

# Translations:Cuisine améliorée/29/en

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The association Instituto Politecnico Tomas Katari - IPTK, created 42 years ago in Okuri, Bolivie, where the poverty index is the highest of the country, undertakes several support and educational projects for rural communities in Bolivia. The construction of enhanced cookers is part of a wider Food Safety support program called MadreTierra. The IPTK helps families become autonomous by growing their own food and having a balance diet. Thus, the IPTK builds organic orchards, teaches the families to obtain their own seeds (potato, corn, bean, onion), to grow their vegetables and incorporate them in their diet (carrots, salad, parsley, oregano). A milking cow was given out to families who then learned to milk it manually and make cheese. Chicken were also donated for their egg, bringing proteins to the kids who were lacking of them. Beehives were installed ; the families were taught to take care of them and retrieve honey in order to sell it but also to feed the queens and create new beehives. The association follows the families during 3 years, involving many local interlocutors, and cares that their action is sustainable and thrives through time.