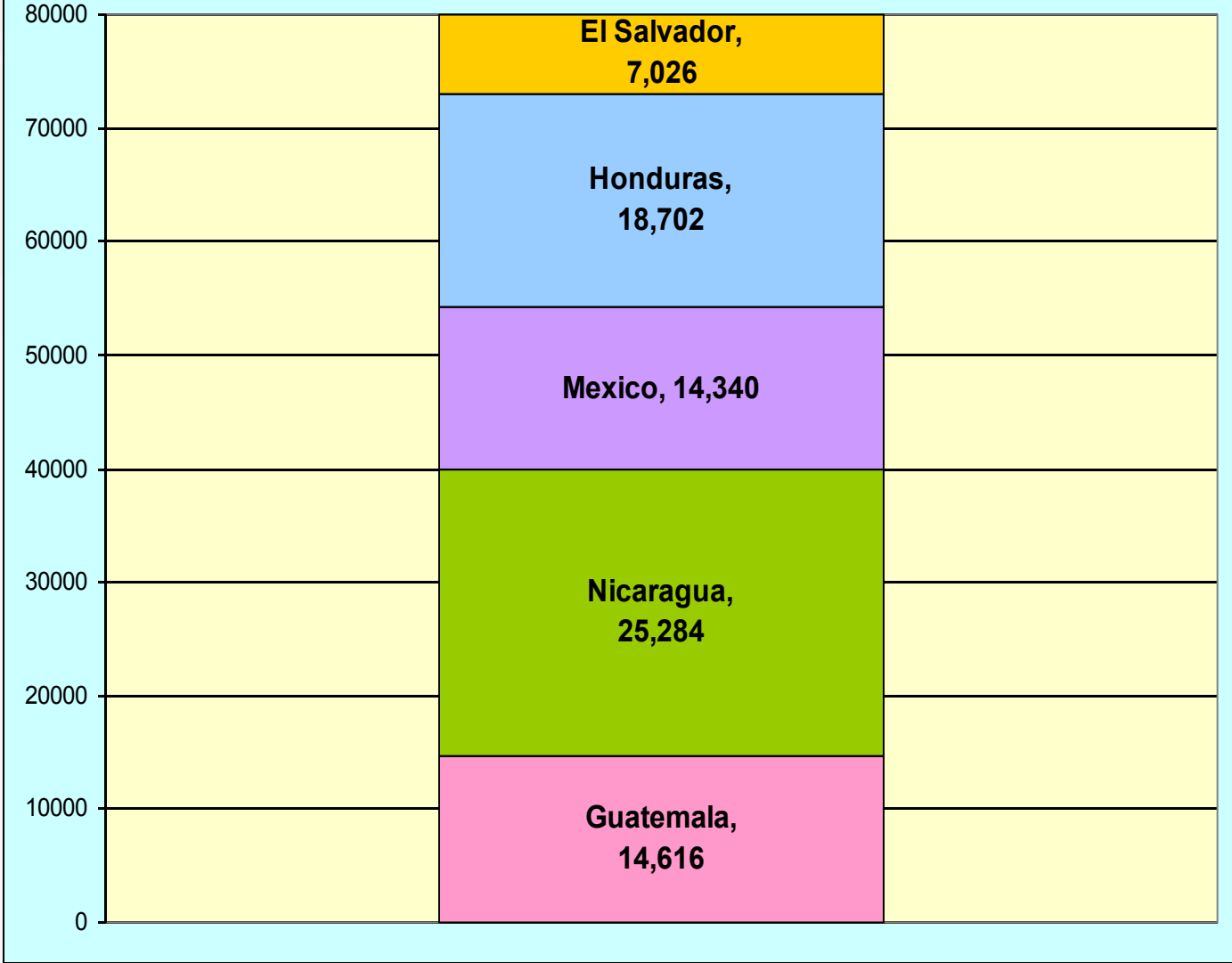
Total number of women educated about Maya Nut
(2003-2009)



