

Seeds for a Future

SITE VISIT WITH POPULATION CONNECTION
SPRING 2025

**“Building health and opportunity, one
family at a time”**



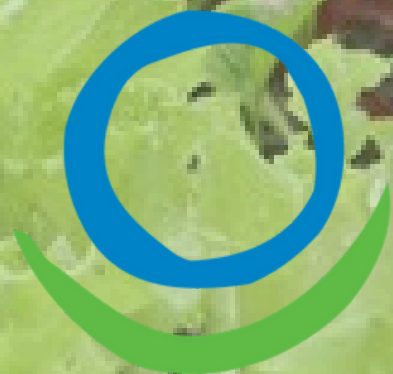
Seeds for a Future
Food Security Solutions



**POPULATION
CONNECTION**

SEEDS FOR A FUTURE

site visit with Population Connection, 2025





Seeds for a Future

"When families feel the power of providing for themselves, new worlds of opportunity open up."



Mission: to eliminate chronic malnutrition and disease among rural families and communities by equipping them with the training and resources for producing their own sustainable food security, increasing their nutrition and health, and developing more economic opportunities.

GUATEMALA



- Population: 18.2 million
- Median age: ~23 years (youthful population)
- 54% urban; 46% rural (one of the biggest rural populations in Central America)
- TFR: 2.26 (one of the highest in Latin America)
 - Fertility is higher in:
 - Rural areas
 - Indigenous populations
 - Less-educated and lower-income households
- Ethnic composition:
 - ~56% Ladino (mixed European/Indigenous)
 - 41% Indigenous (K'iche', Q'eqchi', Kaqchikel, Mam)

