

PORTRAITS OF **PROMISE**



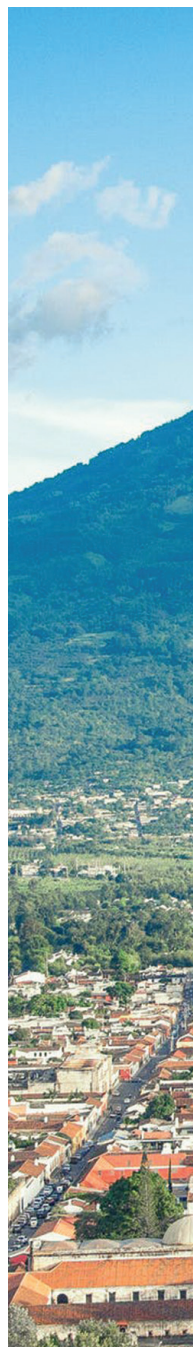
The Ingredients of Hope

by Ellery Sadler
Staff Writer

Bread. Rice and beans. Milk. Fish.

Although these simple ingredients make simple meals, they represent new hope for a family in Guatemala. Let's go on a journey around the world to a small rural community in the mountains of Totonicapán. Here, a 7-year-old girl named Hellen was fighting for survival.

These are the stories.
These are the souls.
These are the portraits of the
lives we're changing.







Guatemala is a beautiful country south of Mexico that neighbors Belize and Honduras. It's home to a diverse landscape including rainforests, volcanoes, and Mayan ruins. But the communities here are also deeply affected by poverty and the deprivation of access to basic necessities like food, clean water, education, and economic opportunity. **UNICEF reports that chronic malnutrition affects 58 percent of indigenous children and 47 percent of children under the age of 5.¹**

Sometimes, statistics around a massive problem like malnutrition can feel overwhelming. So, let's focus on one family. See how your compassion is changing the future for Hellen and her family, because a tidal wave of change starts with one child at a time.

The village where Hellen lives is in a very remote region, which makes it hard for her parents to find enough work to feed her and her siblings. Hellen lives with her father Pablo, her mother Gloria, two older sisters, and a little brother.

For Gloria and Pablo, finding enough food for their family's next meal was a daily battle for survival. Pablo suffered an accident a few years ago that left his left leg crippled, so that even now he walks with a painful limp. Despite that, he spends about 15 days each month walking from village to village as a street vendor, selling his wares and trying to make ends meet for his family. Both parents work hard to provide for their children and try their best to keep body and soul together.

GUATEMALA IS A COUNTRY WITH A LOT OF DIVERSITY AND CULTURAL RICHNESS, WITH MANY BEAUTIFUL LANDSCAPES AND VERY KIND PEOPLE. BUT SADLY, THIS POVERTY-STRICKEN AREA STRUGGLES WITH MALNUTRITION. THIS IS ONE OF THE MAIN REASONS WE CHOSE TO INVEST IN THIS COMMUNITY. WE KNOW WE CAN HELP FEED THESE CHILDREN.

The pandemic also left a devastating mark on their family and community. Travel was restricted, and circumstances became even more difficult. Pablo was not able to travel due to efforts to contain the virus, and for seven months he could not work in the villages. This left the family in an even more vulnerable position, and the children suffered from malnutrition. Gloria and Pablo were distraught as they watched the effect this had on their little ones.

Widespread malnutrition is a pervasive problem in the area and has many negative ramifications on the growth and health of children. Johns Hopkins reports that malnourished children may be short for their age, thin or bloated, listless, and have weakened immune systems.² Nutritional disorders can affect any system in the body and the senses of sight, taste and smell. They may also produce anxiety, changes in mood, and other psychiatric symptoms.



2. www.hopkinsmedicine.org/health/conditions-and-diseases/malnutrition#:~:text=Malnourished%20children%20may%20be%20short,mood%20and%20other%20psychiatric%20symptoms



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**Thanks for your generosity.
We look forward to making a difference together.**



Healthy, nutritious, consistent meals are essential for children to be able to grow. This very basic necessity is critical for survival. Tragically, for many children in Guatemala, even the need for food is not met, leaving them sick and unable to grow and thrive.

When we heard about this community's need, Orphan's Promise was able to bring hope and healing through food and supplies. We provided Hellen's family with bags of nutritious ingredients like noodles, rice, beans, oil, sugar, milk, canned fish, protein powder, and fortified drinks. These simple yet essential items brought life back to the family during a very difficult time.

Hellen said, "Thank you for trusting us and giving us the opportunity to hear about Jesus Christ, and for the food bags that we received."



Hellen is now attending our partner project in the area, Club Extra, where she's able to learn and grow in a safe, loving environment. She goes to kindergarten classes twice a week at the school, which is a 30-minute walk from her home. Her parents are very proud of her for going

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to school. Now that she isn't worried about where her next meal is coming from, Hellen is able to laugh, play, and focus on her studies. She loves the color pink, playing soccer, and playing with her doll. Also, Hellen says she wants to be a teacher when she grows up. Her joy and laughter are infectious.