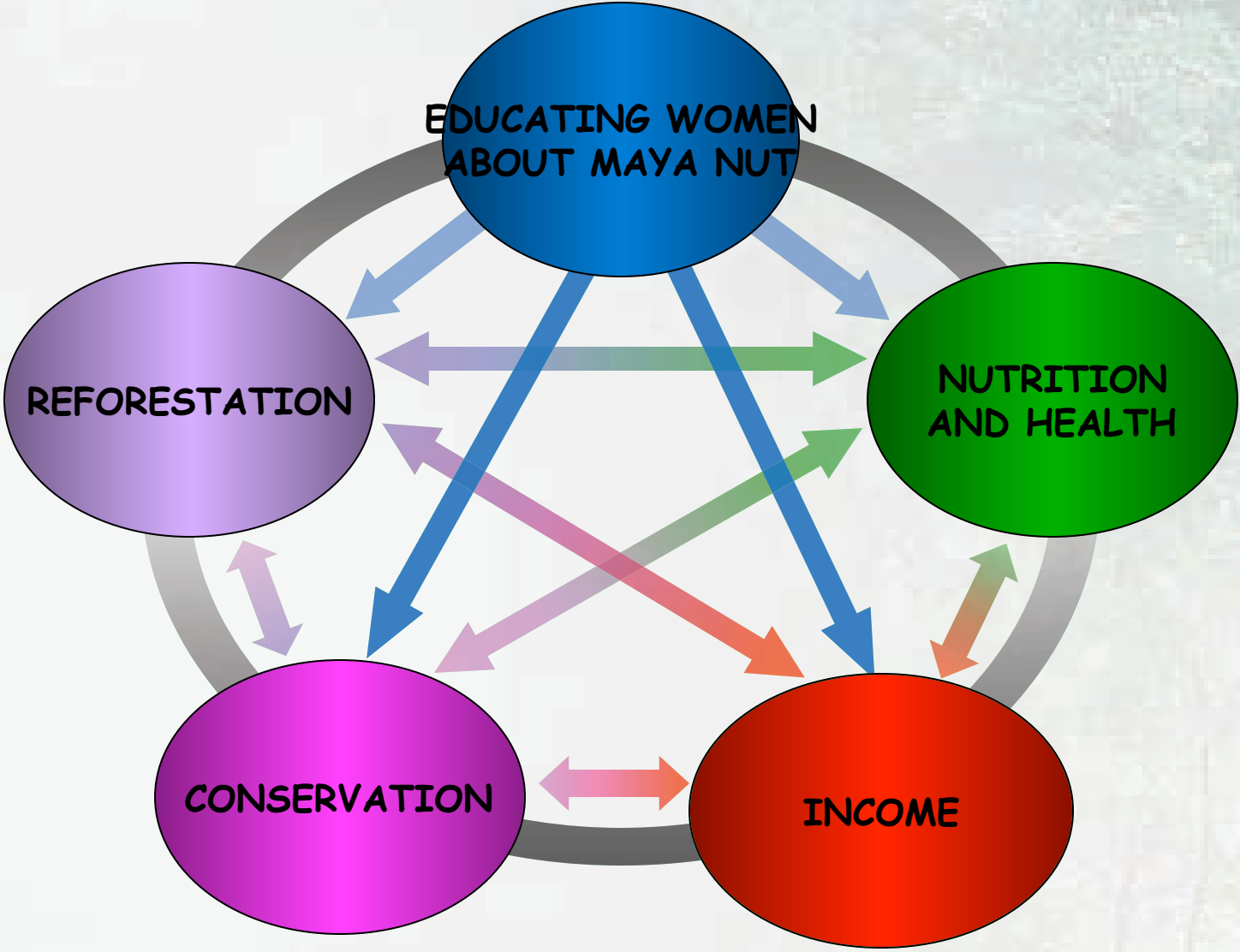
11 independent women's producer groups have formed, benefitting more than 3,000 community members, mostly women



