



Club Rotario Obregon Sur District No. 4100

***“IMPROVING NUTRITION
ALTERNATIVES FOR THE YAQUI
AND MAYO TRIBE FAMILIES IN
SOUTH SONORA”***



DESCRIPTION AND OBJECTIVE OF THE PROGRAM

- *Improve the quality of life of families living in different communities in South Sonora by actively involving children, young adults, men, women, and families in general*
- *address all the key aspects of nutrition, consisting on the installation of organic gardens*
- *access to more than 13 types of vegetables taken directly from their gardens*
- *every family member become actively involved in training, process, and consumption of organic food*



This project has as main purpose the pursuit of food security which is when all people have permanent physical, social and economic access to safe, nutritious and sufficient to meet their nutritional requirements and food preferences, quantity food so you can take an active and healthy life.







Children are motivated and are active in the communities , transferring knowledge about a healthy diet, also are themselves, those involved in nutrition workshops where they learn to develop products that promote for consumption , driven participation of the population to be partners in the decrease in consumption of junk food .





Area of Impact:

(Urban and Rural Areas): Beltrones, Navojoa, Quiriego, Huatabampo, Bacum, and Etchojoa

Cajeme
Beltrones
Severo Giron

Etchojoa
Huitchaca
Bocana
El Chori
Colonia Soto
Buaysiacobe
Sebampo
Chichivo

Tribu Yaqui
Bataconcica
Loma de Bacum
El Conty
Loma de Guamuchil



Navojoa
Guayparin
Etchohuaquila
Jostahueca
Santa Maria del
Buaraje
El Sifon

Huatabampo
Loma de Etchoropo
Col. Pri 90
Moroncarit
Mochibampo
Loma de Moroncarit
La Savila

Quiriego
Quiriego
Tepahui

How does it work?

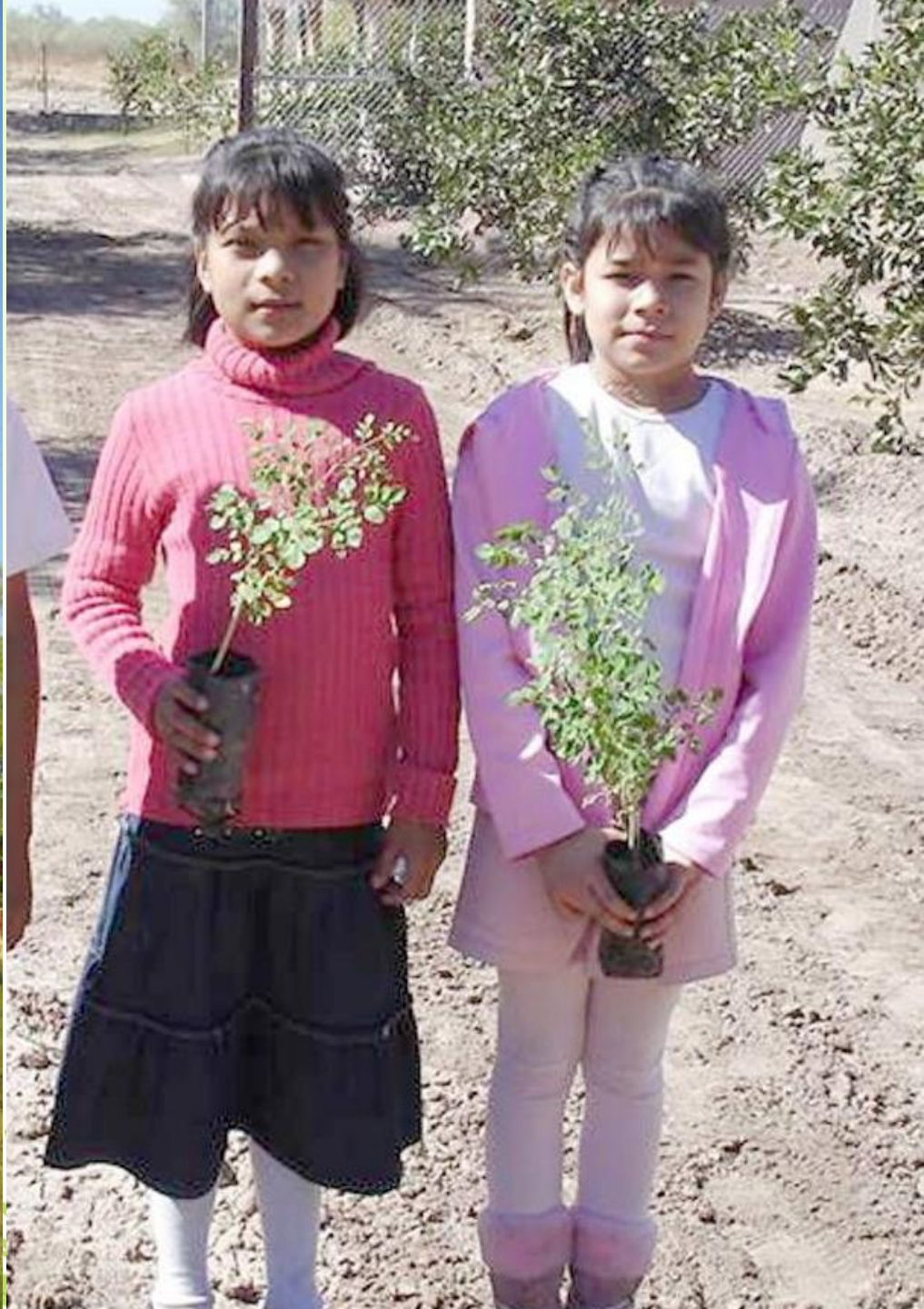
Supply family gardens with screen mesh.

