

WISHH

World Initiative for Soy in Human Health

Enhancing human well-being through soy

December 2003

Welcome to the WISHH List. This electronic newsletter provides updates on the many activities of the World Initiative for Soy in Human Health (WISHH) Program. To save download time, we have embedded this issue and linked it to the WISHH website. Please email wishh@asaim.soy.org if you need the WISHH List sent to you as an attached file.

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photo credit Ernest Kuhn

Salesian Missions Boosts Protein with Soy in Cambodian Schools

Salesian Missions is adding Textured Vegetable Protein (TVP)[™] to rice and vegetable dishes that the Catholic organization offers at schools 365 days a year in Cambodia. In July, USDA purchased 390 metric tons of TVP[™] in response to Salesian Missions' request for the product through the Food for Progress Program. Salesian's Program Officer for Asia Ernest Kuhn credits the soy for boosting protein without changing the taste of foods.

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WISHH, WFP & ADM Partner in Cote d'Ivoire School Feeding

WISHH and the United Nations World Food Programme (WFP) announced a new partnership in September to feed school children and promote economic development in the West African Country of Cote d'Ivoire. With support from the Archer Daniels Midland Company (ADM), WISHH and WFP will provide high-protein soy products to fortify traditional foods offered in the *Food for Thought* school canteen program.

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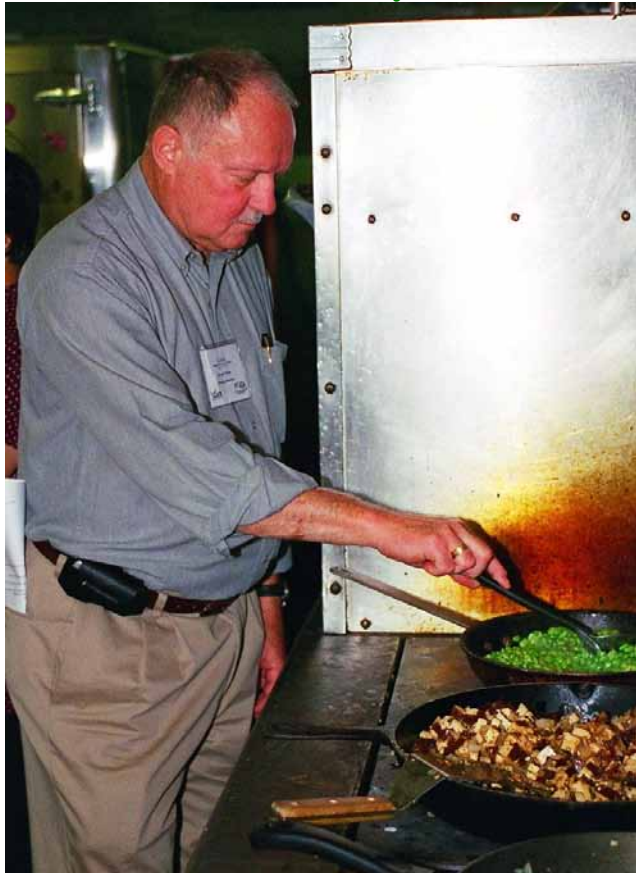
WISHH, CARE Honduras and Cargill Combat Hunger and AIDS in Honduras



photo credit Illinois Soybean Board

Illinois soybean farmers Phillip Bradshaw and Sharon Covert see how soy from Cargill will improve foods in Honduras. Continued on page 3

Cambodian Kids Get Soy Continued



Even though Salesian Mission's Ernest Kuhn was already informed about high-protein soy products, he found the WISHH workshop held last August was a valuable opportunity to learn about new uses and more.

"We had an opportunity to see the entire process of soy-based food production from beans in the field, through laboratory tests and experiments in the development of soy-based products, hands-on kitchen exercises and on to the production and packaging process," Kuhn says.