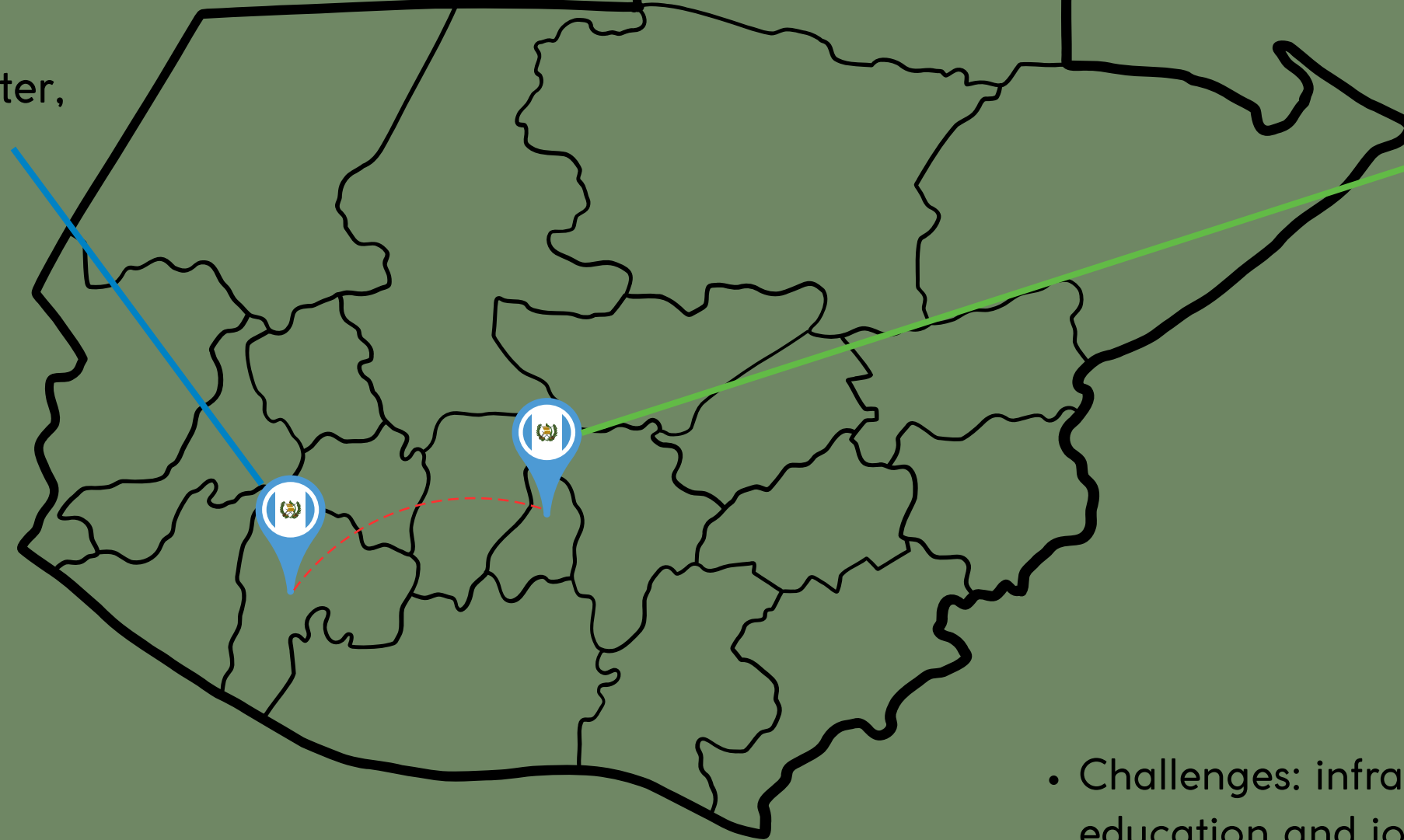
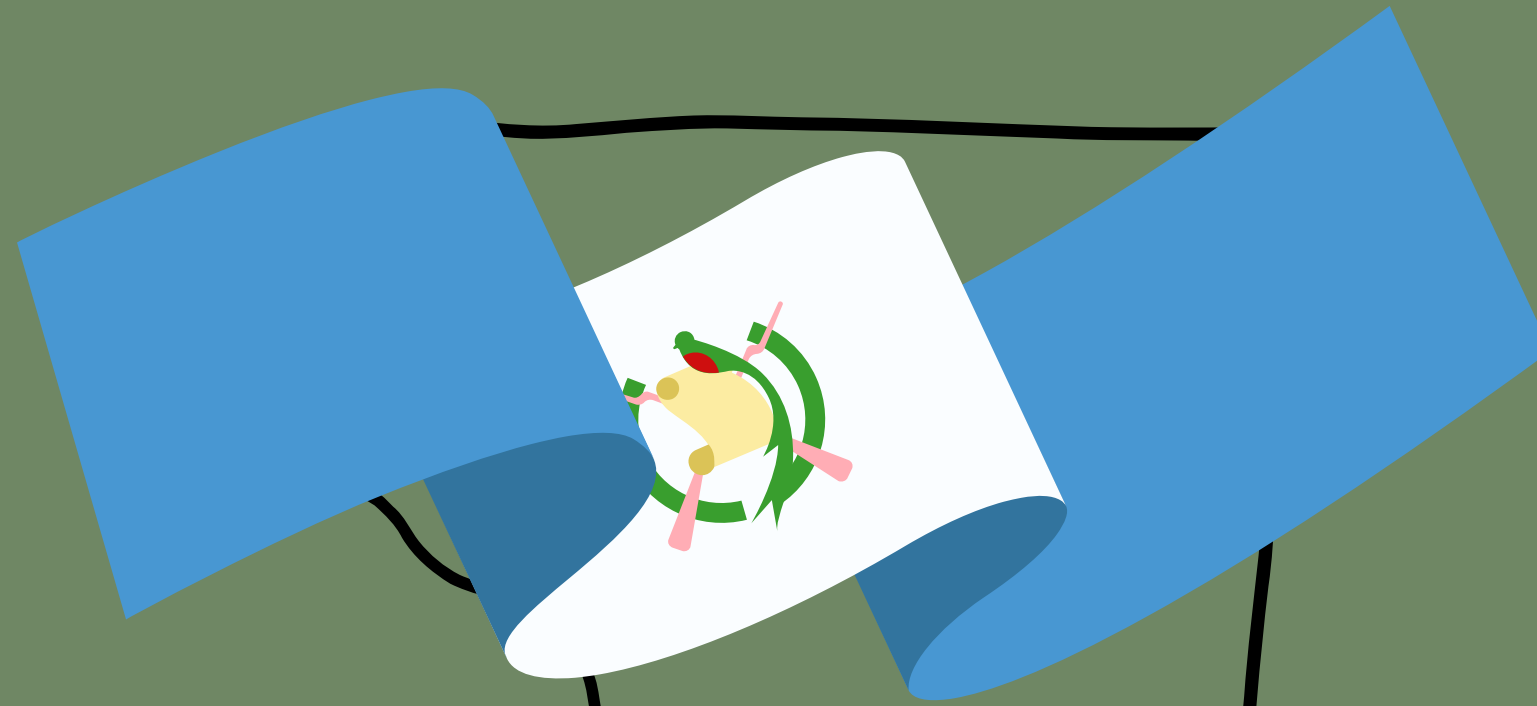
GUATEMALA

- One of the most unequal countries in Central America
 - Poorest 20% receive 3.8% of total income; richest 20% claim 60.6%
 - Top 10% own half of national wealth; bottom 10% less than 1%
 - A tiny elite (~260 families) controls 56% of the nation's assets
- 45% of Ladino (mestizo) population live in poverty; 91% of Indigenous
- For many rural, low-income households, remittances make up 46-60% of income
- Rural Guatemalans face the highest rates of chronic malnutrition in Central America



