



# FOOD SECURITY INITIATIVE

to Support 100 Smallholder Farmers  
in Costa Rica

**Final Report  
2021-22**

Published in March 2022

**bean  
voyage**



**Bean Voyage** is a feminist non-profit social enterprise that provides a bundle of services consisting of training, financing, market access, and mentorship to smallholder women coffee farmers.

# Vision

To eradicate the gender gap in farming communities.

# Mission

To partner with 2,500 coffee producing communities in 5 countries, supporting 2 million smallholder women and their families around the world by 2030.

# Values

CARE - Compassion, Agency, Resilience and Equity.



[www.beanvoyage.org/care-support](http://www.beanvoyage.org/care-support)

# Index

- Summary & Context of the Project
- Key Impact Metrics
- Detailed Breakdown of Project Activity and Progress to date:
  - Activity 1: Application Process
  - Activity 2: Selection Process
  - Activity 3: Food Basket Delivery
  - Activity 4: Adaptation Training
  - Activity 5: Proposals and Microgrants
- Meet the Diversification Projects
- Key Findings
  - On Educational Level
  - On Gender Roles
  - On Accessibility
  - On Alliances
- Expense Report
- Sponsors & Partners
- Media & Outreach
- Acknowledgement
- Contact
- Appendix:
  - Appendix I: Demographic data on participants
  - Appendix II: Household and Income
  - Appendix III: Food Security and Poverty

# Summary & Context of the project

In collaboration with **The Starbucks Foundation** and **The Coffee Institute of Costa Rica (ICAFFE)**, Bean Voyage is spearheading the Food Security Initiative for 100 Smallholder Coffee Farmers in Costa Rica.

The project aims to closely work with **smallholder women coffee farmers in Costa Rica** and **alleviate issues around food insecurity in their families**. The project provides monthly food baskets, access to training on productive farm practices, and business skills to each participant. The goal is to equip coffee farmers with skills to diversify their farm produce and income as they secure their access to food throughout the year. The project concludes with each farmer receiving a stipend of \$150 to implement these productive ideas at a farm level.

The farmers were identified through a survey to map the needs of smallholder coffee farmers whose income was impacted by COVID-19, and the anticipated impact of this project is to foster food sovereignty while providing an avenue towards healthier and stable household lives for the 100 smallholder farmers and their families. As of this writing, the project has fulfilled all of its key objectives (mid-term), providing food baskets and training on key topics such as bee keeping, home gardening, hen keeping, and bio-fertilizers -- all of whom serve as alternative income sources for smallholder coffee farmers. Due to the ongoing pandemic, we've hosted all of the workshops online.

Between December 2021 and February 2022, farmers will build on this knowledge and be supported by mentors to write their own business plans, with the possibility of receiving a \$150 stipend to invest towards their business ideas.