"Through demonstrations we were able to acquire a broader understanding of the almost unlimited use of soy-based products in both school feeding programs and small-scale processing of soy for local entrepreneurs. Representatives from soy food producers articulated very well their individual company's commitment to providing first class soy-based products. Our program has benefited from WISHH's technical assistance."



photo credit Food for the Poor

Guatemalan School Meals with Soyfoods Help Kids Grow & Learn

Initiative Includes Training Program on Textured Soy Protein Use

More than 50,000 undernourished Guatemalan children are going to enjoy high-protein soy foods at school in 2004 thanks to Florida-based Food for the Poor (FFP) and the McGovern-Dole International Food for Education and Child Nutrition Program. In response to FFP's request for its program, the U.S. Department of Agriculture is buying 800 metric tons of Textured Soy Protein (TSP), 500 metric tons of soybean oil and 800 metric tons of corn-soy blend.

FFP Government Program Specialist Clifford Feldman says the soy foods will be key in mother-and-child health and education programs in seven regions of Guatemala that are hard hit by drought and unemployment.

"We like the health aspects of TSP. The protein and carbohydrates make it very appealing to an organization that is trying to provide proper nourishment, especially to children. Our effort also includes a training program to teach beneficiaries how to use the commodities, especially the TSP," Feldman says.

FFP will add the TSP to rice, beans and other foods from USDA along with local spices to make well-received foods, including a TSP burger with raisins. "The raisins make it sweet. The kids love it," Feldman says.

WISHH, CARE & Cargill Combat Hunger & AIDS in Honduras

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An Illinois Soybean Checkoff Board farmer trade team, together with Cargill and WISHH, delivered a shipment of soy protein products in July for use in four nutrition programs aimed at children, pregnant and lactating women, and AIDS patients. Honduras' first lady was among those who spoke at the event to launch the program.

The defatted soy flour and textured soy flour donated by Cargill will be used for the initial product trials. Through this effort, the trade team hopes to demonstrate the value of soy proteins in alleviating hunger, improving individuals' nutritional choices and encouraging the expanded use of soy proteins.

WISHH is assisting with four distinct efforts in Honduras:

- One pilot program involves 11 schools in the city of Olancho. The effort will introduce textured soy flour and defatted soy flour to children in a rural part of Honduras, hoping to prove its worthiness of use for the more than 600,000 children fed daily through the nation's school lunch program.
- In collaboration with CARE, WISHH will help 336 families by introducing defatted soy flour to their rations in order to increase the amount of protein in their diets. Educational activities, including instruction on how to use the flour in cooking, will also be a part of the program.
- In a third project, also with CARE, approximately 300 HIV/AIDS affected families will receive defatted soy flour



CARE Honduras will use soy protein products donated by Cargill to improve diets of families and HIV/AIDS patients. Many recipients will also receive product use training.

and textured soy flour to demonstrate the health impacts of soy protein for those with this disease. The WISHH Program will add this product to a food basket of rice, sugar, red beans, corn meal, and flour already compiled by the Ministry of Health and CARE Honduras.

- Finally, students at Honduras' Zamorano University will develop a school snack (not covered by the school lunch program) using soy protein concentrate to introduce to school children. The trials start on a limited basis this year.



WISHH, WFP and ADM Partner in Cote d'Ivoire

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Organizers of the effort plan to have the program in place in time for the new school semester that starts in January 2004. ADM is a long-standing supporter of humanitarian efforts to improve nutrition and will donate approximately 90 metric tons of Textured Vegetable Protein™. The 4-month program is slated to help feed 40,000 primary school children. WISHH will provide technical assistance to WFP staff and schools in product use as well as monitoring its acceptability.

WISHH representatives have already traveled to Cote d'Ivoire to allow schools to test textured soy protein in meals such as palm nut stew over rice. Children liked the foods that were tailored to local tastes while cooks appreciated the ease of fortifying foods with soy that greatly enhanced the protein and other nutritional content.



School canteens like this one in Cote d'Ivoire will be able to better feed 40,000 primary school children thanks to a donation of Textured Vegetable Protein™ from Archer Daniels Midland. WISHH will provide technical assistance to United Nations World Food Programme staff that promotes school feeding efforts in the country that is rebuilding itself.

WISHH, WFP and ADM are in discussion on future developments, which could include work with the local Cote d'Ivoire food processing sectors to assist them in using the soy in a variety of foods and beverages that are appropriate for pre-school and school age children.