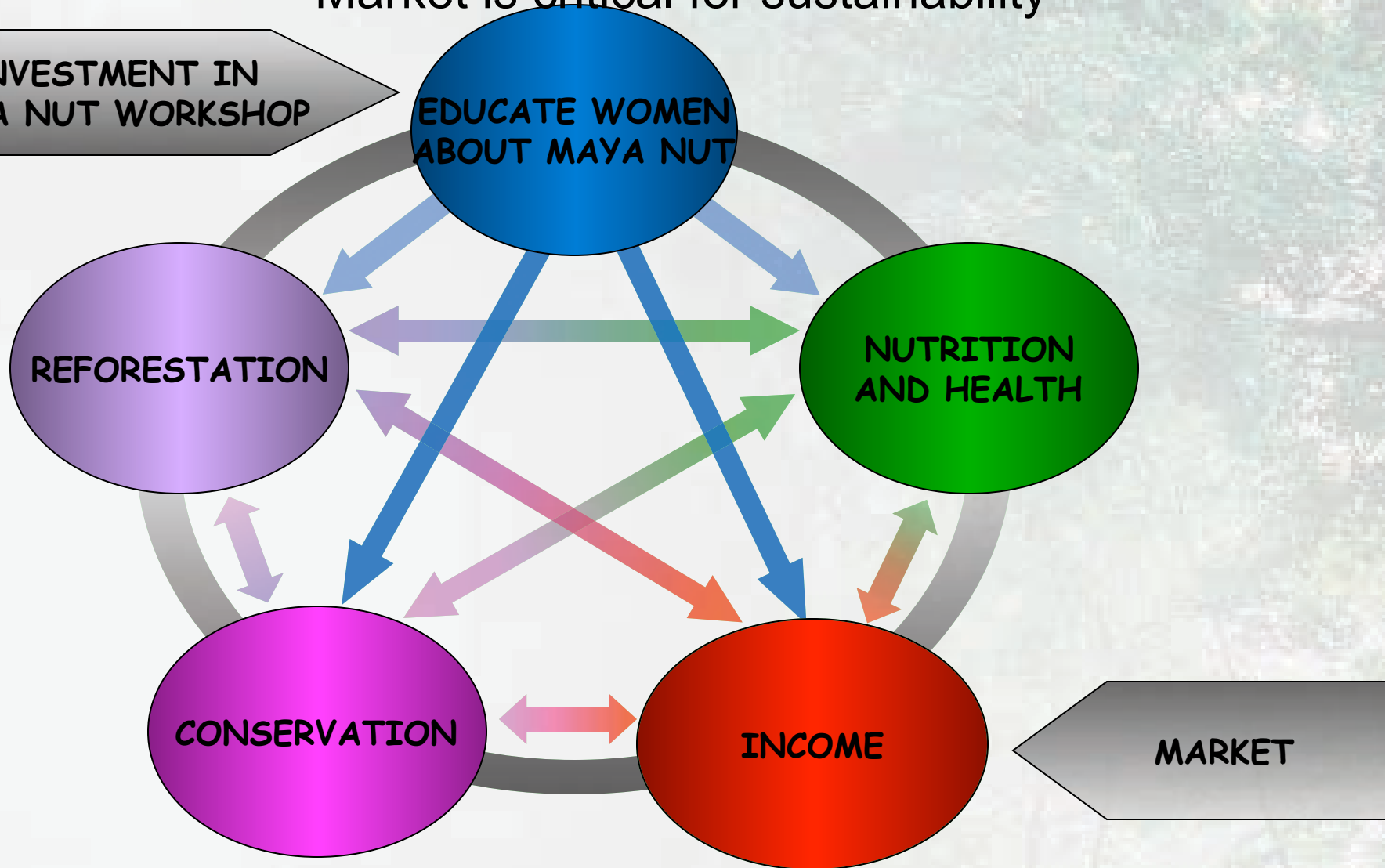
**TOTAL NUMBER OF DIRECT AND INDIRECT PROGRAM
BENEFICIARIES 2003-2009**



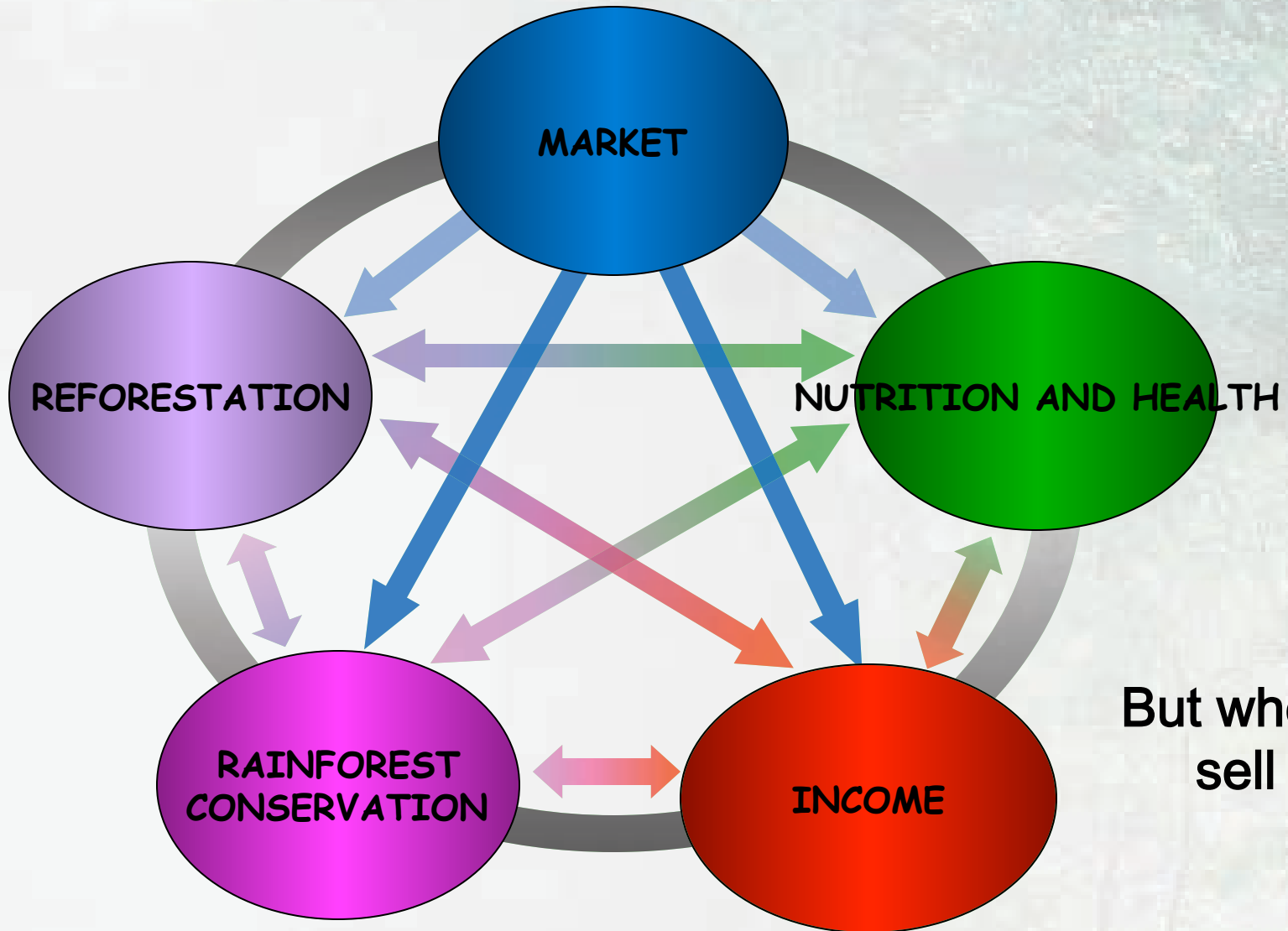
The Maya Nut Program impacts are synergetic



