



LUNCHES FOR

Learning


Breaking the cycle of poverty in rural Honduras.

THE MAKING OF A MEAL

*The Journey to Nutrition
and Learning*

THE MAKING OF A MEAL

Lunches for Learning provides the ingredients necessary to make a nutritious lunch for elementary school children, but it's the community that pitches in to take those raw ingredients and turn them into a meal.

THE MAKING OF A MEAL

Follow the entire process of daily lunch preparation for the Jose Trinidad Cabanas Elementary School. See firsthand the determination of the parents and community each and every day to make the most of the Lunches for Learning opportunity. . .

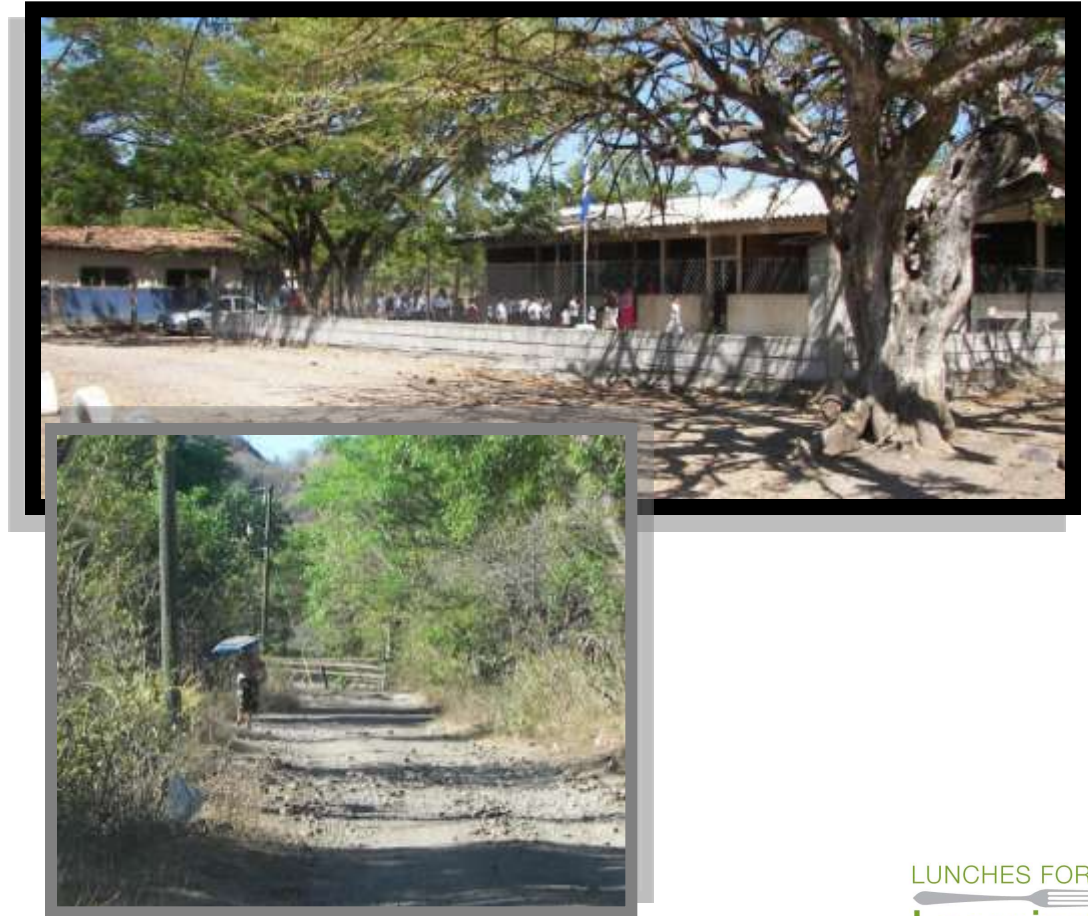
THE PREPARATION

- *Making* the lunch is a big challenge. Many of the sponsored schools don't have a "kitchen" in which to prepare the meals.
- Those schools rely on parents and the community to take turns preparing the food.

THE SCHOOL

JOSE TRINIDAD CABANAS ELEMENTARY SCHOOL

This school is located approximately 12 miles off Central America Highway 1 down a rough, rocky dirt road. Most who travel the road walk because they don't own a car.



THE MENU

A typical school lunch consists of:

- Grain (Carbohydrates)
- Legume (Protein)
- Milk
- Multi-vitamin



Lunch Menu



“Kitchen” and cooking area

A COMMUNITY EFFORT



- In this school, the village mothers are divided into groups of four by the Principal. The groups rotate through a schedule that requires them to prepare lunch once every other week.

THE NEIGHBORHOOD



The view of “town”
from the school yard



MAKING THE MILK

- The preparation of the milk involves soaking a corn meal-like grain in water over night and then blending the reserved water mixture with milk powder.



MAKING THE MILK



- Next, the milk substance is cooked in the home of the mother assigned to prepare the milk. She then carries the liquid to the school, often times traveling many miles with a heavy container.

COOKING TORTILLAS

- This is the village home assigned to make the tortillas.



COOKING TORTILLAS

The family takes great pride in the opportunity to participate in the preparation of the lunches and it often becomes a family event.



STIRRING THE BEANS!

A long walk down a rough, rocky road leads to the next home assigned to prepare the beans.



STIRRING THE BEANS!

Oil



Seasoning



Beans

STIRRING THE BEANS!

Everyone at the house pitches in to help.



THE INGREDIENTS COME TOGETHER. . .



Each mother assigned to prepare a portion of the meal is also responsible for transporting the food back to the school by lunch time. “Lunch” is usually around 9:30 because most of the kids come to school hungry and the teachers say that the kids learn better with a full stomach.

READY TO EAT



The children line up to receive their portion of the prepared meal in a bowl and cup provided by Lunches for Learning.

LUNCH



Over 1,000 elementary school children are fed a nutritious lunch each school day because of the Lunches for Learning program. We need your support so that we can achieve our goal of helping to break the cycle of poverty in rural Honduras.

Please consider a donation today.