Past American Soybean Association President Bart Ruth (second from right) and representatives of USDA, WFP, and ADM participated in the announcement of the new partnership. WISHH hosted the event on Sept. 29 at the National Press Club in Washington, D.C. where it drew media, State Department officials and others.



WISHH Presents Medical View of HIV/AIDS, Food and Nutrition at World Food Prize Symposium

WISHH Nutrition Adviser Cade Fields-Gardner presented information about the role of soy in HIV/AIDS programs to U.S. and international leaders gathered for the World Food Prize in Des Moines.

WISHH recognized World Food Day by participating in the World Food Prize International Symposium on October 16-17 in Des Moines, Iowa. Global leaders gathered at the event to recognize 2003 World Food Prize Winner Catherine Bertini who headed the World Food Programme for a decade. The Iowa Soybean Board and WISHH sponsored a breakfast where WISHH HIV/AIDS Nutrition Adviser Cade Fields-Gardner presented a “Medical View of HIV/AIDS, Food and Nutrition” that is available on line at

<http://www.wishh.org/news/foodprizespeech.html> The World Food Prize event also brought together the United Nations Millennium Development Task Force members met to discuss progress and strategies toward accomplishing their goals. In many of its endeavors, WISHH is contributing toward at least six of the eight Millennium Development Goals:

- 1. Eradicate extreme poverty and hunger--**WISHH provides technical assistance to global hunger fighting organizations as well as identifies greater roles for soy protein in sustainable nutrition programs where soy can fortify locally available foods in developing countries.
- 2. Achieve universal primary education--** From Cambodia to Guatemala to Cote d’Ivoire, hunger fighting groups add soy to increase the protein and other nutrients as they offer healthy meals that help children learn as well as encourage them to attend school. WISHH teams up with school feeding efforts.
- 3. Promote gender equality and empower women--**“Soy Cows” and other soybean processing systems offer women and other entrepreneurs with business opportunities as well as economical ways to feed their own families. WISHH provides technical assistance for their installation and use.
- 4. Reduce child mortality--**Children are especially vulnerable to deficiencies in nutrient intake for calories, protein and micronutrients. Soy is an economical source of high-quality protein that can support the physical and mental development of children. It can play an important role in protein status and its contribution to a developing immune system and survival.
- 5. Improve maternal health--**Pregnant women need additional nutrition for the growth of their unborn child as well as maintenance of their own bodies. Soy provides an economical source of high-quality protein to support the health of both.
- 6. Combat HIV/AIDS, malaria and other diseases--**HIV/AIDS-infected people may need 50-100 percent more protein than uninfected people. The majority of recommended calorie-containing nutritional supplements contain soy ingredients for optimum nutrition for people with HIV/AIDS. As a source of high-quality protein and isoflavones, soy can also help prevent nutrition-related immune deficits, and help to ward off opportunistic and other infections.

Interested in U.S. Training? Consider the Cochran Program

WISHH encourages representatives of international groups who want to learn more about soy to apply for Cochran fellowship grants as a way to receive additional training on soy protein for human consumption. WISHH has already assisted numerous Cochran fellows by working with the American Soybean Association (ASA) to write letters of support for qualified candidates and provide guidance on valuable training programs.

The U.S. Department of Agriculture administers and selects participants in the Cochran Fellowship Program. It provides high quality short-term, non-academic training programs in the United States, ranging from 2-3 weeks, depending on the objective of each participant's specific interests. Training is provided via a mix of technical instruction, practical field observations, and hands-on experience. For more information on the Cochran Fellowship Program, please visit www.fas.usda.gov/icd/food-industries/cfp/index.html.

Cochran applications should be submitted to the Agriculture Attaché or representative at the U.S. Embassy in the candidate's home country. While the ASA can support an individual's Cochran candidacy, especially if ASA is mentioned in the application, this is not an ASA program. Candidate approval rests solely with the USDA.

Those who are approved to participate have all costs paid for that are associated with U.S. training expenses, including U.S. airfare, ground transportation, emergency medical insurance, lodging, meals & incidental expenses, and course and conference fees. The USDA program does NOT cover the cost of international airfare expenses, nor does the WISHH Program. Individuals or the organization they represent are responsible for covering all international airfare costs.

For additional information or assistance, WISHH Program Coordinator Anita Parker aparker@soy.org.