# KEY IMPACT METRICS

August 2021 - March 2022



TRAINING  
COMPLETION RATE



**4,801.14 KG**

OF FOOD BASKETS PROVIDED

**67**

BUSINESS PROPOSALS  
SUBMITTED

**1224 LITERS**

OF MILK

**1,060 KG**

OF HYGIENE PRODUCTS

**47**

DIVERSIFICATION  
BUSINESS IDEAS FUNDED



**100**

HOUSEHOLDS SUPPORTED

**USD 14,337.41**

TOTAL DISTRIBUTION OF  
MICRO-GRANTS

**480** 

INDIVIDUALS DIRECTLY IMPACTED

**1,500** 

INDIVIDUALS INDIRECTLY IMPACTED



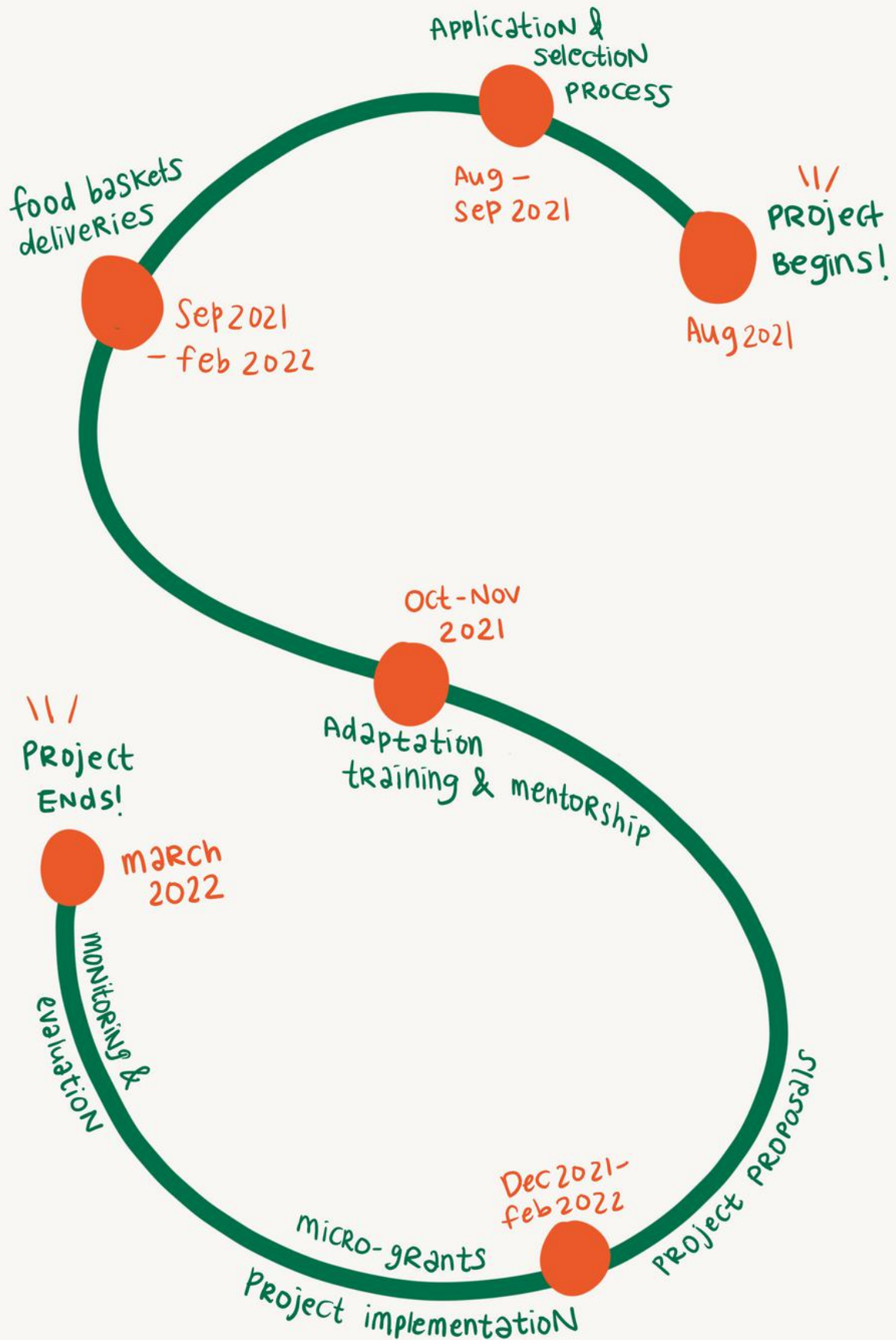
**USD 34,670.91**

INCOME GENERATED  
IN LOCAL ECONOMY\*

\* All the food baskets have been purchased in local supermarkets in each region. The income generated in local economy has been calculated based on the direct amount spent in these communities. This is inclusive of \$14,337.41 that went to support 47 diversification businesses of participants as they purchased their inputs in their respective communities.



# PROJECT TIMELINE OVERVIEW:



# DETAILED BREAKDOWN OF PROJECT ACTIVITY & PROGRESS TO DATE:

## Activity 1: Application Process (August 2021)

In order to initiate the selection process, Bean Voyage created a simple form, with 28 questions and 10 business days to apply. We used various mediums such as Facebook, WhatsApp blurbs, and local media to raise awareness about the project. We also received the support of ICAFE to further spread the word about the application process. By the end of the application period, we received a total of 142 applications from across the country.

**Below is the breakdown of the applicants based on key demographic information:**

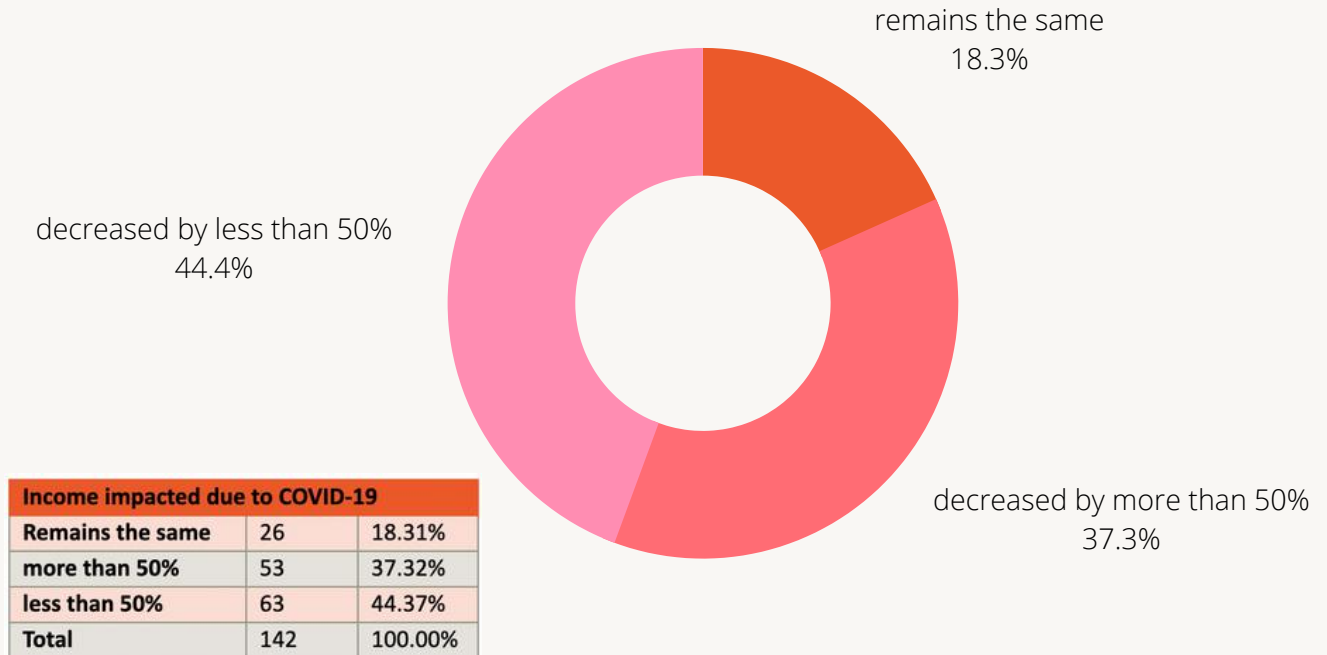
Distribution by sex		
Sex	Quantity	Percentage
Men	32	22.54%
Women	110	77.46%
Total	142	100%

Geographical distribution		
Region	Quantity	Percentage
Central Valley	33	23.24 %
Tarrazú	48	33.80%
Orosí	3	2.11%
Turrialba	9	6.34%
Brunca	41	28.87%
Valle Occidental	7	4.93%
Tres Ríos	1	0.70%
Total	142	100.00%

