



2015 Grant Request: 2015-30

Funded by
The Café Femenino Foundation

Project Name: Quinoa Cultivation & Meal Preparation Workshop

Funding Needed: \$4,025

Country Most Impacted by Project: Peru

Region: Northeastern Peru - Coffee Producing Community

Project Impact: 500 members of the coffee-producing community will benefit directly.

Project Description: Quinoa and Kiwicha seeds contain proteins of great value in a healthy diet. They also contain amino acids that are beneficial for a child's development. Special preparation of the seeds is important in creating a pleasant flavor for children. The Quinoa Cultivation and Meal Preparation workshops will teach families to integrate these important foods into the family's diet. Families will learn how to incorporate them into breakfast, lunch, and dinner.

A friendly competition will take place in the community of female coffee growers to reward the best meal that is made with the skills learned in the workshops. These women will be agents of change, inspiring others to make changes for a healthy and sustainable diet.

Benefits:

- Families of the coffee producers will have an improved diet benefiting their overall health.
- Relationships will be strengthened among producers which will create partnerships and sustainability.
- A cookbook of original Quinoa and Kiwicha recipes will be produced by the participating producers.



Project Details and Items Required
Quinoa and kiwicha seeds
Crop management workshops
Workshops on the control of pests and diseases
Workshops on the nutritive value of quinoa and amaranth
Workshops on preparation of the quinoa and amaranth
Presentation of dishes based on quinoa and kiwicha in local and regional fairs
Competitions for the best dishes prepared on the basis of quinoa and kiwicha

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