

## Healthy Families Project Photos

In the Healthy Families project, the Puente staff

- teach women about how amaranth can help improve the health of their families,
- facilitate participatory cooking and planting workshops, and
- conduct home visits to provide support.

Read more about the Healthy Families project.  
Click on the photos to enlarge.

{rokzoom album=|colo|title=|During a cooking demostration, women prepare empanadas with amaranth flour and leaves|}images/Puente/healthyfamilies/hf036.jpg{/rokzoom} {rokzoom album=|colo|title=|Women feast on an amaranth meal they have prepared together|}images/Puente/healthyfamilies/hf001.jpg{/rokzoom} {rokzoom album=|colo|title=|Women participate in an activity|}images/Puente/healthyfamilies/hf002.jpg{/rokzoom} {rokzoom album=|colo|title=|A project participant shows off her amaranth garden|}images/Puente/healthyfamilies/hf003.jpg{/rokzoom} {rokzoom album=|colo|title=|One month old amaranth plants|}images/Puente/healthyfamilies/hf004.jpg{/rokzoom} {rokzoom album=|colo|title=|Women participate in an activity teaching about three essential food groups|}images/Puente/healthyfamilies/hf005.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente's food groups game completed by participants|}images/Puente/healthyfamilies/hf007.jpg{/rokzoom} {rokzoom album=|colo|title=|Women cooking an amaranth meal during a Puente workshop|}images/Puente/healthyfamilies/hf006.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente staff explain malnutrition and its severity to project participants|}images/Puente/healthyfamilies/hf008.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente staff member discusses amaranth's history in Mexico|}images/Puente/healthyfamilies/hf009.jpg{/rokzoom} {rokzoom album=|colo|title=|Women enjoy themselves during Puente's amaranth workshop|}images/Puente/healthyfamilies/hf010.jpg{/rokzoom} {rokzoom album=|colo|title=|A woman listens to Puente's workshop on amaranth|}images/Puente/healthyfamilies/hf011.jpg{/rokzoom} {rokzoom album=|colo|title=|Women prepare a meal with amaranth|}images/Puente/healthyfamilies/hf014.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente staff member works with women to prepare a meal with amaranth|}images/Puente/healthyfamilies/hf015.jpg{/rokzoom} {rokzoom album=|colo|title=|A project participant begins cooking rice with amaranth|}images/Puente/healthyfamilies/hf016.jpg{/rokzoom} {rokzoom album=|colo|title=|After working together to prepare their meal, participants feast together|}images/Puente/healthyfamilies/hf017.jpg{/rokzoom} {rokzoom album=|colo|title=|After working together to prepare their meal, participants feast together|}images/Puente/healthyfamilies/hf019.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente staff member reminds participants of what they have learned and sets the date for next month's workshop|}images/Puente/healthyfamilies/hf018.jpg{/rokzoom} {rokzoom album=|colo|title=|Puente staff member explains they types of amaranth and how to plant it in the participant's gardens|}images/Puente/healthyfamilies/hf020.jpg{/rokzoom} {rokzoom album=|colo|title=|Women prepare alegrias (a typical amaranth treat)|}images/Puente/healthyfamilies/hf021.jpg{/rokzoom} {rokzoom album=|colo|title=|During a home visit with project participants, Puente staff member helps prepare an amaranth meal|}images/Puente/healthyfamilies/hf022.jpg{/rokzoom} {rokzoom album=|colo|title=|Participant pops raw amaranth seed to create amaranth cereal|}images/Puente/healthyfamilies/hf023.jpg{/rokzoom} {rokzoom album=|colo|title=|Participants wait patiently to begin an amaranth planting demonstration|}images/Puente/healthyfamilies/hf025.jpg{/rokzoom} {rokzoom album=|colo|title=|After preparing soup with amaranth, participants eat together|}images/Puente/healthyfamilies/hf026.jpg{/rokzoom} {rokzoom album=|colo|title=|A little girl snacks on an amaranth alegria while her mother listens to the Puente workshop|}images/Puente/healthyfamilies/hf027.jpg{/rokzoom} {rokzoom album=|colo|title=|Participants pop amaranth seeds to make cereal during a cooking demonstration|}images/Puente/healthyfamilies/hf028.jpg{/rokzoom} {rokzoom album=|colo|title=|Women prepare ingredients for an amaranth meal|}images/Puente/healthyfamilies/hf029.jpg{/rokzoom} {rokzoom album=|colo|title=|Participants work together to make amaranth

tortillas}}images/Puente/healthyfamilies/hf030.jpg{/rokzoom} {rokzoom album=|colo|title=|Participants work together to make amaranth tortillas}}images/Puente/healthyfamilies/hf031.jpg{/rokzoom} {rokzoom album=|colo|title=|Children of participants snack on the amaranth meal}}images/Puente/healthyfamilies/hf032.jpg{/rokzoom} {rokzoom album=|colo|title=|Children of participants snack on the amaranth meal}}images/Puente/healthyfamilies/hf033.jpg{/rokzoom} {rokzoom album=|colo|title=|A little girl enjoys an amaranth alegria that her mother made during a Puente workshop}}images/Puente/healthyfamilies/hf034.jpg{/rokzoom} {rokzoom album=|colo|title=|Women enjoy their amaranth meal}}images/Puente/healthyfamilies/hf035.jpg{/rokzoom}