An initial investment (\$300 per village) is the catalyst.
Market is critical for sustainability



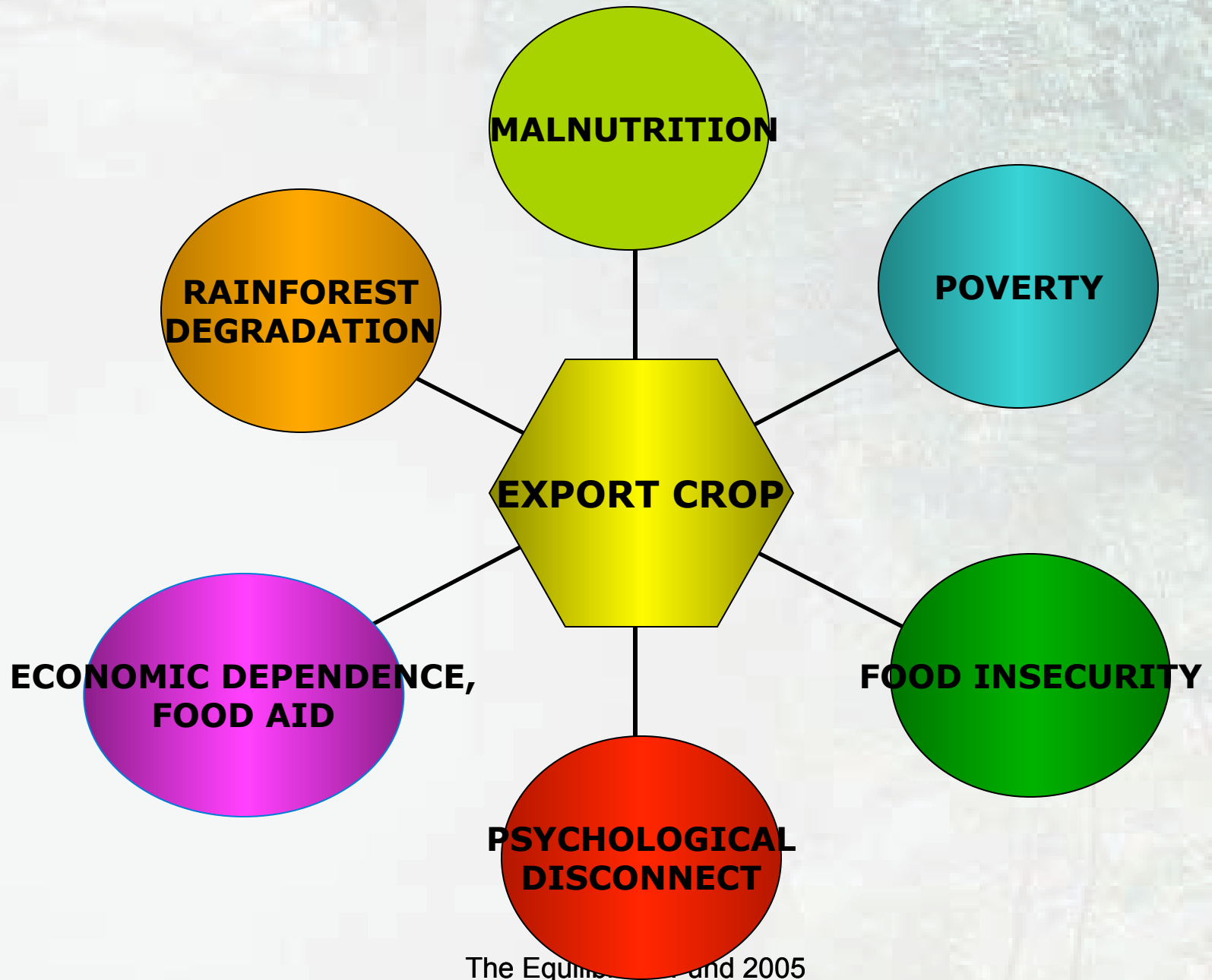
Eventually the market will be the driver