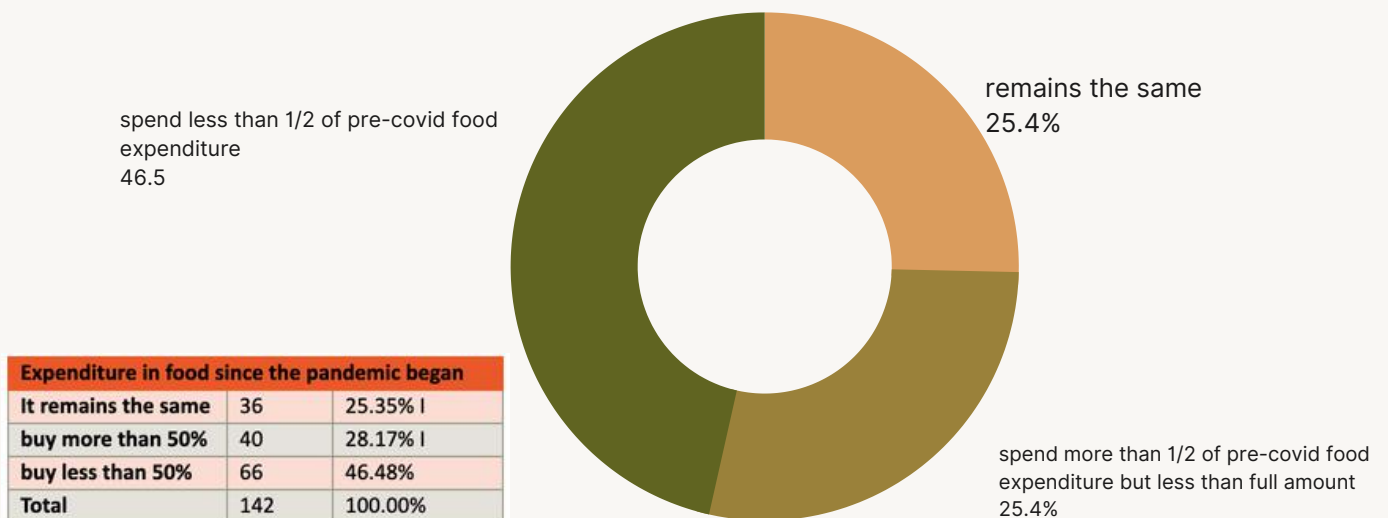


In addition, we requested for data on the impact of COVID-19 on their livelihoods. Below are some major data points:

## Income impacted due to COVID-19



## Expenditure in food since the onset of COVID-19



## Activity 2: Selection Process

(August-September 2021)

In order to develop a quantitative selection process, our team developed a two-fold system consisting of a risk matrix and scoring system, using the responses from application and a follow-up interview to further evaluate each applicant's socio-economic situation.

The **risk matrix tools** evaluated the level of risk that each participant was facing based on the areas of: vulnerability, food security, income and poverty. The scoring system then classified each participant according to the points obtained in the matrix.

As a result of this selection process, the project was provided with valuable information that has further shaped the project.

### BV's risk matrix tool

vulnerability\*\*, food security, income level and poverty

*\*\* more on this in Appendix I*

Below is a summary of the key data points that were gathered from the selection process:

### On AGE

# 40-

# 59

On average, the participants were in the age range of 40-59 years old, with the youngest participant being 23 years and the oldest participant being 73 years old.

This data was crucial not only for the initial diagnostics, but also allowed us to further prepare our training program (which was held virtually due to COVID restrictions) so that we could further adapt to the learning needs and pace of our participants.

In addition, the participants profile provided the project with some crucial data which has been summarized below:

## On REACH

# 480

Of the selected 100 participants, 51 people have more than 4 dependents, whereas 85 people have more than 3 dependents.

On average, the project has an overall reach of 480 people.

## On GENDER



Of the selected 100 participants, 72 participants are women, out of whom, 45 women are heads of household.

## On INCOME



81 of the participants have a monthly family income of between 0 and 150 thousand colones (\$235 per month - **USD 1.83/day/person**).

The lowest income is concentrated in the Brunca region, while the region where there is an income greater than 251 thousand colones (\$390 per month) is Tarrazú.

## On INCOME SOURCES



Of the selected participants, 83 of them depend on productive activities related to: coffee cultivation, agriculture and activities carried out in the informal sector.



13 participants depend on some type of state subsidy as their main source of income.

## On COVID-19'S IMPACT



Of the selected participants, 88 of them saw their income reduced to a greater degree as a result of the pandemic.



In addition, 37 participants expressed that they are the only income source in their families.

Additionally, as part of the project, we collected various other demographic data which can be found in the **Appendix Section** of this report.

## Activity 3: Food Basket Delivery

(September 2021-February 2022)

After the selection process, our team collaborated with the regional offices of **the Coffee Institute of Costa Rica (ICAFFE)** to map the farmers and identify local food providers.

In a couple of weeks, our teams of distributed suppliers were able to deliver food baskets to all of the participating smallholder coffee farming families across Costa Rica.

**In the month of September, we delivered a total of 106 food baskets, followed by 100 food baskets during the period of 6 months.**

The food baskets were purchased thanks to the generous financial contribution of The Starbucks Foundation.



