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This time news

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Lunch program back to classrooms

The picture shows students from the lower grades at "El Chaparral" School during Steve Mentzer's March visit to Honduras.

For the past seven years, the "Jose Trinidad Reyes" education center has been a part of the school's free lunch program.

We were able to spend time with the children while learning about the school and its evolution over time. The school board president expressed gratitude on behalf of the students and thanked Steve for his humanitarian assistance.

We will be able to feed approximately 2,000 children in several schools in southern Honduras throughout the year 2023, thanks to our collaboration with **Rise Against Hunger**.



Medicines at hand in Soledad community

In September 2022 we opened the thirtieth self-sustaining pharmacy in the town of Soledad. **Central American Relief Efforts (C.A.R.E.)** provides the initial inventory and the shelving, and the new owners take it from there.

Soledad is located in "El Paraiso" county and has a population of 12,000 people. The owners of this new pharmacy are Marcos and Eva Sanchez. They have 3 grown children in the town.

Marcos is a nurse, and Eva will take care of business at the pharmacy. Thanks to the local mayor, Omar Sanchez, for helping us to find this responsible couple to open this new business. The nearest pharmacy is an hour away by bus.

It is our hope to open 5 more Pharmacies in 2023.



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Schools free lunch program 2023



Early February 2023 we began this year Schools Free Lunch Program back to classrooms. This is our progress so far:

- 41 schools and kindergartens
- 2,016 kids in total
- 18 weeks of activities
- about 60,000 pounds of food.

Teachers and parents help by cooking and serving the donated products every day such as: beans, rice, eggs, tortillas, and vegetables. We also donate lard, sugar, and salt. Parents prepare drinks, and get milk or any other needed food item to provide a nutritious meal for their children.

Today's Highlight



Sharon Alanis Carbajal attends medical school in Tegucigalpa, Honduras. She began studying medicine last year and has already completed her first three months and seven classes with excellent grades. With a 90% average, she is on her way to becoming an amazing doctor.

Sharon Carbajal is the daughter of Marel Carbajal, C.A.R.E.'s project coordinator, and many of you are probably familiar with her.

Central American Relief Efforts and Andy Appel had been helping with her education. You can help too by donating to support her education.

**Use the enclosed envelope to help!
Please note "Sharon scholarship"
with your donation.**

Self-sustainable pharmacies workshop

We had a fantastic time with all of the local residents from self-sustaining pharmacies who attended the inaugural annual gathering in Pespire, Choluteca.

The major goal of the gathering was to get to know all the individuals who contribute so significantly to their communities.

Victor Montoya provided them with a reading glasses accuracy test training. This enables them to provide reading glasses for free at their locations. Reading charts were donated to us by ZOE clinic in Tegucigalpa, Honduras.

The initial supply of reading glasses was donated by Central American Relief Efforts (C.A.R.E). We also provided them first-aid kits and sunglasses.

We send them home after a successful training session so they can continue their humanitarian initiative.



Humanitarian hearts!



On April 30 in Lancaster, PA, Rise Against Hunger and First Presbyterian Church sponsored a food packing event. Thanks to everyone who participated in this crucial activity to support the Honduran schools' free lunch program and deepen cooperation with Rise Against Hunger.

Note of gratitude

Thanks to your help, our annual fundraising event was a success. We appreciate your involvement and attendance. This allows us to support more initiatives in the southern region of Honduras.