But where to
sell it?

The Export Paradigm is a trap

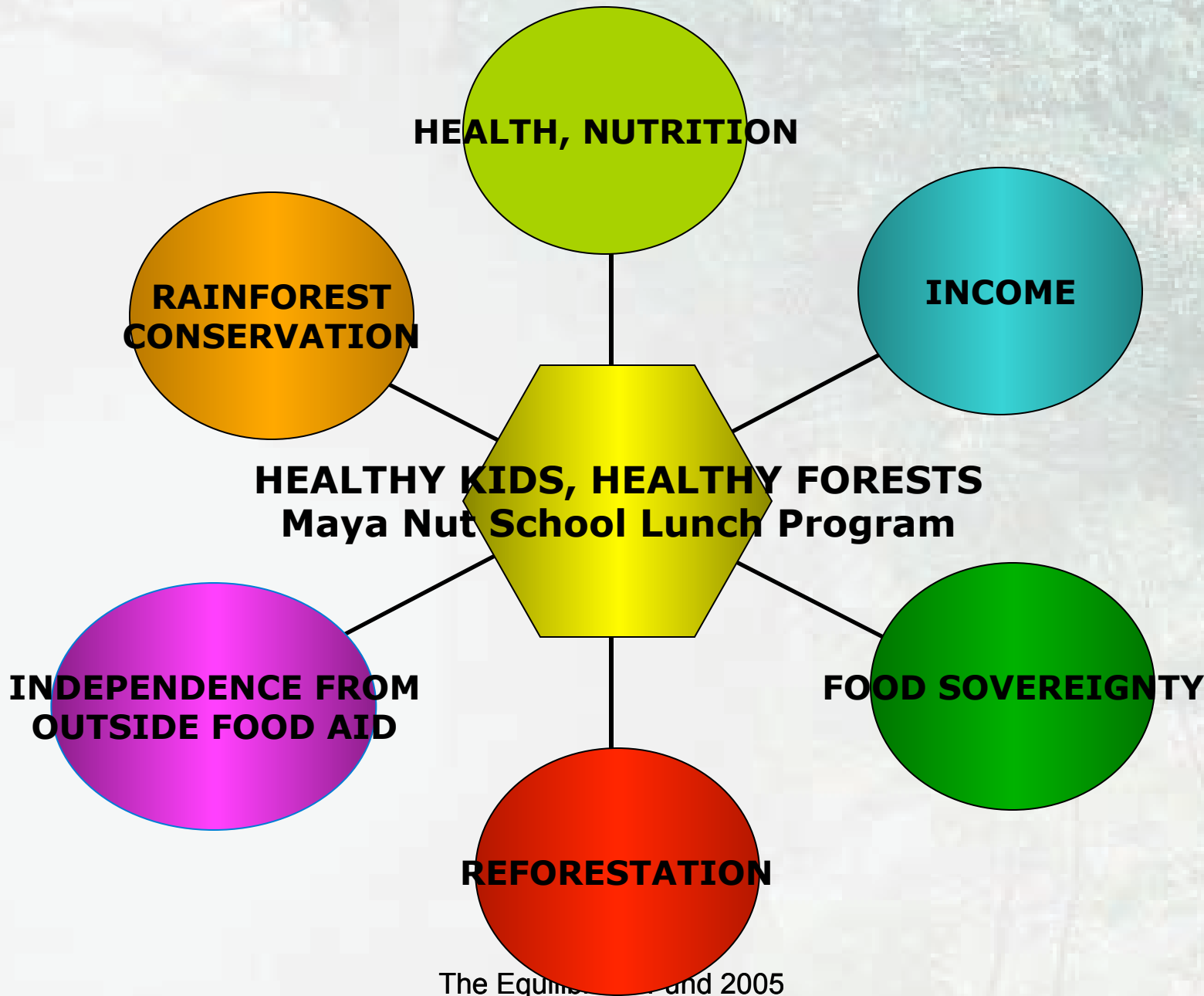
- Coffee
- Chocolate
- Bananas
- Sugar
- Rubber
- **Maya Nut?**

















