

October 2022



Dear Friends of Give Ye Them to Eat:

We hope you are well and feeling God's love!

The week of September 18 we had the first health course in a series of three that we will do over the next few years. We had women from all over the state of Puebla, Tlaxcala, Mexico, Chiapas, Oaxaca and we had Indigenous young women from the mountains of Puebla.



To be clear – we had so many women wanting to start the process of becoming Health Promotors that we did a course in March also. So next year we will do two intermediate courses.



All of the women loved the self-esteem Bible reflection and workshop and in just a week we could see a difference in the confidence of many of the women.

They learned about the Dry Composting Toilet and the Wood-Saving Stove and spent a whole day participating in building these. This was a highlight!



They learned a lot about dental hygiene facilitating a workshop with more than 200 primary school students. They also applied fluoride and gave students a toothbrush. The workshop was a hit!





They learned a lot about the importance of a balanced diet, essential foods and vitamins during pregnancy, breast feeding and additional food beginning at age six months, malnutrition and more.

They took tours to learn about the Tree of Life Farm with Nan and Miguel – it is green and lush during rainy season.

They had in-depth learning on child development and many other themes. It's amazing how much they learned in a week. They also acted out socio-dramas to show what they'd learned.

The last day there was a worship service and closing ceremony where they received course diplomas.



Many of you prayed for the women in this course or made a financial gift – thank you so much. The women wouldn't become health promoters without your support. Our two full-time staff who work on community health, Betzy and Panchita, did a wonderful job.

In Christ,

Nan, Miguel, Clara and Cata

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