



# FAMILY-TO-FAMILY

W. 505 St. Thomas More Way  
Spokane, WA 99208

# NEWSLETTER

COOKING COURSES | BANANA BEVERAGE | ANNUAL REPORT

## Guatemalan Gastronomy

Aura lifts the lid of an aqua blue pot, releasing steam from a gurgling Guatemalan stew known as pepián while culinary instructor Paola describes the traditional dish which includes chicken, water, two types of chiles, two types of tomatoes, onions, pumpkin seeds, sesame seeds, garlic, cilantro, corn flour, squash, carrots, potatoes, salt, pepper, peppercorn, cloves, and cinnamon sticks.



One of twenty-three students participating in cooking courses offered by Family-to-Family, Aura expressed her gratitude for the opportunity. Paola, a gastronomy instructor from INTECAP (once the National Center for Development, Training, and Productivity in Guatemala), explained that, in addition to traditional Guatemalan cuisine, the curriculum includes food preparation safety and hygiene. Paola travels from Quetzaltenango each week to teach the courses, one in Old Ixtahuacan and one in New Ixtahuacan. Each training consists of ten sessions.



## Atol de Plátano

Atol is a thick warm drink, deeply rooted in the region and often made with corn. Here, we share INTECAP Chef Paola Meza's recipe (translated and abridged) for plantain atol made by Paola and her students in one of Family-to-Family's cooking courses.

Ingredients: six plantains, four liters of water, one pound of sugar, and one cinnamon stick.

Process: Wash, peel, slice, and mash or blend the plantains. Combine the plantains with the water, sugar, and cinnamon stick in a large pot. Let cook for about 30 minutes. Serve and enjoy!



In the photo above, Family-to-Family cooking course participants in Old Ixtahuacan enjoy their culinary creations: banana atol, chicken pepián, and rice with vegetables.

## 2021 Annual Report

Family-to-Family continues to connect people living in extreme poverty with opportunity despite the ongoing pandemic and renewed local violence which have restricted travel and threatened security. Regional manager Adela Tambriz has shown remarkable determination and dedication as she has led the program through another difficult year. The numbers below summarize many of the accomplishments of the program during 2021. Again this year, some families will remain in the program beyond their original departure dates to allow completion of their skills training. We extend our deepest gratitude for your generous support of Family-to-Family during what has proven to be another challenging year. We hope this table conveys more than numbers as you consider the people—children, parents, individuals, and communities—whose lives are changed for the better, thanks to their participation in the program and your support of it.

For security reasons, the annual report that was mailed to donors has not been included in this post.

### About Family-to-Family

Family-to-Family was founded in 1985 as an economic development program in the Guatemalan Highlands. Its primary mission is to provide income-producing skills training and resources to families and communities working to rise from poverty and become self-sufficient. For further information about the Family-to-Family program or to view other newsletters, please visit our website as given below. This newsletter was written by local director Julianne Connell Sachs.

