



# Updates from NEI

*Eradicating malnutrition in Afghanistan.*

Dear Friends,

2013 marks the 10<sup>th</sup> anniversary of NEI working with the people of Afghanistan to develop a self-sustainable soy industry that helps reduce malnutrition while improving the local economy. Thanks to your support, farming families are becoming increasingly aware of the nutritional benefits of soy and positive effects of consuming soy at home. More Afghans are asking for tofu, in addition to soy naan, soy cookies, and soy flour. In fact, families are getting creative with soy. One man shared a recipe for soy cake that his family uses at home. The unique recipe for this soy snack food uses 20% soy flour.



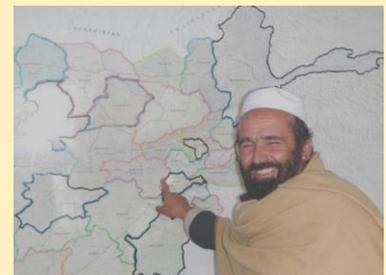
Soy cakes, containing 20% soy flour, are made locally by Afghan families.

Preparation for 2013 soybean production in Afghanistan is well underway. NEI agronomists are busy traveling to poor, rural villages to identify 10,000 new farmers to train. This year, many farmers are also visiting NEI's regional offices to receive our assistance. Agronomists work hard to prepare the soybean seeds for distribution. Preparation includes cleaning the soybean seeds and germination testing.



Soybean seeds are cleaned in Nangarhar Province in preparation for planting.

NEI's collaboration with the United Nation's World Food Programme (WFP) on developing this self-sustainable soy industry is in its second year and our partnership continues to grow, thanks to early successes. In January, WFP invited Dr. Kwon to attend their annual conference in Rome. This was Dr. Kwon's second invitation and many people were interested to see how NEI continues to operate successfully—sustaining improved food security at the national level.



A Wardak Province farmer shows NEI where he wants to plant his soybeans.

NEI's soy milk feeding programs throughout Afghanistan still serve thousands of women and children each week. Additionally, with the establishment of NEI's Soy Nutrition Center, more and more women are receiving education and training on the benefits and home use of soy.



Successful planting season helps ensure distribution of high-protein soy cookies and soy milk to women and children.

To promote the work that your support has helped make possible over this past decade, we are doing a bit of spring cleaning in our Pasadena Headquarters. Help us cut costs by sending us your updated contact information, including your e-mail address! Visit NEI's Facebook page for weekly photos and check out our website to stay updated on how you can join NEI's celebration.

This journey of planting little seeds and sowing big hopes depends on your continued support. It will help us expand our organization in Afghanistan, staffing to meet the challenges of implementing the many soy programs planned in 2013 and beyond.

~Thank you from the NEI Staff!