

MAYAN FAMILIES

Community Garden



In San Antonio Palopó, there are few economic opportunities, especially for women. The majority either work at home caring for their children or selling traditional clothing. Families work hard to make ends meet but cannot rely on a steady income to buy nutritious foods for their children.

The mothers of our preschool students learn the skills to grow their own food, lead a team, and cook nutritious meals. The shared skills and experience empower women of San Antonio Palopó to create new economic opportunities and lead their families and community in healthy decision-making.



Nutrition

Women learn about the crops that they grow and how to cook healthy meals for their children.



Food Security

50 women have access to over 40 varieties of fresh fruit, vegetables, and herbs that they grow themselves.



Empowerment

The women learn agricultural, leadership, and career skills, which will help them find new job opportunities or start new businesses.

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