



## Training

*"The tree nurseries are something new, and they are part of the training, as well as the citrus trees, know how to graft. As part of the project what is implemented is not to spread chemicals (pesticides), and that is one of the things I am putting into practice. That's what I have left, the knowledge"*

Juan de Dios, LA LAGUNA leader  
Foto: Juan de Dios and son showing his diversified coffee farm

## Ferrocement household water cisterns "pilas"

*"It has helped me a lot, because in the house, where we live, I did not have a 'pila'. I had to go down to my mother in law's house to bathe the kids and wash, but not anymore, because now we only clean it (the 'pila') and we fill it, and it is very useful because I wash the clothes there, I wash the dishes, and since we have a toilette, we use that water to clean it, and clean the kids. It saves a lot of water"*

Glenda, PLANES DEL HORMIGUERO beneficiary  
Foto: Glenda and daughter



## Justa Eco-stoves

*"The benefit to our health as women that have to spend time in those open fire stoves, we swallow the smoke every day, and now we do not suffer much from the chest anymore. Now, they (the men) do not have to carry a stack of firewood, just a few logs. The stove heats up the griddle 100% with a little firewood. We used to introduce garbage in it, we do not do that anymore. We have changed some of our cooking practices"*

Norma, LA TIGRA leader  
Foto: Francisca SAN JOSE DE PANE beneficiary