Project update & progress:



At the end of the project in February 2022, we have successfully delivered:

**4,802 kg of food,  
1,224 liters of milk,  
1,060 kg of hygiene products**

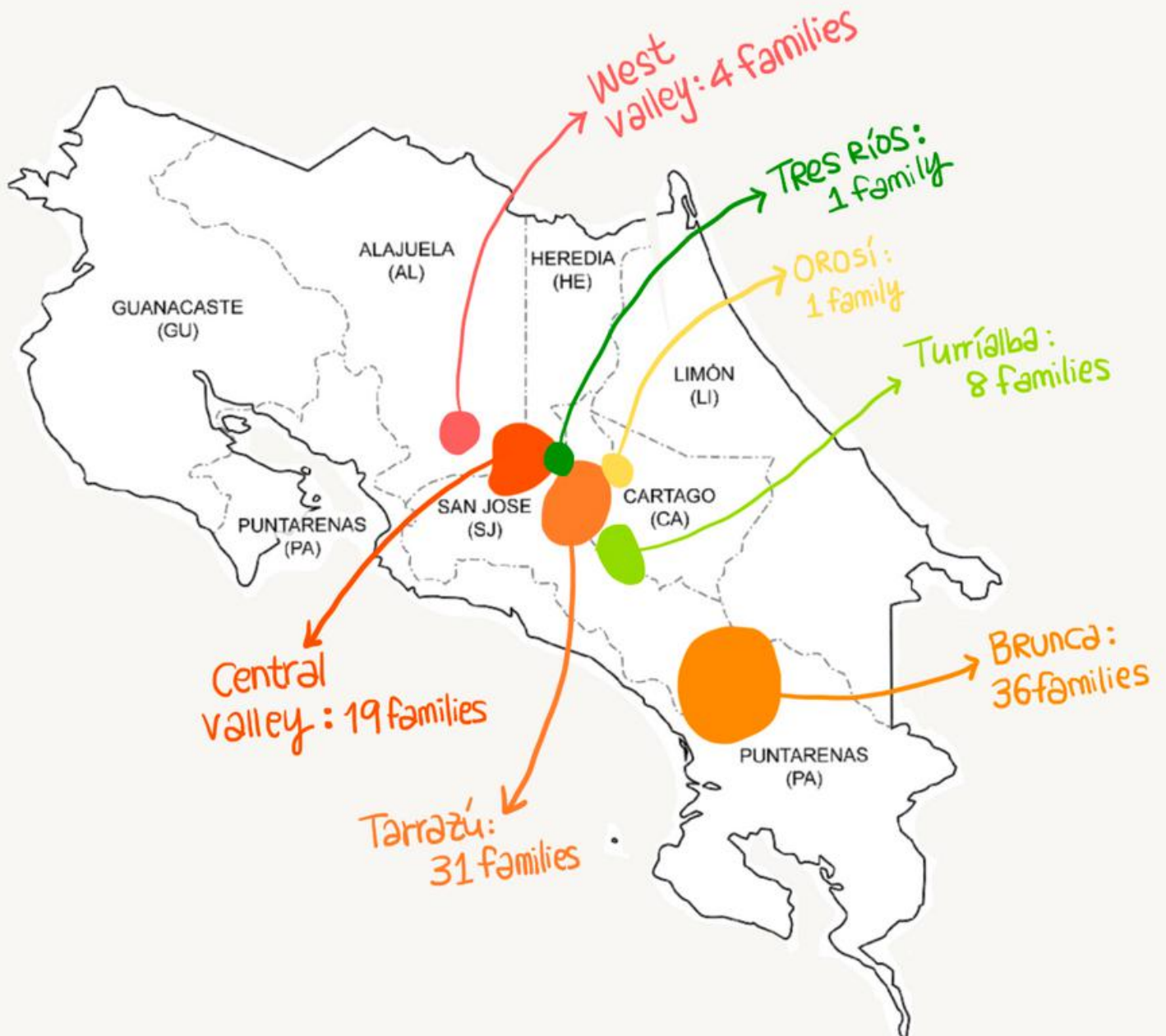
to **100 smallholder coffee farming families**,  
reaching **480 people**.





In the survey conducted with 202 smallholder women coffee farmers in June 2021, we learned that 49% of the farmers in our network buy the majority of their food from big supermarkets, while 33% purchase the majority of their diet from local markets. The reason is because much of their current diets consist of products such as rice and beans that they do not have the capacity to grow in the short term. Additionally, it's difficult for farmers to have access to cash (and finance) to afford daily necessities during the off-harvest season. It makes it hard for them to purchase things such as pads, toilet paper, dish soap and cooking oil, that are essential to living. The Food Baskets have been designed to address these needs.

### Map of distribution in Costa Rica



More on food basket distribution available on Appendices



## Activity 4: Adaptation Training

(October-November 2021)

While the food distribution process was underway, our team built alliances with local subject matter experts on various topics to provide training on productive ideas and diversification strategies for smallholder coffee farmers.

Many of the farmers in the program rely on coffee for primary household income. As coffee generates cash flow (household income) only for 3 months of the year, increasing their access to cash throughout the year could alleviate issues around seasonal hunger. Moreover, utilizing land available on farms to grow food will directly contribute to farmers' access to food.

The following modules have been identified as of importance after literature review of project executed successfully in Central America. The goal is to foster resilience of farms and farming families.

These trainings are presented as examples of complementary business activities to their coffee farms, and we will provide additional training on business development and management in the next phase of training to support successful implementation on farm-level.

**In the months of October and November, we collaborated with various organizations to provide virtual workshops on the following modules:**

- **Beekeeping:** during this training, farmers learned about the basic aspects of setting up a bee garden and the basic finances required to do so. The training was provided by **Pollen Keepers**.
- **Hen Keeping:** during this training, farmers learned about the basic aspects of setting up a hen garden and ways to maintain the hens for long term business purposes. The training was provided by **Ecogranja San Lucas**.
- **Home Gardening:** during this training, farmers learned about the importance of having their own gardens and examples of simple set up gardens and composting methods that farmers can introduce. The training was provided by **Huerta Donde Sea**.

