

THANK YOU
VERY MUCH!



Projecto Honduras has an *all volunteer* workforce. Our extraordinary volunteers not only give countless hours of service, they pay for their own transportation and living expenses. Our founders pay all administrative costs. This means that 100%, *your entire donation*, goes to providing aid to the poorest of families with the most crucial of needs.

Projecto Honduras is a 501(c)(3) charitable organization



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Projecto Honduras
Making a Difference

www.projectohonduras.org



(Name of Recipient)

In your name and to celebrate you,

(Name of giver)

purchased _____ Moringa tree(s)
to be given to a very needy family
in Honduras, Central America.



MORINGA Oleifera is the most nutrient rich plant discovered to date.

Dried Moringa leaves have gram for gram:

- 25 times the iron in Spinach
- 17 times the calcium in Milk
- 15 times the potassium in Bananas
- 10 times the vitamin A in Carrots
- 9 times the protein in Yogurt
- 4 times the chlorophyll of wheatgrass
- 92 Nutrients, 46 antioxidants, Omega 3,6,9
- 18 of the 20 amino acids



It is one of very few plants that contain all eight essential amino acids. One tree can go a long way in helping to combat against protein deficient diets common to the children in the cloud forests of Honduras, Central America.

Every part of the MORINGA tree can be used either for food, oil or fertilizer.



Potential for water purification

In preliminary research, Moringa seed powder is being assessed for its potential to make river water drinkable. Research showed that filtering water with seed powder diminishes water pollution and bacterial counts.

Moringa is used in India and Africa in feeding programs to fight malnutrition. Native to India, this tree is now being introduced to Honduras where it thrives in the warmth and rain of the tropical forests and mountainous terrain.