SUSTAINABLE HARVEST INTERNATIONAL

# ENVIRONMENTAL DEVASTATION AND RURAL POVERTY ARE UNAVOIDABLY LINKED.

## THEREFORE, THE SOLUTIONS MUST ALSO BE LINKED.

## ABOUT SHI

**We preserve the environment by partnering with farming families in Central America to improve well-being through sustainable farming.**

More than half of the world's tropical forests are gone, and we are losing the other half at the rate of one acre every second. As a result, more than half of the species of plants and animals in the world are disappearing, along with climate-stabilizing carbon stores.

Most of the world's 500 million smallholder farmers degrade the land and soil through slash-and-burn farming or the use of agrochemicals. These practices contribute to climate change, decrease biodiversity, and undermine farmers' long-term ability to grow crops.

Since 1997, our proven model has equipped low-income farmers with farming alternatives that sustains the land for generations, halts tropical deforestation, and builds strong and self-supporting communities. Our current programs are in Belize, Honduras, and Panama.

SHI has set a scaling up vision to help a million farms transition to regenerative organic practices, reversing degradation on 8 million acres of land and achieving food security for 5 million people, including 3 million children, by 2030 in line with the United Nations' Sustainable Development Goals.

BLOG

## HOW CAN YOU HELP?

Donate | Fundraise | Share on Social Media
Business Partnerships | Employer Matching Gifts


## OUR METHOD

Educating individuals and providing them with the training and tools necessary to become community leaders in regenerative agroecology is core to SHI's work. SHI's local field trainers work directly with participant families on a multi-year approach, across SHI's five Areas of Impact.

Each family that chooses to participate in our program receives frequent technical assistance from their field trainer. Visits are tailored to each participant family's goals, preferences, and abilities. Participants move forward in SHI's program after demonstrating readiness by achieving predetermined goals and objectives.

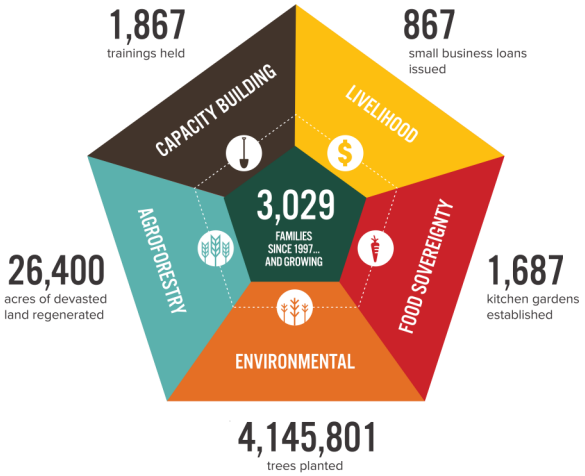
Graduates from SHI's holistic program are skilled, local leaders in regenerative agriculture, often sharing these lasting solutions with neighbors and community members. Years after graduating from our program, 91% continue to use the practices they learned from SHI.

## OUR IMPACT

**ENVIRONMENTAL**
Preserving tropical forests and the life sustaining functions they provide.

**AGROFORESTRY**
Regenerative farming and forestry practices that are compatible with the local culture and environment.

**FOOD SOVEREIGNTY**
Household food security through growing increased quantity, quality, and diversity of food.




**CAPACITY BUILDING**
Individual and community empowerment, innovation, and leadership.

**LIVELIHOOD**
Increase families' ability to pay for basic needs or produce what they need.

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# SHI PROGRAMS

## BELIZE

Since 1999, Sustainable Harvest International's regenerative farming program has proven successful in Belize, increasing families' ability to grow nutritious food for themselves and sell to others, while also improving the health of the land through agroforestry, intercropping, soil health, integrated pest management, and a variety of other regenerative techniques that drawdown carbon out of the atmosphere.

SHI Belize has partnered with **688 farming families** in its 20 years of work. These families participated in 217 trainings and are now sharing this knowledge with other families in their communities.

Follow SHI Belize on Instagram @shibelice.

| | | | |
|---|---|---|---|
| **213** Kitchen Gardens | **405** Wood-Conserving Stoves | **572,790** Trees Planted | **5,555** Acres Regenerated |

## HONDURAS

Sustainable Harvest International Honduras is our largest and oldest program, noted for its commitment to community participation and empowerment. Since 2015, the rural and mountainous neighboring communities of the Siguatepeque region of Honduras have been the focus of SHI's programming. Situated in the watershed of Honduras' largest freshwater lake, Lake Yojoa, SHI participant communities play an important environmental stewardship role in maintaining the area's healthy soils and rich levels of biodiversity. SHI's projects in Honduras include organic vegetable gardens, rain silos, agroforestry systems, irrigation systems, and improved chicken coops.

