



MEAL FLOUR



2020 Annual Report



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Letter from the Directors

The COVID-19 pandemic highlighted the urgency of addressing the systemic problems affecting the most vulnerable sectors of society, especially in Guatemala. Malnutrition and food insecurity increased, making the importance of MealFlour's work clearer than ever. But despite all of its challenges, 2020 was also a year where we were able to see the best of ourselves. We saw that our empathy and strong partnerships allowed us to support the communities we serve in a time of great need.

Lockdowns and social distancing measures meant we were not able to follow the original expansion plans for 2020. However, the strong relationships we have with our partners and the communities where we work allowed us to continue communicating with partners and participants, allowing us to continue monitoring the program and its successes. Without holding in-person trainings, our efforts were redirected to 1) strengthening the knowledge of participants in the first cohorts, 2) seeking alternative ways to deliver the training curriculum safely by developing educational videos in the Indigenous Mayan language, Mam, 3) providing direct emergency aid, and 4) working with program participants to catalog and share information about indigenous flora and fauna that can improve food security.

Our internship program also expanded to welcome six interns from la Universidad de San Carlos in Guatemala and two from the University of Chicago in the US. Their work was instrumental to our growth and successes in 2020. With their help, we launched a new program, Bienes Forestales! The initiative catalogs and shares information about edible plants, fungi, and insects available in the communities where our MealFlour program participants live. So far, we have worked with the women in our program to catalog over 50 plants and their nutritional content, which are all being collated into a digital and print book that will be translated into local Mayan languages.

With the expansion of our programs, we are excited to announce that MealFlour is now registered as a non-profit in Guatemala under the name, Asociación Todos Juntos por la Resiliencia Comunitaria (Todos Juntos). This huge step in the development of our work allows the team to continue our mission to improve community resilience through grassroots programs that are based in multidisciplinary collaboration and research.

We are looking forward to all that is to come for Todos Juntos in 2021, which includes expanding our Bienes Forestales program and further developing our online training materials for the train-the-trainer mealworm farming program.

Sincerely,

Andrea Monzón, Director

Gabrielle Wimer, Co-Founder

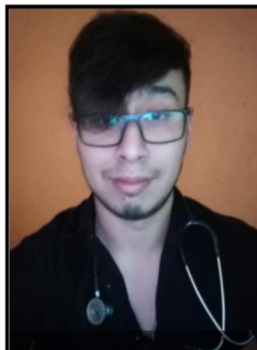
Elizabeth Frank, Co-Founder

Intern Program

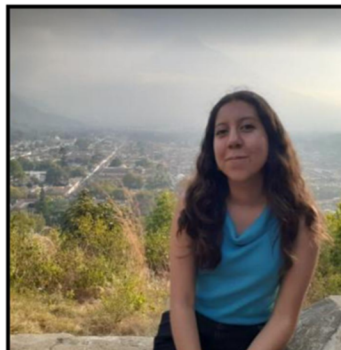
MealFlour's 2020 internship program was the biggest yet. The expanded remote program included two students from The University of Chicago and six students from the Universidad de San Carlos in Guatemala. The interns were instrumental in helping MealFlour start our new Traditional Ecological Knowledge (TEK) project, Bienes Forestables, in collaboration with the Granadillo community.



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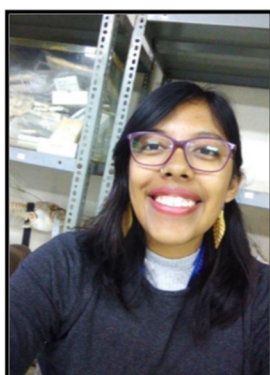
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Projects and Presentations

Train-the-Trainer Program in Huehuetenango with FH

In 2019, from March to October, MealFlour ran phase I of the Train-the-Trainer program in Huehuetenango with one of our partner organizations, Fundación Contra el Hambre (FH). 15 adult women and one of their daughters participated.

In 2020, the key objectives of phase II of the program were:

- a. To strengthen knowledge on the management, production and processing of Tenebrio Molitor (mealworm) as a family-scale protein alternative for women and children.
- b. To monitor and record the status, progress, growth, and expansion of the Train-the-Trainer program ambassadors' mealworm farms.
- c. To provide technical assistance, improve techniques, and solve problems related to the management, production, and processing of Tenebrio molitor on a family scale.