- **Bio-Inputs in Coffee Farms:** during this training, farmers learned about soil health and basic recipes to create bio-inputs with farm materials. This training was provided by **Johnny Castro Perez, a bio-inputs specialist.**
- **Empowerment and Personal Brand:** during this training, farmers learned how to build their own brand to further diversify sources of income. This training was provided by **Andrea Cuevas, Silvia Lopez and Steph Araya at Western Union.**
- **Personal Finance:** during this training, farmers learned how to manage incomes and savings, and deepened their understanding of loans and credit risks. This training was provided by **Erick Brenes and Andrea Cuevas at Western Union.**
- **How to start a project:** during this training, farmers learned the basics of designing and planning a project for sustainability. This training was provided by **Adriana Vásquez at Bean Voyage.**
- **Finances for project:** during this training, farmers learned how to develop a credit plan for their businesses. This training was provided by **Sergio Alvarado at Western Union.**
- **Innovation:** during this training, farmers learned about tools that are available for farmers to further develop efficient systems. This training was provided by **Natalia Araya, Alejandra Brenes and Carlos Araya at Western Union.**
- **Network management:** during this training, farmers learned about how they can use social media to expand their farm presence to attract more buyers. This training was provided by **Steph Araya at Western Union.**

Recordings of these workshops can be accessed through [this platform](#), which will be provided to the farmers for future learning as well.

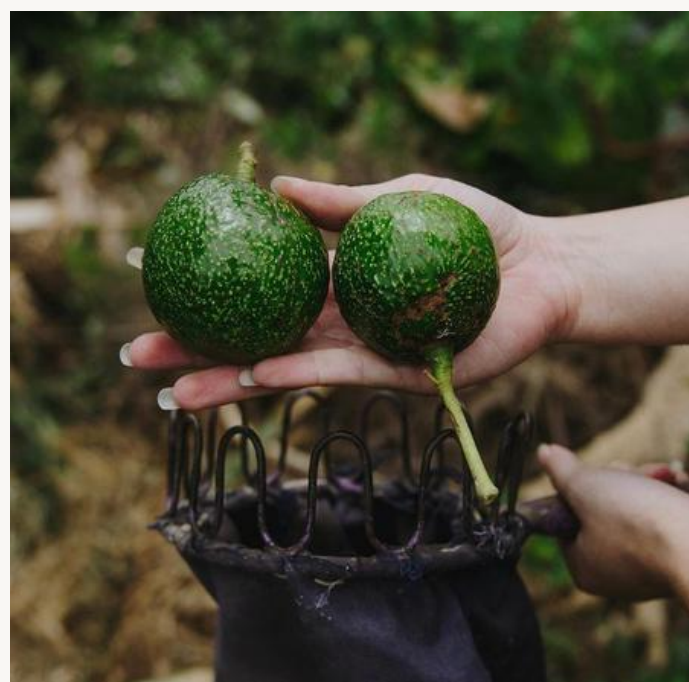
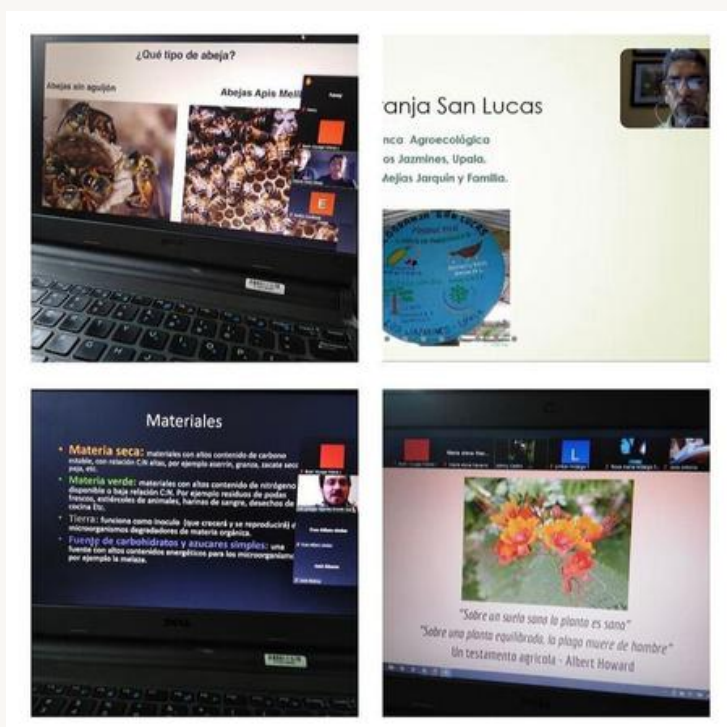
Project update & progress:

## Training on Productive Ideas to Promote Diversification of Income



On October 16, 2021, we delivered **virtual training programs in collaboration** with Pollen Keepers, Huerta Donde Sea, and Eco Granja San Lucas on projects that can be replicated by smallholder farmers with a low budget and limited space capacity.

The training provided farmers with an opportunity to learn from subject matter experts and further clarify logistical questions around starting these projects as complementary farm activities at their own farms, ensuring their potential for increasing household income and farm resilience.



**Project update & progress:**

## Training on Project Management & Business Tools



On November 15 and 25, 2021, in collaboration with Western Union and Professor Oscar Chavarria - an Entrepreneurship specialist -, Bean Voyage organized a workshop on project management and business tools, including workshops on proposal writing and one-on-one mentorship for the farmers to further develop their business ideas.

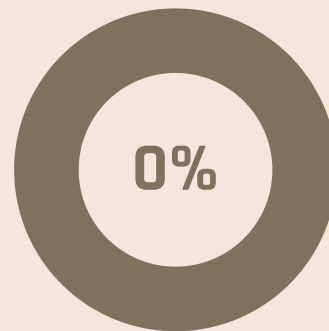
In these workshops, producers gained key tools and knowledge to implement complementary business activities to their coffee farms to increase their household income and access to food.



