



# Sombrilla

International Development Society

## Food and Nutritional Security

### in Peru

#### About Us

Sombrilla is an Alberta-based, independent, non-governmental organization, founded in 1985 as a registered charity to facilitate projects supporting sustainable development, social justice, gender equity and human rights.

#### Our Mission

Sombrilla partners with communities in Latin America to empower them to assert their democratic, economic, cultural, and social rights.

#### Our Partners

Sombrilla develops partnerships with Latin American community-based organizations that share our mission in order to assist them in reaching their goal.

#### Contact us

PO Box 47025  
Edmonton Centre  
Edmonton AB  
T5J 2Y7  
connect@sombrilla.ca  
sombrilla.ca

The goal of the project was to improve food security and nutritional intake for approximately 180 community members (30 families) in Yurac Yacu by installing greenhouses and family gardens, and providing training over the first year of operation. In addition, participating families generate supplementary income through the

The local Health Post has identified malnutrition as a concern in the community. Although the people raise animals they actually eat very little

sale of produce in excess to their own needs. The project also stimulated interest in diversifying the local diet through gardening. We expect more greenhouses and gardens will be added in the following years.

This project complements the work a local Health Post and started to improve the diet of participants. In addition, the project will also show other community members the financial and nutritional value associated with these



non-  
tra-

meat and at 3400-3700 meters elevation the number of crops that can be grown is limited. The diet is based on traditional crops such as potatoes, other tubers, fava

and lupine beans. While there is sufficient calorie content in most people's diet, they tend to lack the diversity needed to provide a full range of micro-

# Yurac Yacu— Peru



Most people in the Yurac Yacu area make a living as pastoralists, grazing their animals in the nearby valleys and in the National Park. Average family income is approximately \$60 per month and illiteracy is still an issue in the community. The community located in the Andean Highlands, close to Huaraz, Peru. Many municipal services, such as reasonably well maintained roads, and clean drinking water are not available.

Average family income is approximately \$60 per month and illiteracy is still an issue in the community of Yurac Yacu.

## Project Activities

- Construct 15 family greenhouses and 15 family gardens, each of an area of at least 60 square metres
- Provide the seed, materials, ingredients and training needed for planting each greenhouse and garden plot, and prepare the organic fertilizer and organic pest control mix for each
- Provide training and supervision to each of the greenhouse and garden owners over a 15-month period in the management and maintenance of the greenhouses. This training will include preparing seedling trays, direct seeding and transplanting, weed and pest control methods, record keeping and plant rotation and companion planting etc.
- Conduct a baseline dietary and nutritional intake survey of each family that receives a greenhouse or garden
- Provide monthly nutri-

tion and cooking classes to the greenhouse and garden owners to encourage and motivate them to use the harvested vegetables.

