

Soy Foods in Honduras



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Comprehensive Program

- Four projects:
 - HIV/AIDS
 - Mother Child Care
 - School lunch
 - Capacity building
 - Zamarano training
- Commercial markets
- Funded by Cargill, ISPOB, U of I



Volunteers from ASONAPVSIHAH (People Living with AIDS group in Honduras) cooking with soy products



School children tasting a soy-enhanced, high protein pudding

Incorporating Soy

- Soy protein products
 - TSP
 - Soy flour
- Education
 - Decision makers
 - Implementers
- Consumer awareness
- Training
 - Food preparers
 - “Empowered mothers”
- Small group challenges
 - Six recipes each group
- Regular follow up



Participants at a training workshop organized by “empowered mothers.”



Distribution of monthly ration of soy products

Consumer Acceptance

- 90%+ among adults, 84% children preferred soy enhanced to regular dishes
- No problem in using or storing soy
- Recipes modified regularly to include available ingredients
- Favorite recipes:
 - Corn & soy tostaditas
 - Pastelitos
 - Tortitas
 - Spaghetti with TSP



Food being cooked in home kitchen



Participants taste dishes cooked during training

Consumer Acceptance

- Lower cost, improved quality
- Health benefits of soy well understood
- Beneficiaries reactions
 - Feel healthier
 - Can do more work
 - Children look healthier
 - Without soy food will be lacking in nutrition
 - Increased diversity in foods
- No negative impact on developmental objectives



ASONAPVSIDAH Volunteer cooking with TSP

Next Steps

- Commercial Enterprise development
 - Micro-enterprises
 - Rural areas
 - Minorities
 - Bakeries
 - Urbana areas
 - Soy ingredients
 - TSP