technical assistance on family gardens, maintenance, soil preparation, planting, making of compost, usage of organic fertilizers, assorted materials for children's workshops, seed supply for family gardens

Supervision

- Assessment and Follow up Meetings of family gardens on a regular basis.***





Beneficios de la Moringa

Antidiabética

Antiinflamatoria

Disminuye el colesterol

Protegen la salud cardiovascular

Purifica el agua



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MORINGA OLEIFERA

HOJAS FRESCAS

GRAMO POR GRAMO,
LAS HOJAS FRESCAS
CONTIENEN APROXIMADAMENTE:

4 VECES MAS VITAMINA A
QUE LAS ZANAHORIAS



7 VECES MAS VITAMINA C
QUE LAS NARANJAS



4 VECES MAS CALCIO
QUE LA LECHE



3 VECES MAS POTASIO
QUE LOS PLATANOS



3/4 DE LA CANTIDAD DE HIERRO
QUE LAS ESPINACAS



2 VECES MAS PROTEINA
QUE EL YOGURT



GRAMO POR GRAMO,
LAS HOJAS SECAS
CONTIENEN APROXIMADAMENTE:

10 VECES MAS VITAMINA A
QUE LAS ZANAHORIAS

1/2 DE VITAMINA C
QUE LAS NARANJAS

17 VECES MAS CALCIO
QUE LA LECHE

15 VECES MAS POTASIO
QUE LOS PLATANOS

25 VECES LA CANTIDAD DE HIERRO
QUE LAS ESPINACAS

9 VECES MAS PROTEINA
QUE EL YOGURT

HOJAS SECAS





WHAT IS THE ROTARY CLUB PARTICIPATION IN THE PROJECT?

The Rotary Club will be participating with funding for the realization and completion of the project



TARGET POPULATION BENEFITTING IN 35 COMMUNITIES

	NAVOJOA	HUATABAMPO	ETCHOJOA	BACUM	Quiriego	Beltrones	SEVERO GIRON	TOTAL
CHILDREN	123	273	266	32	133	11	16	853
YOUNG ADULTS	98	385	158	44	62	21	9	777
ADULTS	146	146	140	83	151	37	20	722
TOTAL	366	804	564	159	345	69	46	2352

Number of gardens: **350**

Average cost per Garden: **94.50 USD**

BUDGET PROPOSAL FOR THE FAMILY GARDEN PROJECT

Budgeting for Family Gardens ROTARY

CONCEPT	Rotary Club
MORINGA SEEDS AND TREES	7,500.00
NOPAL STALKS	3,000.00
CHICKEN WIRE	15,500.00
7 PROMOTORS SCHOLARSHIPS	5,000.00
TRAVELING EXPENSES	2,075.00
	33,075.00 USD



**THANK YOU DISTRICT 4100 AND
ROTARY CLUBS FOR YOUR
SUPPORT!**