## IMPACT METRIC FOR TRAINING



**TRAINING COMPLETION RATE**



**ATTRITION RATE**

\*The participants that couldn't attend live virtual sessions received training through recorded contents

## Activity 5: Proposals & Micro-grants

(December 2021 - February 2022)

Following a series of workshops on various diversification strategies, all participants were provided with one-on-one mentorship and guidance from local business leaders and academics on the process of developing strong business proposals that can receive funding.

As part of this project, **The Starbucks Foundation** committed a **pool of \$15,000** to be distributed between the participants for project implementation.

The goal of this project is not only to prepare the participants for this initial micro-grant but for long-term success with loan applications or other funding opportunities.

Therefore, participants went through various rounds of review and discussion to develop clear and succinct business proposals that were then submitted for review in December 2021.

**We received a total of 67 proposals (out of 100 participants) for the consideration of micro-grants.**

Between December 2021 and January 2022, the proposal review committee analyzed the proposals.

## Project update & progress:

### Micro-grant Evaluation Rubrics

Based on the following seven (7) criteria that were part of the rubric, committee members scored each proposal, and based on the scoring system, the committee selected 47 projects to be ready to receive micro-grants to implement their farm projects.

The successful project demonstrated the following characteristics:

- ✓ **Project Description:** Clearly outlines their business goals.
- ✓ **Market Segment:** Clearly defines their customer segment.
- ✓ **Value Proposition:** Presents a differentiating element that facilitates the customer's purchase decision.
- ✓ **Key Activities:** Identifies at least three activities for the implementation of the project Regular.
- ✓ **Key Alliances:** Adequately identifies who can support and implement their project.
- ✓ **Distribution Channels:** Identifies at least two distribution channels.
- ✓ **Sources of Income:** Identifies other benefits or products their project can generate.



## Project update & progress:

---

Below you can find a summary of key statistics from the funded projects, followed by detailed accounts of a few selected projects



Total Participants: **100**



Business proposals submitted: **67**



Total Projects selected for funding: **47**



Average grant size: **\$314.5**



Total grants awarded: **\$14,337.41**



**Project update & progress:**

---

## Grant Review Committee:

Our sincere thanks to the grant review committee for their support:

Andre Barrantes, *Shogun Monitor*

Felix Lopez Franco, *Instituto Nacional de Aprendizaje*

Jesse Cuevas, *Starbucks*

Karen Vargas Soto, *Aseling*

Marco Castro Mendoza, *Universidad Técnica Nacional*

Natali Venegas, *ICAFE*

Oscar Chavarria, *Asesorías CH*

Sergio Gamboa Espinoza, *Universidad Técnica Nacional*

Tony Marten, *Bean Voyage*

Randall Quesada Rodriguez, *Grupo Mutual*

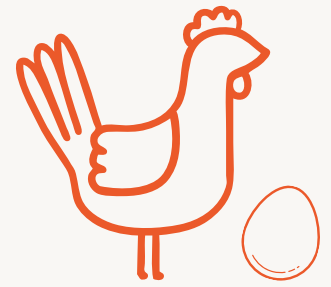






Dinorah's chicks /Fernanda Carrillo Chacon

# MEET THE DIVERSIFICATION PROJECTS



## Hen Keeping

**Participant:** Alba Nidia Corrales Bonilla

**Region:** Perez Zeledon

**Project:** "I would love to acquire more chickens to enlarge my project of grazing chickens to market more eggs and thus have more income to support my family."

**Grant amount:** \$210

**Participant:** Kattya Hidalgo Mora

**Region:** Frailes

**Project:** "I would love to develop a project of grazing chickens in my area and then market the eggs. This project will serve as a source of income and consumption for my family, since I have not had a job for the last 3 months due to the death of my boss. Despite the fact that I worked 23 years with her, nobody wanted to pay me the settlement. I believe this project will help me start a new entrepreneurial journey and in the same way bring an income to my family."

**Grant amount:** \$206

**Participant:** Gloria Calderón Vega

**Region:** Turrialba

**Project:** “I want to build a chicken farm for laying hens for the production of eggs. This will be an additional business idea that I want to implement as an enterprising woman and this would go hand in hand with the production of coffee. This will help me to have more income and better stability. This project would be of long term benefit as at the beginning it would be laying hens, and eventually, we can look at the sale of chickens as a revenue source when they stop laying eggs.”

**Grant amount:** \$208

**Story of Impact:** Doña Gloria is from the Tukuriki region of Turrialba, about 2 hours away from Central Turrialba. Gloria shared that initially she did not want to apply for this program because she has often applied for many programs in the past and she was not selected. However, she reached out to our team to learn more, and with the help of our program manager, she decided to apply saying “it was a signal of god”. But when she applied, she shared that her circumstances were quite difficult as she would only consume coffee and eat one meal a day. Oftentimes, she would skip meals as she lives by herself and felt worried about having enough money to survive. Coffee to Gloria signifies her entire life because all her life, she has been engaged in it – her parents would produce Sugarcane, Pejibaye, and Coffee – but when Gloria started running the business she was focused in coffee and year on year, she has not been able to generate enough money for her family. For her, the key aspect of this program that was special was the food basket which provided a short term solution for her to eat a healthy and balanced diet. Knowing that she would have food provided to her once a month and that she does not have to work during the harvest season with an empty stomach. However, she mentioned how the training was a big highlight, as she used to work in a textile factory 20 years ago, and the factory closed down and has not been able to work since then. This training provided her with the opportunity to revive her dreams and start on an entrepreneurial journey with the hen farm as a result of this project. When she was 30 years old, she used to have 60 chickens and their family would provide eggs to the entire region. However, they did not have the chickens for many years, and she wants to revive this business so that she can supply eggs to everyone in their community.