HEALTHY KIDS, HEALTHY FORESTS GUATEMALA PILOT PROGRAM

- 22 schools participating
- 2700 kids fed
- 150,000 trees planted
- \$25,000 to women's producer group
- 428 women and children taught about Maya Nut
- Collaboration between Ministry of Health, Ministry of Education, Ministry of Agriculture and various NGO's

**WE HAVE THE CUTEST RESULTS IN
CENTRAL AMERICA!**



For more information visit
The Equilibrium Fund website
www.TheEquilibriumFund.org

Or email us at
info@TheEquilibriumFund.org

The Problem: Acute Malnutrition affects 49% of rural Central American children



Malnourished children perform poorly in school, get sick more often and cannot achieve their full potential as adults







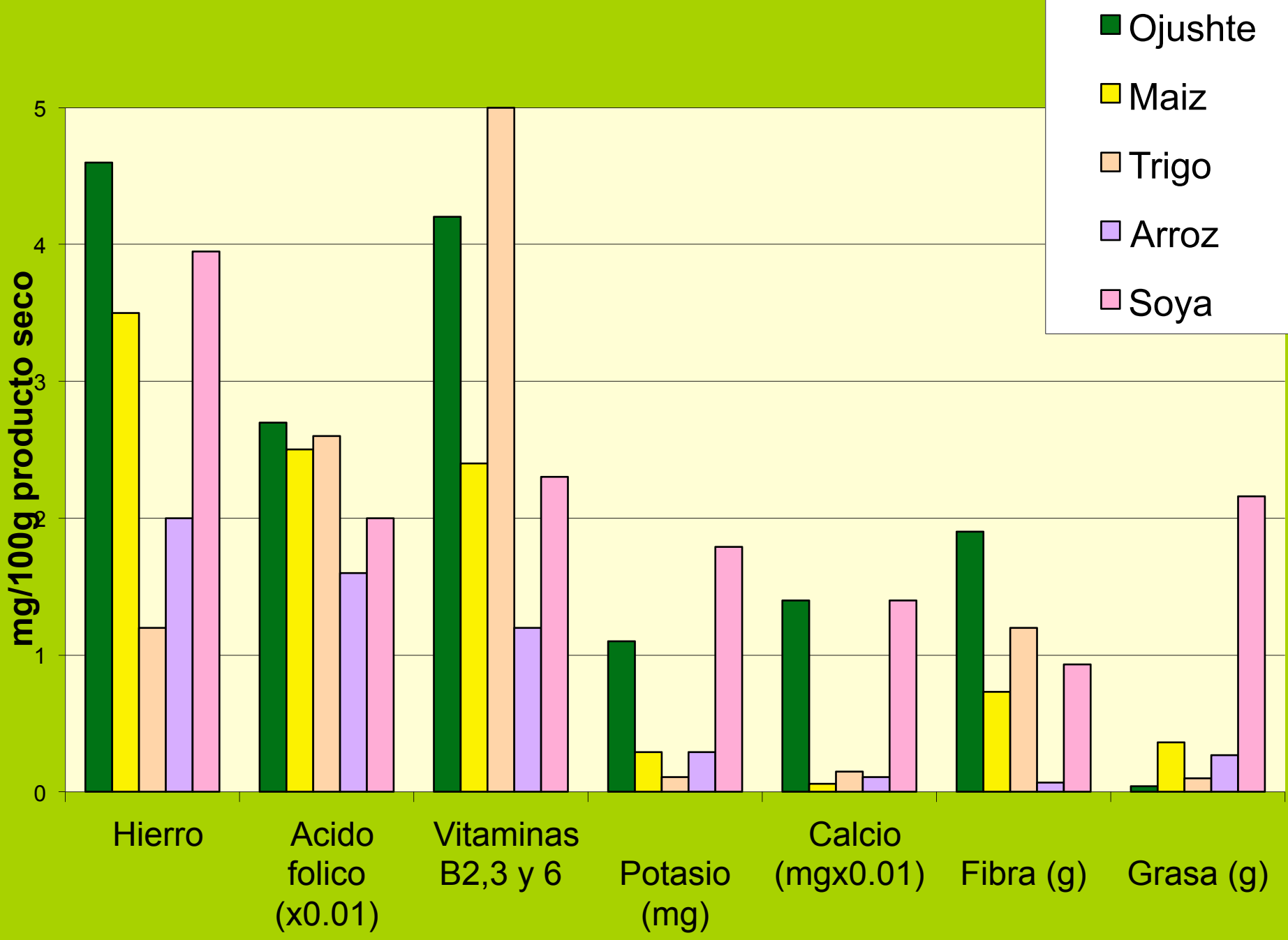
WHAT IS MAYA NUT?

