

# WHY IS MORINGA EVEN MORE CRUCIAL RIGHT NOW?

**A**lthough much of the world has begun to recover from the immediate effects of the COVID-19 pandemic, difficult times will continue for the foreseeable future for millions of people around the world. Aside from individuals who have suffered from COVID-19 infections, those who have been most impacted by the pandemic's far-reaching consequences are the world's vulnerable people, particularly women and children in low- and middle-income nations.<sup>1</sup> It all comes back to the pandemic's effect on nutrition.

Dr. Lawrence Haddad, Executive Director of the Global Alliance for Improved Nutrition (GAIN), and Dr. Saskia Osendarp, Executive Director of the Micronutrient Forum, explain that this pandemic is three crises rolled into one: an economic crisis due to job and income loss, a food system crisis due to disruptions in supply and increased prices, and a health crisis due to reduced access to healthcare services and nutritional resources.<sup>1</sup>

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**an economic crisis**  
**a food system crisis**  
**a health crisis**

**STRONG HARVEST INTERNATIONAL**  
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Haddad and Osendarp have joined together with a group of other nutrition, economics, food, and health system experts to form the Standing Together for Nutrition consortium, which predicts that the devastating confluence of these crises “could result in a nutrition crisis for low- and middle-income countries in the next three years and beyond . . . if we don’t act now, we run the risk of reversing years of progress and letting inequalities increase.”<sup>1</sup> Recent findings published by the consortium indicate that by 2022 there could be a further:

- **9.3 million** wasted and **2.6 million** stunted children
- **168,000** additional child deaths
- **2.1 million** maternal anemia cases
- **US\$29.7 billion** in future productivity losses due to excess stunting and child mortality

These possible outcomes show the critical nature of immediate nutritional intervention for families in low-income nations to prevent further health and economic crises in the years to come. Even if only a portion of these possible outcomes occur, it would be a significant move in the wrong direction in the fight for better health and improved lives.

**At Strong Harvest, we believe** that putting the tools of income generation, food security, and improved health into the hands of the people most affected by these crises will lead to the best outcomes. This is why we work directly with families!

# Harvesting Health

## Moringa: A Powerful Tool for Healthy Living



### Healthy People

#### RICH NUTRITION & CLEAN WATER:

Planting moringa around the home provides families with a continuous source of nutritious food. Moringa’s leaves are rich in macro- and micronutrients (protein, vitamins, and minerals that are essential for adequate human growth and development), providing a healthy boost to daily meals.

Osendarp states that, “Nutrition has never been more important than now as new research suggests that some micronutrients—including folic acid, zinc, selenium, and vitamin D—may play a role in resistance against COVID-19. A shortage of these micronutrients will have devastating life-long consequences, including lower resistance against infectious and non-communicable diseases, sub-optimal growth, compromised cognitive development, and lower adult productivity levels.”<sup>2</sup>

In addition to the benefits of improved nutrition, people who lack access to clean drinking water can add crushed moringa seeds to their available water and through a simple process, remove over 90% of the impurities.<sup>3</sup> Clean water improves health by significantly reducing waterborne illnesses.



Nancy, who lives in Kenya (at right, with a bag of moringa powder), was bedridden due to diabetes when she began consuming moringa daily. With this consistent increase in nutrition, she is now able to walk, cook, shop, and participate in the life of her family.

### THE UNFORTUNATE REALITY OF MALNUTRITION ACCORDING TO UNICEF<sup>4</sup>

**45% of all child deaths are linked to malnutrition.**

- “Nutrition cycles cross generations, as a mother’s nutrition impacts her child’s development in the womb, birth weight and health during infancy.”
- The impact of childhood malnutrition can be lifelong. “Death is the worst outcome of malnutrition’s ugly grasp, but it’s not the only outcome. Children who survive can face a long list of devastating side effects that last a lifetime, preventing them from achieving success in school and pursuing meaningful work in adulthood. Such effects of malnutrition include increased vulnerability to diseases, developmental delays, stunted growth and even blindness.”



### Healthy Finances

#### HOMEGROWN INCOME:

People who learn about moringa have the opportunity to create new sources of income through the production and sale of homemade products such as moringa leaf powder, soap, and ointment. In Togo and Nicaragua, Strong Harvest Peer Educators are receiving hands-on training in how to make soap and body ointment using moringa leaves. Families who put our training into action are not only realizing financial savings from reduced doctor visits and medicine costs due to improved nutrition and health, but they are also creating new income streams by selling these easy-to-make products.



Families in Togo are making moringa soap and ointment to sell in their local markets.

### HOW MORINGA CAN HELP

- With its high levels of calcium, iron, zinc, vitamins A, B, C and D, and 80 other active nutrients,<sup>5</sup> plus its many practical uses, moringa is uniquely positioned to address the nutritional and economic repercussions of COVID-19 on families living in the low-income countries in which we work.
- Moringa is easy to grow, harvest, process, and use as a food or sell as a valuable marketplace product.



### Healthy Planet

#### ENVIRONMENTAL CARE:

As we’ve all heard, the best time to plant a tree is yesterday. Trees are the lungs of our planet and moringa trees play a pivotal role in improving the environment. In addition to providing food and income, they also reduce greenhouse gases, reforest the planet, provide erosion control, retain moisture and nutrients in the soil, reverse desertification, provide habitats for birds, beneficial insects, and other animals, and increase biodiversity. The people we train now have the power to restore their local environment AND make a global impact.



Moringa trees are thriving in Nicaragua’s tropical climate!

**Moringa is a powerful tool in creating a healthy life!**



# What Can You Do?

As a friend of Strong Harvest, you have a unique opportunity to reach across the globe and greatly impact the world's most vulnerable people by providing the knowledge of moringa -- giving them the tools to improve their health, create income, and protect the environment!

- **Donate** to support SHI's work of providing moringa training for people in low-income countries.
- **Spread the word** about moringa (you'll find lots of info at [www.strongharvest.org](http://www.strongharvest.org)).
- **Share** Strong Harvest's posts on social media (Facebook, Instagram, and Twitter).

Donate by mail to the address below  
or online at [strongharvest.org/donate](http://strongharvest.org/donate)

Thank you for  
your support!

## What's Happening Now

### Online Peer Educator Training in India



In June, Gautam (in red) and his teaching staff, located in rural NE India, took part in Strong Harvest Moringa Training via Zoom. For the training, Gautam connected his smartphone to a speaker and everyone participated using their Strong Harvest manuals. They have already planted moringa trees and started sharing the benefits of moringa with their 400 students and the rest of their community. We are so blessed to be a part of their vision to improve lives!

### Our latest video: *As Simple as a Tree*



at [www.strongharvest.org](http://www.strongharvest.org)

Strong Harvest is putting the power of sustainable change into the hands of the people. We believe that everyone should have access to sustainable sources of good nutrition, clean water, and economic opportunities, while protecting and caring for the local and global environment.

**The solution really can be as simple as a tree!**

### Strong Harvest International

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