



# Friends of FORMA

## November 2019 Newsletter

Our mission is to provide educational and nutritional assistance to youth and children living in impoverished rural areas of Guatemala.

### FORMA Guatemala Offers New Nutrition Program

FORMA Guatemala with financial support from Friends of FORMA has launched a new program to teach indigenous mothers and their school age children how to prepare healthier, more nutritious meals. In the past, FORMA Guatemala provided snacks for children at school but government efforts in this area have reduced the need for that program. So Friends of FORMA and FORMA Guatemala have shifted their efforts to helping mothers with school age children improve their nutrition at home.

The 30 mothers in the pilot program meet twice a month and prepare a meal for their children. They and their children also receive training in dental hygiene and in planting their own gardens. The goal is to help them understand how to prepare a wider variety of healthy foods. The students also learn how to prepare good meals. The students that participate in the program are part of the FORMA Guatemala's program to provide students with reinforcement in reading. The initial response to the program has been very positive.



Students in Cooking Class



Mothers in Cooking Class

As the school year comes to a close in Guatemala, we would like to recognize six students who will be graduating this year. These students are Tomasa, Vilma, Angela M., Angela C., Mayra and Francisco. Many, if not all, of these students will be continuing their education to pursue a variety of careers. The opportunity that these students have had to continue to go to school, to learn English and life skills and to give back to their community has been nothing short of life-changing. With your monetary support, students like these can have the opportunity to overcome their impoverished conditions and can contribute in positive ways toward the betterment of society. Congratulations to all these students and we celebrate with them in their accomplishment.



Graduates, Vilma and Tomasa



## Randy Stephenson's Recent Visit to Guatemala

Ana Isabel with her family in San Antonio Polopo.

In August board member Randy Stephenson returned to Guatemala to visit with the FORMA program. He was glad to see that all the programs that Friends of FORMA has supported this year are providing benefit to youth and their families in the area in and around Panajachel. Accompanied by Gregorio and Candelaria, Randy visited the homes of several scholarship recipients: Angelica, Ana Isabel, Rodolfo, Angela, Alvaro, Gloria Maribel and Luz Emilia. While at their homes Randy conducted video interviews with the students to allow them an opportunity to tell their stories and to speak of their future plans. He also interviewed scholarship students Oliver, Vilma and Tomasa at the Jabel Tinamit language school. All spoke with enthusiasm about the opportunity they have had to continue their education and their gratitude for that opportunity. Randy was also able to meet some of the family members of these students.

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