WISHH at Work



Groups like the United Nation's World Food Programme and Catholic Relief Services sent a total of 13 representatives from their headquarters and country offices to meet with WISHH and soybean processors as well as receive training on high-protein soy use. Held August 13-15 in Illinois and St. Louis, the WISHH workshop included a farm tour, product demonstrations and discussions with soybean processing representatives.

MORE WISHH at Work

WISHH Project Development Manager LeRoy Duvall traveled to Kenya in July to help prepare for training on use of soy by bakeries that WISHH consultant Clyde Stauffer would provide in August. Duvall went on to Botswana for meetings with staff at the National Food Technology Research Center (NFTRC) as well as Humana People-to-People. He also stopped in South Africa to participate in the South African Soy Foods Association conference and establish contacts with food distributors and others.

WISHH HIV/AIDS nutrition adviser Cade Fields-Gardner was in Washington D.C. in July and September for meetings with the U.S. Agency for International Development, World Food Programme and others. She went on to Florida in July for meetings at the headquarters of Food for the Poor.

On his return trip, Hershey traveled to Rome for meetings at World Food Programme headquarters regarding implementation of the Cote d'Ivoire school feeding initiative described on page 1. In October, Hershey also participated in the Soy Symposium in Chicago hosted by the United Soybean Board and Soyfoods Association of North America. The event draws food industry leaders who conduct strategic planning for the future of the soy-based food industry.

The National Soybean Research Laboratory hosted more than a dozen food service and Private Voluntary Organization representatives on October 14-23 in Illinois to discuss and learn about including soy in international diets.

Fields-Gardner and Megan Puzey of the National Soybean Research Laboratory (NSRL) went to Honduras in October to support the nutrition programs that were launched there in July. See page 3 for details on the project.

WISHH consultant Anna Pavlova participated in the Center for Strategic International Studies (CSIS) Task Force on HIV/AIDs conference on Botswana's strategy to combat HIV/AIDS. The Washington, D.C. event featured President Festus Mogae of Botswana, Senator Norm Coleman and Ambassador Randall Tobias, who coordinates U.S. international HIV/AIDS policy.

Frank Daller of Malnutrition Matters was in Guatemala in September to assist with the soymilk conference organized by Leyenda S.A. and Micro Soy Corporation of Jefferson Iowa. Daller then traveled to Costa Rica for meetings with representatives of the Cetebedi S.A. company that is owned by the Seventh-day Adventist Church.

WISHH Program Director Jim Hershey participated in the 8th Annual Soybean Regional Conference, sponsored by the American Soybean Association's Mideast Office in September. For the first time, the conference was in Romania, a historically strong livestock producer and remerging market for U.S. soy protein. Hershey gave a talk on health benefits of soy. Other speakers addressed soy flour in baking and extrusion technologies for food production.



WISHH conceived and sponsored the Egyptian SoyFoods Alliance. In September, Jim Hershey stopped to see the group that has four members, and is in the process of registering officially under Egyptian regulations. Defatted soy flour (DSF) is now added to the official list of legal bread additives. At least two bakeries are using DSF, which were not using it previously. WISHH and ASA want to collaborate on further efforts to support soy flour use in the publicly subsidized Baladi bread market.

Upcoming WISHH Events

Egyptian SoyFoods Alliance meets on December 8, 2003

WISHH is assisting the Egyptian Soyfoods Alliance with a program for new and existing processor members to learn more about textured soy protein, soy flour, soy milk and more.

WISHH Washington Workshop Scheduled for February 25-26, 2004

WISHH will hold its Washington Workshop on February 25-26, 2004 at the Hotel Washington in Washington, D.C. Stay tuned for more details on the program that is designed to promote dialogue about nutrition and international assistance programs. Those who should plan to attend include representatives of Private Voluntary Organizations, U.S. Agency for International Development, U.S. Department of Agriculture, processing industry and soybean farmers.

Want to know more about WISHH ...

Because of soy's important role in international diets, the United Soybean Board, state soybean organizations and the American Soybean Association support WISHH. To learn more about WISHH, go to the WISHH website at <http://www.wishh.org/> or email wishh@asaim.soy.org

