

# Whole Foods Market Team Member Volunteer Program

## Now YOU can get involved!



### Give to children in Guatemala

In the last two years, Whole Foods Market has supported nearly 100 Team Members for month-long volunteering in impoverished communities in Guatemala and Costa Rica. In Peña Blanca, Guatemala, near majestic Lake Atitlán, where Whole Foods Market sources some of the best coffee in the world and the Whole Planet Foundation is microlending to the poorest of the poor, there is an elementary school where Team Members teach indigenous children basic literacy skills, provide snacks and meals and build stoves for their families.



The families of Peña Blanca made such an impact on us as Team Members that we want to do more. Most Team Members want to return to give more of their time, and many asked if you could support Peña Blanca too. Please join us in providing meals for a child for one month, bricks and mortar for a family to receive a carbon-efficient stove, or learning materials for a child's education.



“ The kids at Peña Blanca are eager to learn and play. They are the community's hope for the future, and they are flourishing. When I first spent time with the kids during 2007, most of the kids had a heart-wrenching cough and noses runny with green and yellow goop. With the addition of regular meals and carbon-efficient stoves for their families, the same kids this year weren't coughing and didn't have half as many runny noses, and they were attending school! There are many more meals to provide and more stoves to build. Your support, in a community where microcredit is in action to enable individuals with the opportunity to lift themselves out of poverty, is critical for change and it will directly improve the quality of life for these awesome kids.

Joy Peterson, Whole Planet Foundation ”

### Give \$5 and make a difference!

To donate online please visit [www.globalgiving.com](http://www.globalgiving.com) and enter **Peña Blanca** in the search function, which will yield 1 or more of following projects supporting this community, **School Meals at Lake Atitlán, Guatemala**, **Energy Efficient Cooking Stoves in Lake Atitlán, Guatemala**, and **School for Mayan Children, Lake Atitlán, Guatemala**. There are links to the other projects from each project page. Thank you and have a happy holiday!

continued . . .



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## School Meals at Lake Atitlán, Guatemala

Kids need food and nutrition to grow and learn. A typical meal including fresh produce, noodles, rice, beans or lentils is purchased from the local market and prepared at the school. With the meals provided to date by this project, Peña Blanca kids have more energy and are able to better retain the lessons being taught in the classroom. Your donation creates improvements in:

- Child health
- Concentration levels
- School attendance
- Education
- Development and potential for the child

## How YOU can help . . .

School meals for 1 child for 1 month.....	\$6 USD
School meals for 2 children for 1 month .....	\$12 USD
School meals for 1 child for half a school year .....	\$30 USD
School meals for 1 child for 1 school year .....	\$60 USD
<b>TOTAL Goal .....</b>	<b>\$12,880 USD</b>

## Energy Efficient Cooking Stoves at Lake Atitlán, Guatemala

The stoves take 2 to 3 days to build and have an estimated life of 15 to 25 years. The benefits of each stove can be applied for that duration, including improvements in:

- Air quality and health for local families
- Time and energies of local families for education and micro-enterprises (not spent gathering wood)

and reduced:

- Carbon emission
- De-forestation

## How YOU can help . . .

Cooking pot.....	\$10 USD
Local mason salary.....	\$28 USD
Bricks and mortar.....	\$50 USD
Hotplate & chimney for a stove.....	\$100 USD
A whole stove .....	\$250 USD
<b>TOTAL Goal .....</b>	<b>\$12,500 USD</b>

## School for Mayan Children at Lake Atitlán, Guatemala

Literacy rates in Guatemala are some of the lowest in the Americas. Class sizes are very large and many parents are not able to afford to send their children to school. This program offers sponsorships for children who otherwise would not be able to attend school and improves:

- Attendance
- Student / teacher ratios
- Literacy and numeracy rates

## How YOU can help . . .

Reduced class sizes for 1 child per school year.....	\$5 USD
Reduced class sizes for 2 children per year .....	\$10 USD
1 sponsorship for 1 child per school year.....	\$25 USD
2 sponsorships for 1 child per school year .....	\$50 USD
1 sponsorship for 1 child through primary education.....	\$150 USD
<b>TOTAL Goal .....</b>	<b>\$26,500 USD</b>

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