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What I noticed during my time in Xela was the amount of organizations that were working for social change but were working independently of each other. From medicine, to housing, to fair wage programs, several organization work not only in Xela but also around Guatemala. Yet, it still was not enough. Social change can be a slow process. But after this summer, I began to contemplate the effectiveness of having individual organizations dedicated to a single cause. These issues are necessary to tackle. I was simply starting to question the ways in which these issues were being addressed.

I truly appreciated my time with MealFlour because of the understanding of the interrelatedness of social problems and the effectiveness of empowering local communities rather than creating a cycle of dependency. My experience was split between MealFlour and their partner organization Primeros Pasos. But to say that the work I was doing for these two organizations was completely separate would be a fallacy. Of course, they are partner organizations and both have focus on malnutrition. However, more than that, they both espouse the idea that there needs to be social change. They both believe in the idea that the people of the Palajunoj Valley are entitled to the highest attainable standard of health. And most importantly, both serve to empower vulnerable communities. In the survey I helped Primeros Pasos and MealFlour implement to evaluate food security and perception of mealworm consumption, 61.4% of the individuals surveyed would or would consider eating mealworms if were told to by a doctor. If a family member were to tell them about the benefits of mealworm consumption, 24.5% of individuals would or would consider eating mealworms. This percentage decreases to 17.3% if it were a friend telling them about mealworms. What the survey showed was that the partnership between MealFlour and Primeros Pasos is necessary for mealworm consumption to increase in the Palajunoj Valley.

For me, working for these two organizations and leading this survey helped me realize that social change is both an individual and a collective act. Social change is difficult to achieve. Yet, I believe the manner in which MealFlour operates to promote such change through empowerment, partnership, and addressing interrelated issues creates social change.