

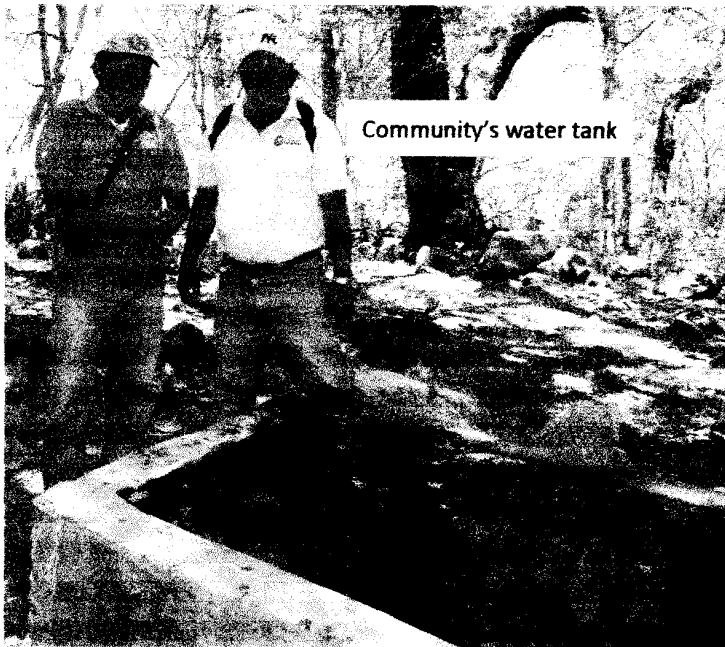


Dinerza's story:

Water project has huge impact on children's health and nutrition

Foods Resource Bank's Nicaragua-Mateare Carazo program 5006

Led by Church World Service with local partner Centro Intereclesial de Estudios Teológicos y Sociales



"I'm Dinerza. I'm 27 years old and I have four babies, ten, six, four and two. I live in a rural community. It's a five-hour walk to the nearest town. Only four-by-four vehicles get there ... and I mean horses, not trucks.

"My community has taken part in the FRB food security project for years. It has changed our lives. With the little land we have we've prepared kitchen gardens to grow food, to improve the children's nutrition, to help them grow with better defenses. We get something from our gardens all year round because now we've got water. We use drip irrigation in the gardens in the dry season: that alone has made such a big change.

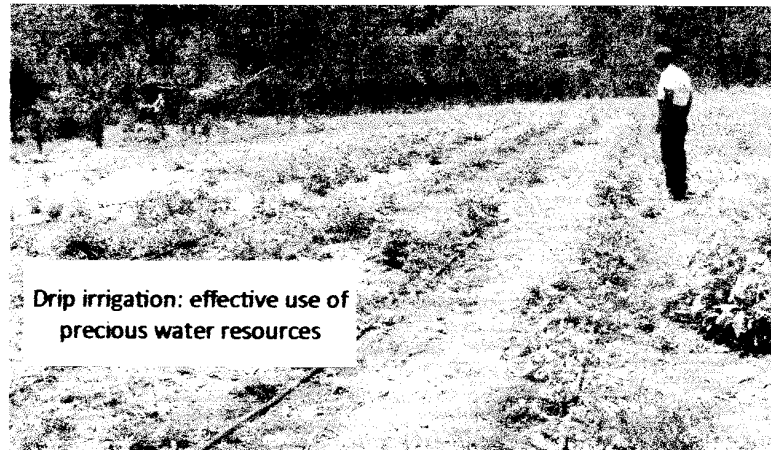
"I am the community's nurse and chemist and keep a store of medicines for the village. I can see the difference that the food security project

is having. There are fewer outbreaks of disease, fewer parasites, less illness. People, especially children, are healthier and better nourished. This is partly due to our eating better food. A lot of it is the clean drinking water. And part of it is the education we've been doing on hygiene.

"The water project is precious. Our water source is gravity fed, and it comes from our own land, not from another community. We all worked together to build a micro-dam and a big tank, and the water comes in pipes all the way down to our houses and gardens. Before ... well, it was a sacrifice to get water. Sometimes we'd have to dedicate the whole day to walking to the water, 45 minutes one way, to wash clothes, to wash pots and pans, to fetch water to drink and to take to our husbands working in the fields. Now it comes right to our houses.

"We've reforested all around the water source to prevent erosion. We know now that we have to protect the water to make sure we have it in years to come.

"The whole program has been important for us. We're giving better food to our children. But I think the most important difference that the community has felt has been the water. It's changed everything."



This program has been supported by FRB's Community Growing Projects. For more information or to support this