From November 2019 to March 2020, monitoring was carried out three times each month through in-person visits to the homes of each ambassador. In March 2020, after two in-person visits, the global pandemic triggered a national emergency in Guatemala. From April to October, monitoring was conducted through WhatsApp, phone calls, and photographs in order to adhere to national curfews, lockdowns, and social distancing.

Training Videos: Adapting MealFlour's Curriculum for Remote Learning

To strengthen the knowledge of the MealFlour ambassadors on the management and production of *Tenebrio molitor* during the pandemic, two of MealFlour's 2020 interns from the University of San Carlos transformed our training curriculum into produced videos. In collaboration with the FH education team, the scripts were translated and recorded in the languages Mam and Spanish. One video details the lifecycle of the mealworm, the second details how to maintain the farms, and a third video in 2021 will share the experiences of the ambassadors for those interested in participating in the future.



Formulation of New Recipes

The MealFlour team, the FH nutrition team, and MealFlour participants all collaborated remotely to create 3 new recipes made with mealworm powder. The recipes were formulated using appropriate and accessible ingredients found in the areas where MealFlour ambassadors live, along with the results of the chemical composition tests carried out in the Bromatology lab at the University of San Carlos in Guatemala. The recipes (a potato patty dish, blackberry pancakes, and a chocolate drink) were evaluated by two panels of participants. Because of the success of the creation, feedback, and testing process of the recipes at a distance, MealFlour and FH will continue to create accessible and nutritious recipes into 2021.

Candelaria

In 2020, two of the farms in our flagship program in the community of Candelaria quadrupled. Despite an unfavorable climate during the year, the farms are doing well and half of the ambassadors are incorporating the products in their meals.

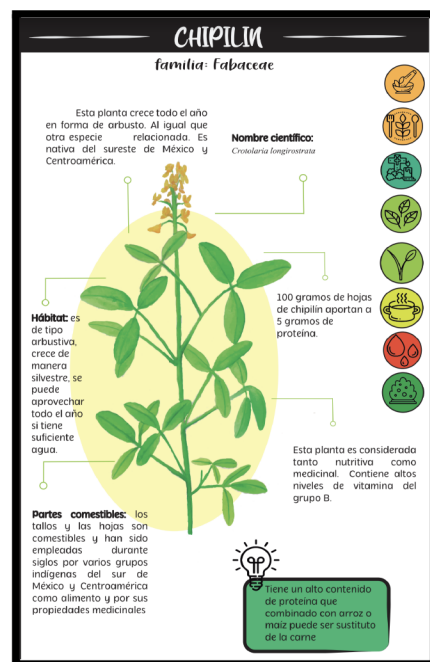
Bienes Forestales: Preserving and sharing indigenous knowledge to promote food sovereignty

In response to the food insecurity that many Guatemalans faced in the wake of the enforced COVID-19 lockdowns, MealFlour launched a new project surrounding Traditional Ecological Knowledge (TEK). The new initiative aims to catalog and share information about edible plants, fungi, and insects available in the communities where MealFlour program participants live. The catalog includes hand drawn illustrations of the plants and designs by the MealFour team and interns.

In 2020, the team compiled information on 114 plants and trees, 5 different fungi known by their Mam names (Xew, Xo'j, T'sch'op chej, Xpel, Ta'wakx, Natx'), and endemic insects that are important in food and health.

In 2021, MealFlour will expand the Bienes Forestales project by:

1. Using the nutritional content of plants, insects, and fungi to develop balanced meal recommendations that will be incorporated into the book.
2. Collaborating with partners and participants to create educational programs surrounding the insects, plants and fungi in their regions.
3. Distribute seed packets for families to grow traditional foods in family gardens.
4. Working with our current and new partners to replicate this work in other regions of Guatemala in order to support the resilience of communities in other departments throughout the country.



Emergency Donations

In an attempt to slow the spread of COVID-19, the Guatemalan government implemented various curfews, lockdowns, and restrictions throughout 2020, some of which continue into 2021. One of these regulations was a restriction on the hours and operation of markets. Although MealFlour's model is centered on long-term sustainability, during this state of emergency MealFlour partnered with FH to donate bags of supplies to various families and individuals with limited access to food due to pandemic restrictions. Bags of beans, rice, cooking oil, and other resources were donated to families in the communities of Canton Morales Colotenango and Granadillo, while maintaining social distancing and proper sanitization.