- *Brosimum alicastrum*, in the fig family
- The staple food for pre-Columbian cultures
- Also known as Ramon, Ojoche, Ojushte, Ojite, Masic, Capomo, Mojo, Huje, Manchinga, Sande, Breadnut
- Nutritious, delicious and abundant
- An important emergency food during drought, famine and war













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EL OJOCHÉ SECADO
POR LAS MUJERES DE
LAS ZONAS RURALES DE
CHINANDEGA

EL OJOCHÉ VERDE
RECOLECTADO POR LAS
MUJERES DE LAS ZONAS
RURALES DE CHINANDEGA







We've taught 15,000 women and girls from 978 rural and indigenous communities about the Maya Nut





- Communities trained about uses of Maya Nut (*Brosimum alicastrum*)
- ▲ Reforestation with Maya Nut (*Brosimum alicastrum*)
- 🏠 Maya Nut processing plants







The Export Paradigm is a trap

Coffee

Chocolate

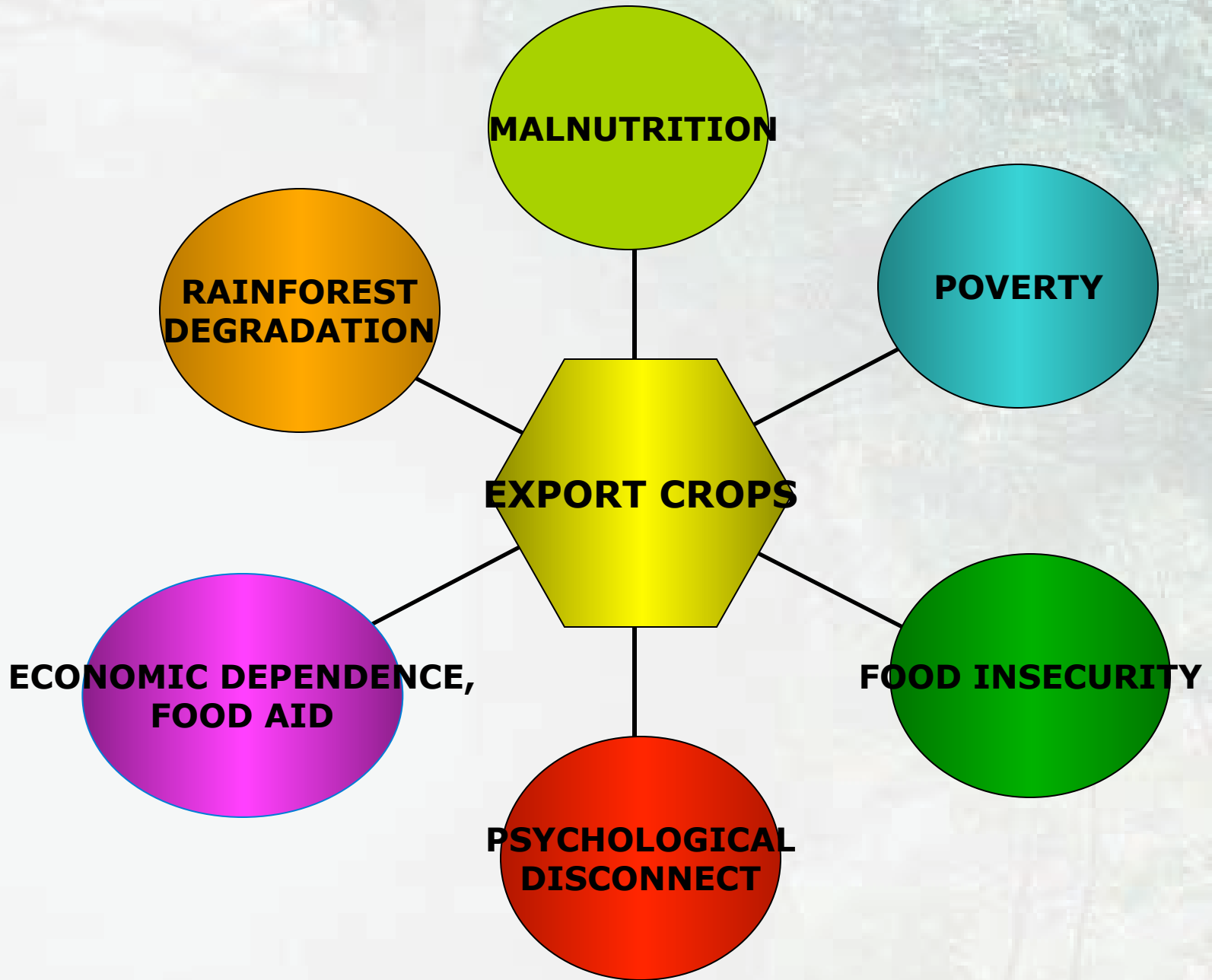
Bananas

Sugar

Rubber

Maya Nut?

