Chocolá, Guatemala

- Community in San Pablo Jocopilas, Suchitepéquez, Guatemala
- Population 10,000
- Most residents today are Indigenous Maya, primarily K'iche' and Kaqchikel
- Most families survive on ~\$3/day
- Local economy: agriculture
- Challenges: access to clean water, healthcare, education



Antigua, Guatemala

- Municipality of Sacatepéquez, Guatemala
- Population 60, 608
- Median age: ~18.7 years
- Most residents are Ladino (mestizo/non-Indigenous)
- Income ~\$840/month
- Local economy: tourism, language schools, expat community
- Challenges: infrastructure, rising cost of living, limited education and job opportunities, healthcare access, crime and security

Site visit



**Meet at
community
nursery in
Chocolá**



**Household
check-ups,
education**



**Travel to
community
nurseries**



**Closing
presentations
at Chocolá
headquarters**



SEEDS FOR A FUTURE



“This is so important for the health of our community.”

“In another community down the road, there are so many chemicals in the food that you can smell it. Through this program, we’re able to learn how to tell—through smell and taste and by growing our own food—what is healthy and what isn’t. This has helped us so much.”



“We can start to see that the taste of fruits and vegetables are totally different based on how they’re grown.”
-Moises





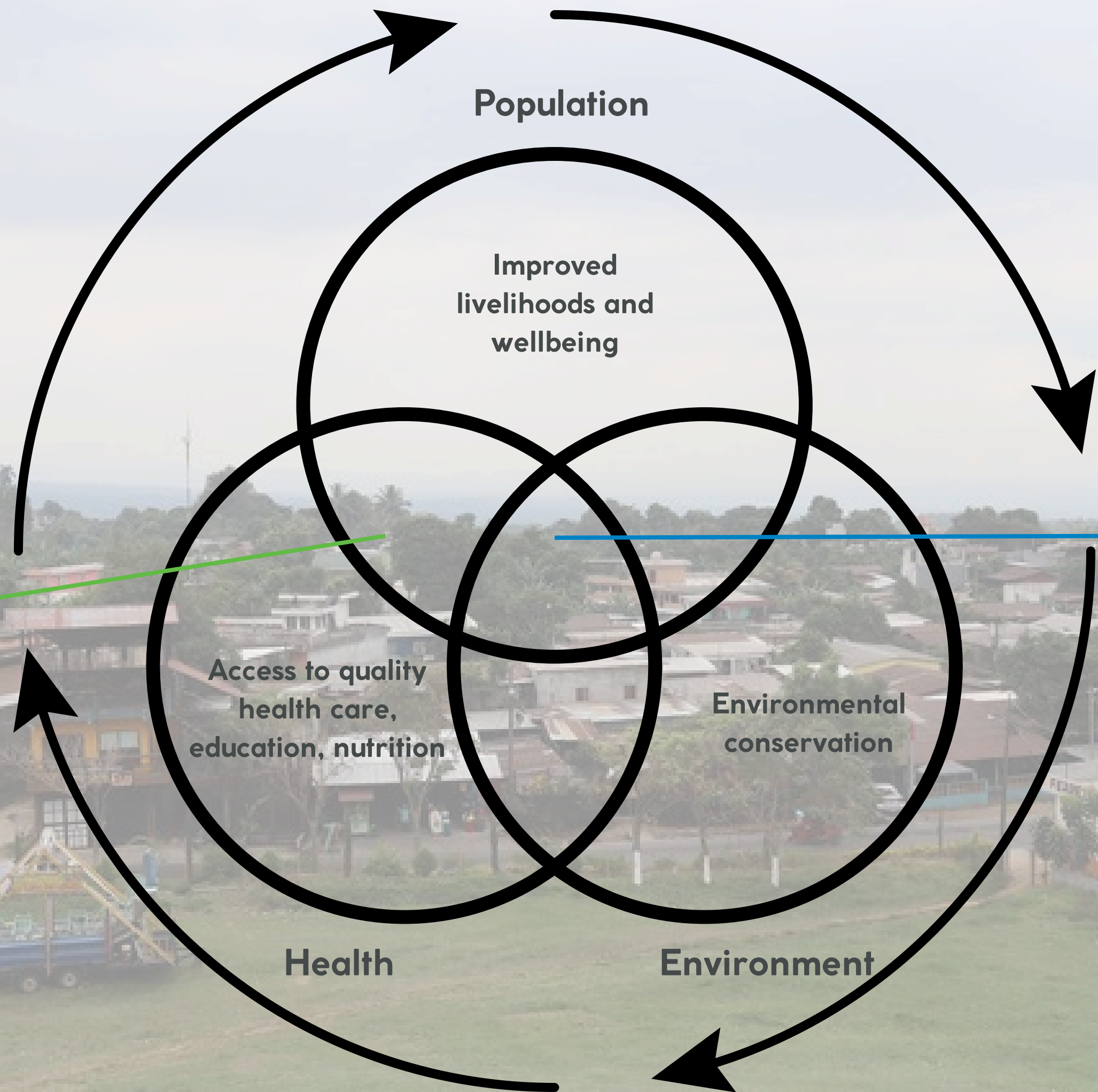
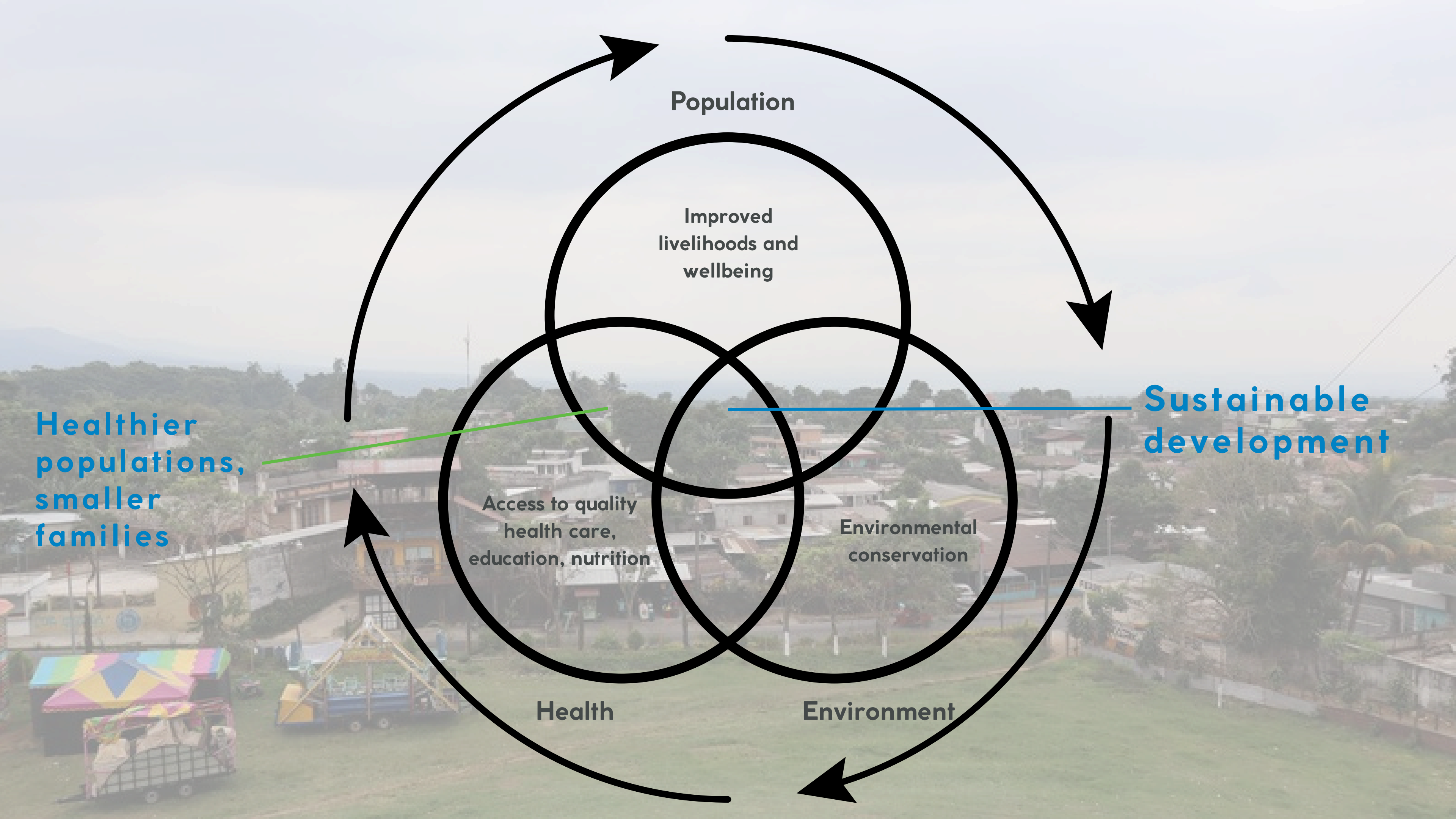
"We are starting to see that in the supermarket, you can buy produce and meat that are huge because they are grown with chemicals and hormones. When we grow and harvest our own food, we know that the produce might be smaller, but they have much more nutritional quality."

-FRANCISCO



“My favorite part is growing the seeds, learning how to put them in the soil, and eating healthy food. I know that the seeds are nutritious and healthy—Organic, without contaminants. I also love teaching other people how to grow healthy food like this.”

-CARMENINA



Healthier
populations,
smaller
families

Sustainable
development