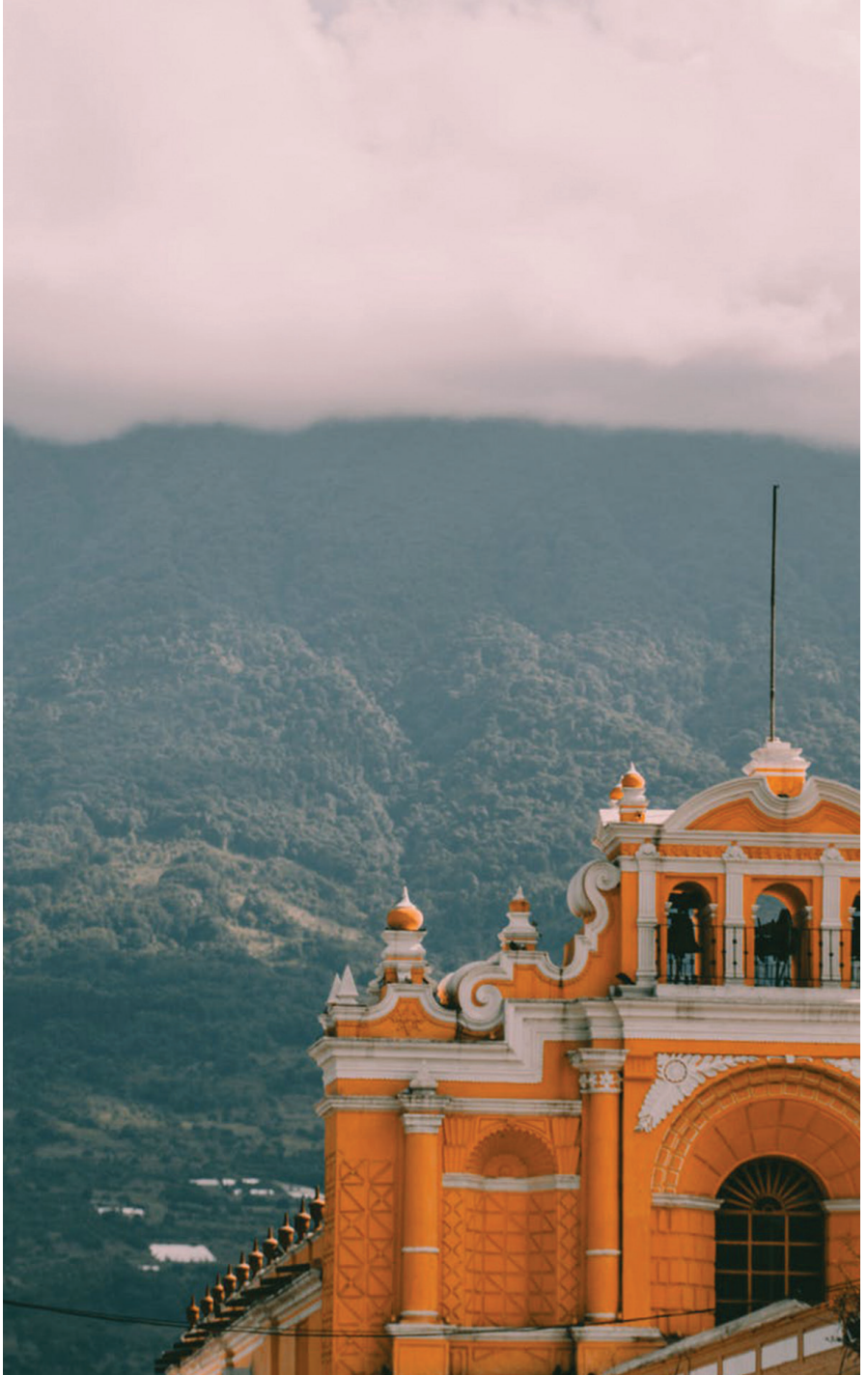


“A few years ago, Hellen’s future was clouded by malnutrition, like thousands of children in Guatemala. However, thanks to Orphan’s Promise and our local partner, Hellen is smiling today, leaving behind that medical diagnosis. She is a girl who will grow up healthy, happy, and full of dreams to fulfill. We not only provide food but also hope and love,” Karina Núñez, our LATAM Regional Manager, shared.

It is a gift and a privilege to come alongside parents like Gloria and Pablo and offer them a compassionate helping hand. Changing the world doesn’t happen all at once or with grand, sweeping gestures. It happens with one person like you taking the time to care about one little girl like Hellen. It happens one family, one meal, one community at a time.

Thank you for helping bring hope and healing to Hellen and many children like her.







give us a call: 1-800-818-4016

orphanspromise.org

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