Virtual Presentations

With restricted in-person gatherings and canceled events, MealFlour continued to educate and grow the broader community through virtual events and presentations. In June, MealFlour Director Andrea Monzón partnered with the Laboratory of the Natural History Museum in Quetzaltenango and the Department of Culture, Tourism, and Sports to give a virtual presentation inside the closed Natural History Museum where she discussed edible insects, mealworms, and the MealFlour program. In July, Monzón participated in a virtual week-long conference, “Natural Resources and their Application in Alternative Projects for Food Sovereignty”, hosted by the Universidad de San Carlos.



Asociación Todos Juntos por la Resiliencia Comunitaria

Asociación Todos Juntos por la Resiliencia Comunitaria, “Todos Juntos” (meaning ‘All Together’), was formed in response to the COVID-19 pandemic in order to expand MealFlour’s efforts and support to improve food security. The mission of Todos Juntos is to improve community resilience through grassroots programs that are based in multidisciplinary collaboration and research. The formation of Todos Juntos also means that the program is an officially registered nonprofit organization in Guatemala! In the United States, Todos Juntos remains a fiscally sponsored organization under the Inter-American Health Alliance.

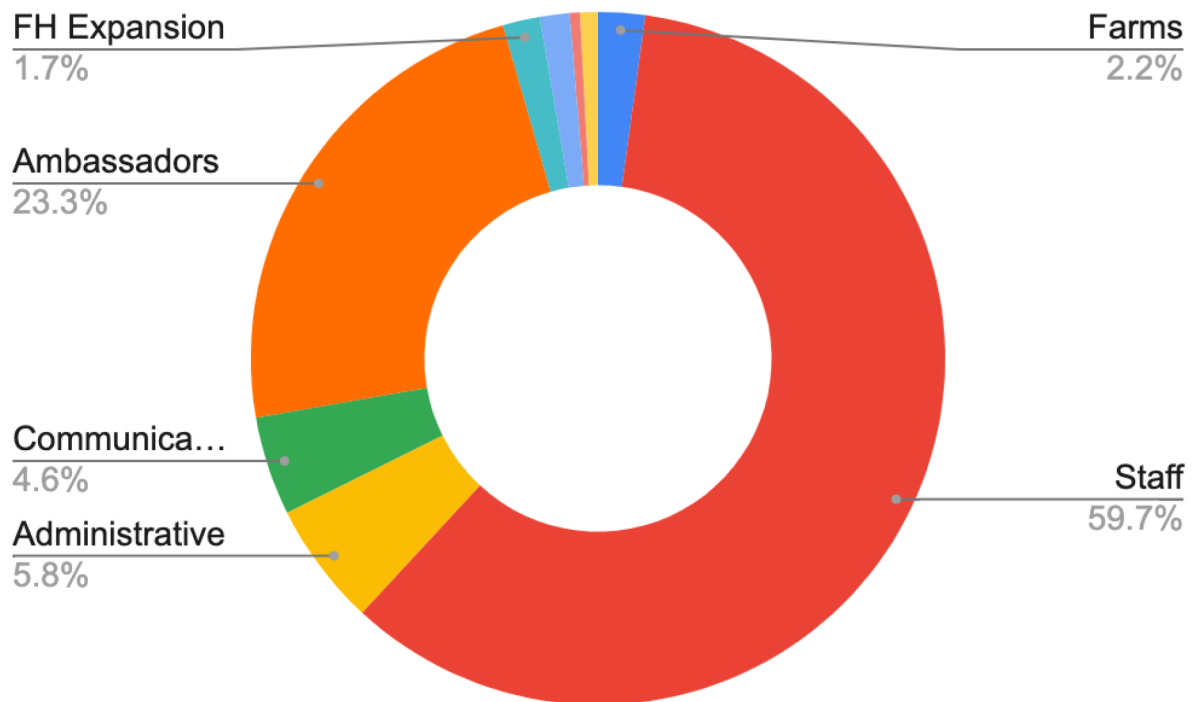
Moving forward, the MealFlour program, the Bienes Forestales project, and all future initiatives will all fall under the Todos Juntos Association.



**Todos
Juntos**
Asociación

2020 Finances

2020 Expenses



2020 Summary of Funds