Nuria's notebook from training /Fernanda Carrillo Chacon

**Participant:** Nuria Elizondo Varela

**Region:** Perez Zeledon

**Project:** Gallinas

**Grant Amount:** \$211

### Story of Impact:

Nuria is a neighbor of Platanares de Pérez Zeledón, she is married and has 2 grown daughters. All her life, she has produced coffee, but after she got married it has been her husband who has been in charge of working in the farms. During the pandemic, she began to get more involved because they were in a difficult economic situation, but this project was like a glass of water that helped her refresh and cheer up. She shared her appreciation for the training and the work we Bean Voyage does because it helped her realize her self-worth and that if she is well, the people around her will be as well. With support from the micro-grant, Nuria purchased her first ever chickens, and she now has a dream and a hope to survive through these economic hardships. With these chickens, Nuria doesn't have to spend her money buying eggs at the supermarket and that makes her happy because she can save that money. Nuria has a notebook where she wrote down everything that was taught during the training and where she keeps control and planning of her project.



**Participant:** Mauren Rojas Cordero

**Region:** Frailes

**Project:** "I would like to develop the project of grazing chickens to be able to market it in my area and beyond, to have an additional income in the family and of course for consumption."

**Grant amount:** \$160

**Participant:** Michael Barteles Badilla

**Region:** Brunca

**Project:** "I will produce eggs from Creole and chickens under the grazing system. The idea is to take care of Creole and chickens to offer a variety of eggs to the customer, cared for with healthy nutrients and food produced on the farm such as: corn, ripe plantain, grass, among other products."

**Grant amount:** \$288

**Participant:** Maria Alejandra Mora

**Region:** Tarrazú

**Project:** "My parents already have a small farm and I want to help grow that with this project. I want to buy a few more chickens and about two sheets of zinc to help us scale our current farm, and help us earn a stable income that can help me finish my studies."

**Grant Awarded:**

**Participant:** Daniela Cerdas Mena

**Region:** Frailes

**Project:** "I want to develop a hen project to be able to market in my area that will serve as additional income for my family's economy and also for household consumption."

**Grant amount:** \$142

**Participant:** Grettel Estelita Cerdas Mena

**Region:** Frailes

**Project:** "I already have a poultry farm, but due to the demand for production, I do not meet the demand of my clients and I do not have a budget to expand it. With this project, I can continue to graze chickens and continue growing my business and thus have an additional income for my family."

**Grant amount:** \$238





Dinorah Rojas from Shamba and her eggs / María José Monge Valverde



# Bee Keeping

**Participant:** Teresita Cordero Navarro

**Region:** Frailes

**Project:** "I want to develop a beekeeping station in my coffee farm to be able to market the honey and generate an income for my family. This is especially exciting as I will also be contributing to the conservation of the species."

**Grant amount:** \$364

**Participant:** María Fernanda Robles Arias

**Region:** Tarrazú

**Project:** "I want to implement a beekeeping project to generate additional income from my family economy, the pollination of my coffee plantation and for my own consumption."

**Grant amount:** \$343

**Participant:** Zeidy Enid Selles Páez

**Region:** Valle Central

**Project:** "My project is called, "Miel El Aguijón de Amor", and it is located in an area of 25 hectares of land, with internal paths of primary and secondary forest adjacent to productive coffee farms of the neighbors, with the participation of Human Talent , entrepreneurs of local medicinal products and good customer service through other services that are located in the agro-tourism, environmental and cultural project, located in the Quitirrisí de Mora Indigenous Territory, at 1300 feet above sea level, a place easy access. The project aims to generate production for the benefit of families and people from the Huetar indigenous community who work in the activity, generating educational interest for the protection of biodiversity in the environment."

**Grant amount:** \$375







Maria Fernanda Robles of Santa Juana with her bees  
/Fernanda Carrillo Chacon

**Participant:** María Fernanda Robles Arias

**Region:** Tarrazú

**Project:** "I want to implement a beekeeping project to generate additional income from my family economy, the pollination of my coffee plantation and for my own consumption."

**Grant amount:** \$343

### **Storie of impact:**

María Fernanda is a resident of Llano Bonito in Leon Cortes de San Pablo, Tarrazú. She grew up among coffee plantations and for her coffee is something that taught her to be independent. As a plant and process that she loves herself, she has transferred her love for coffee to her children and whenever they have the opportunity they go to the farm to spend time together. During 2020 her family had many financial difficulties due to a phone scam. In addition to that, Maria Fernanda worked in a coffee farm, however in 2020 she was diagnosed with a spinal disease that affected her vision, so they had to constantly visit the hospital which increased her expenses. The doctor recommended that Maria should not do any physical efforts which affected her morale as she loved working in the coffee plantation. However, Maria was resilient, and decided to enroll into this program. For Maria, her favorite part was when she was notified that she had been selected and the most valuable thing was the food packages. She shared how all the training helped her not to focus on the bad things but to stay positive during very difficult times. With the experience of the project and the micro-grant, she is investing in a beekeeping station, and Maria's dream is that her bees produce a lot of honey and she is able to market it by applying the knowledge acquired in the training given in the project.





Michael Barteles Badilla from Shamba with his plants /Fernanda Carrillo Chacon

# Home Gardening



**Participant:** Arcadia María Rojas Hidalgo

**Region:** Brunca

**Project:** "I want to develop the garden project to be able to sell it in the area. And at the same time it is an additional income for my economy at home and it is also consumption for my family at home."