Healthy Kids, Healthy Forests costs \$20 per child per year





HEALTHY KIDS, HEALTHY FORESTS PILOT PROGRAM RESULTS

Guatemala	32 schools
Nicaragua	25 schools
El Salvador	5 schools
Mexico	5 schools

- Approx. 9,000 kids fed
- 395,000 trees planted (community land)
- \$55,000 spent to purchase Maya Nut from rural women's enterprises

GOAL: scale up to 1,000 schools by 2014









THANK YOU!

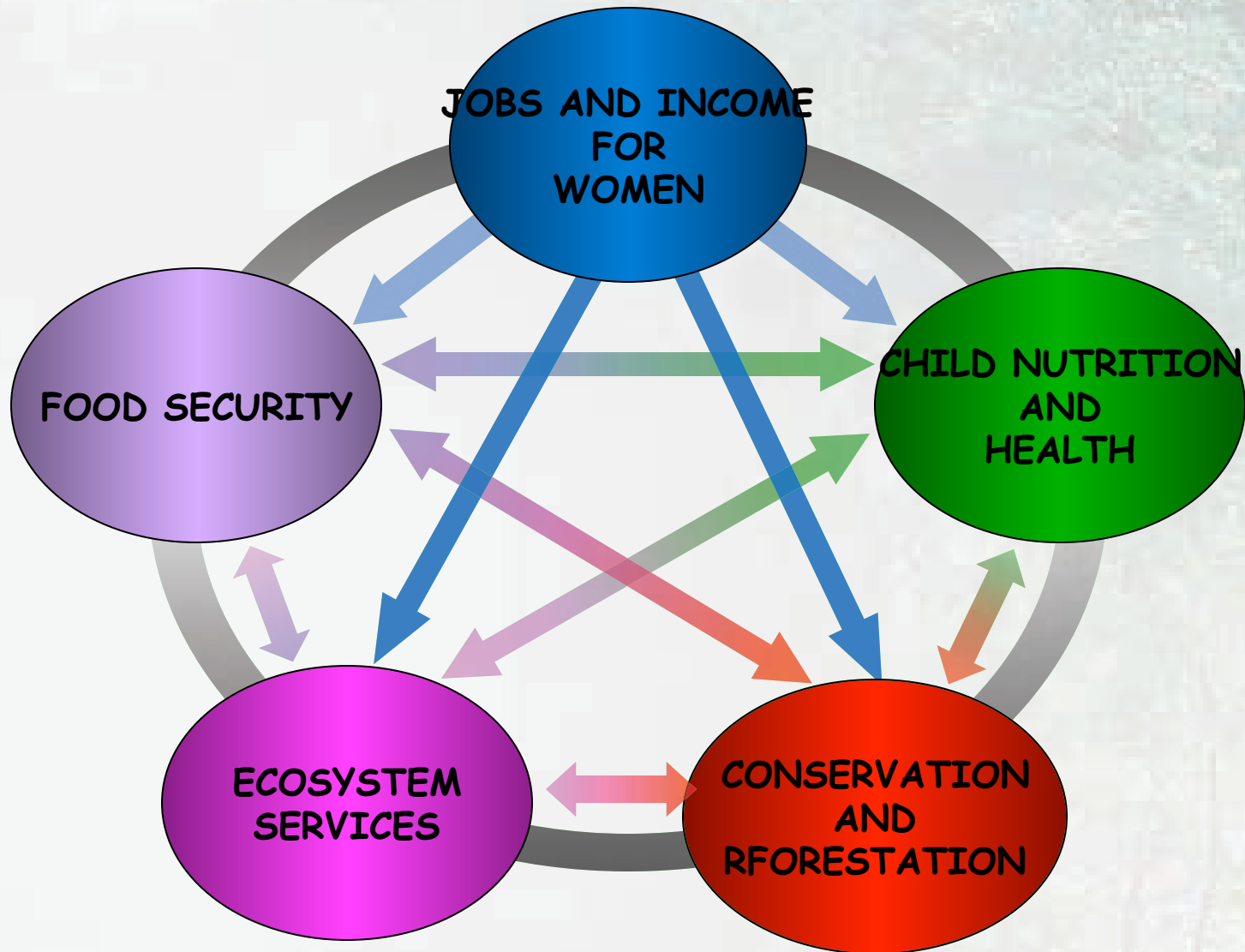
For more information visit
www.MayaNutInstitute.org

Or contact
MayaNut@gmail.com



*Go to the people
live among them
Love them
Learn from them
Start from where they are
Work with them
Build on what they have.
But of the best leaders
When the task is accomplished
The work completed
The people all remark:
“We have done it ourselves”
-Lao Tzu*

MAYA NUT PROGRAM SYNERGY



The Market will be the driver...