SHI Honduras's participant families have found an alternative to migration – working to regenerate their land to feed their family today and for generations to come.

SHI Honduras has partnered with **919 farming families** in its 23 years of work. These families participated in 1,035 trainings and are now sharing this knowledge with other families in their communities.

Follow SHI Honduras on Instagram @shihonduras.

| | | | |
|---|---|---|---|
| **481** Kitchen Gardens | **1,252** Wood-Conserving Stoves | **2,233,588** Trees Planted | **8,134** Acres Regenerated |

## PANAMA

Sustainable Harvest International Panama started its work in the municipality of Anton in Coclé Province and the Lake Alajuela region in central Panama in 1998. Since then, SHI Panama has continued to grow and has expanded its work in and around the municipalities of La Pintada and Penonomé, Coclé, where SHI Panama has established itself as a preeminent organization working on sustainable development. Partnering with local universities and NGOs, Peace Corps Panama and government agencies such as MiAmbiente, SHI Panama has been pivotal in disseminating appropriate technologies, like wood-conserving stoves, and providing training in the core principles of regenerative small-scale farming.

SHI Panama's participant families are able to improve their quality of life and empower themselves while learning the value of preserving a vibrant, diverse ecosystem.

SHI Panama has partnered with **489 farming families** in its more than 20 years of work. These families participated in 563 trainings and are now sharing this knowledge with other families in their communities.

Follow SHI Panama on Instagram @shipanama.

| | | | |
|---|---|---|---|
| **673** Kitchen Gardens | **702** Wood-Conserving Stoves | **323,845** Trees Planted | **1,620** Acres Regenerated |

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# SHI + SCALE

Most of the world's 500 million smallholder farmers utilize slash-and-burn farming or agrochemicals, which degrade the land and soil, contribute to climate change, decrease biodiversity, and undermine their long-term ability to grow nutritious food. **Sustainable Harvest International's innovative and holistic approach improves the health of the land through agroforestry, intercropping, soil restoration, integrated pest management, and a variety of other regenerative techniques that draw down carbon out of the atmosphere and feed people sustainably.**

With the right technical assistance, these 500 million smallholder farmers could improve the health of their families, communities, and the world by practicing regenerative agriculture. They could also remove 200 billion tons of carbon from our atmosphere in the planting of trees on deforested land and draw down 50 billion tons of carbon by building up soil rich in organic matter.

**Significant, positive change in the health of our planet and people will take a fundamental change in the way we approach farming.** SHI has partnered with farming families in Central America for over twenty years, in a variety of climates, geographies, and cultures. We plan to scale up our impact to millions of farms worldwide by partnering with government agencies, businesses, academic institutions, and other NGOs. We are actively looking for partners in scale.

If you are interested in learning more, email Florence Reed at flo@sustainableharvest.org or call (207) 669-4645. Flo's Tedx talk is at www.ted.com/talks/florence_reed_salvation_is_in_soil.

| 2020 | | 2030 |
|---|---|---|
| **3,000 farms** impacted | SCALE | **1 million farms** impacted |
| **4 million trees** planted on degraded lands | SCALE | **1 billion trees** planted on degraded lands |
| **48,000 tons** of $CO^2$ sequestered | SCALE | **16 million tons** of $CO^2$ sequestered |
| **26,000 acres** regenerated | SCALE | **8 million acres** regenerated |

## OUR APPROACH

**Replication through Partners:** Maintaining the core, essential elements of our program while adapting the details when needed to meet the desired outcomes of each replicating partner.

**Expansion of core program:** Increasing SHI's capacity of current farming families from 500 to 1,000 or more.

**Innovation:** Select farms and communities will test innovations in our methodology to achieve key outcomes at a lower net cost. Innovations could reduce the core years of the program by streamlining the learning process. In addition, there are opportunities for graduated participant farmers to act as mentors to new participant farmers and take part in business ventures to increase their own income and offset the cost of the training program.

**A successful execution of the scale up plan would lead the way to a paradigm shift in our food system so that sustainable agriculture becomes the standard and not the exception.**

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