**Grant amount:** \$109

**Participant:** Jennifer Rodríguez vega

**Region:** Brunca

**Project:** "I want to develop the home garden project to be able to sell it in my local area to generate additional income for my economy for my family. In addition, we hope to consume additional vegetables for my family at home."

**Grant amount:** \$203

**Participant:** Juan Gabriel Arias Badilla

**Region:** Perez Zeledón

**Project:** "We are going to develop a garden, with the purpose of supplying the local consumption of lettuce, celery, tomato, and chile to the neighboring communities. We will set up a small market next to the garden to sell these products directly to the public and generate income for our family."

**Grant Amount:** \$375

**Participant:** Maria Andreina Campos Porras

**Region:** Tarrazú

**Project:** "I want to offer fresh vegetables without agrochemicals and 100% organic. I will produce them in hydroponics, which prevents them from having slugs and insects. I will then offer these plants of fruit or vegetables to those who need it to make their own garden for a reasonable amount of money, while also selling my produce to family members, neighbors and pulperias (local businesses). If the business prospers in the future, I plan to sell the prepared and packaged salads with an additional dressing (this dressing is made with natural ingredients and from the orchard such as strawberry, olive oil, garlic, thyme, avocado and cilantro."

**Grant Amount:** \$268

**Participant:** Fabio Obando Torres and Nazareth Obando Torres

**Region:** Turrialba

**Project:** “I want to develop an organic garden of vegetables and medicinal plants such as coriander, celery, lettuce, chives, basil, peppermint, and oregano for self-consumption, and to sell the excess produce to neighbors at the organic fair, so that we have a local supply and promote the consumption of healthy and fresh food.”

**Grant Amount:** \$211

**Story of Impact:** Fabio has worked in coffee farms as part of their family’s legacy. He and his daughter have been running the farm for the last decade. Fabio was very active during the training programs, and although he was a quiet participant, he was always proactive in the training programs and submitting his proposal. He said the coffee was always challenging with the price volatility and the rising challenges of climate change. He wants to continue with his daughter, Nazareth, but also look at diversifying their sources of income. He decided to join the program because their family was making sacrifices to feed the family and this program allowed them to be able to focus on feeding the family without major sacrifices. The training via zoom was very new to Fabio, as he had never used such a platform, however, the tutorial provided by the team was helpful for him to be able to connect during all of the training. Since a young child, he dreamed of having a home garden, and his father wanted him to focus only on coffee but he kept a small piece of land to farm food. During the project, he was able to put his dreams into action – as the step-by-step process of the training allowed him to slowly work on making progress, and involve his entire family in the process of setting up the home gardens. He wants to plan medicinal plants, focusing on natural remedies for any illness or sickness as well.





Avocados grown on coffee farms /Alexa Romano

# KEY FINDINGS

In addition to some of the demographic findings shared above, there were a few qualitative learnings from this part of the project as outlined below:



## On EDUCATIONAL LEVEL

As this program combines relief efforts and rebuilding efforts (food baskets and adaptation training), we have witnessed a **correlation between educational levels and vulnerability in food security**.

Therefore, when it comes to the training, our team had to further work with the trainers in advance of the workshops to ensure that content materials were using more images and infographics, and reducing the burden on reading and writing during the workshops.

Even for the proposal writing process, we have identified mentors who are co-creating proposals so that farmers who do not have high levels of educational achievements are not missing out on the opportunity to receive a micro-grant.



## On GENDER ROLES

As this program has a high level of participation from smallholder women, we are receiving additional data on gender roles and its impediment to success for women coffee farmers.

For example, **smallholder women face the double burden** of having to take care of their home and farms. Oftentimes that poses a barrier in their ability to participate in the training. As a result, we have ensured to create a platform that farmers can access in the long run to continue the learning process.



## On ACCESSIBILITY

Due to the age group of our participants being mostly above the age of 40, we faced significant challenges with farmers not having access to the tools and wifi to attend the virtual training sessions.

Although Bean Voyage originally planned to host in-person training, due to a rise of COVID cases, we received advice against hosting an in-person workshop. **This affected the attendance rate of our training to an average of 75%, which is below our target of 90%.**

Having said that, we are hosting in-person visits to farms and training in-person will resume early in 2022 which will allow us to make up for some of the participants who might have missed the virtual sessions.

In addition, we have uploaded all of the content in short form into a learning platform that farmers can access at all times. We also have one participant who is not able to hear and is attending with his wife to further understand the training materials.

## Furthermore on ACCESSIBILITY

During our M&E trips, we learned that many of the producers were excluded from other forms of support from the states due to the distance from the central government. Many of the producers we visited in the South required 7+ hours of travel on beaten-down roads from the Capital, and at least a few hours of drive from any major cities. The participants have expressed having asked for help in the past and never receiving any help due to the remoteness. In the case of the producers of Boruca from Buenos Aires, they face another limitation because their community is in indigenous territory where indigenous and non-indigenous people live. The region is known for high level of poverty in the country, however, the current policy only provides support to indigenous people of the community leaving behind the vast majority of the non-indigenous people in poverty.





## On ALLIANCES

During the design stages of this program, we learned that there are many organizations that offer technical assistance and training on topics that can further help reduce food insecurity in coffee communities, however, these organizations had not received one platform to come together and provide these tools to the farmers directly.

**The sourcing of locally based subject matter experts means that farmers will have access to these tools and mentorship in the long term.**





Two pots of cooked vegetables / Fernanda Carrillo Chacon

# THE PROJECT IS GENEROUSLY SUPPORTED BY:



THE  
**STARBUCKS**<sup>®</sup>  
FOUNDATION

## IN-KIND SUPPORT FROM:



We would like to thank the following organizations and people for their partnership in this initiative.

**Pollen Keepers**

**Huerta Donde Sea**

**Ecogranja San Lucas**

**Professor Oscar Chavarria,  
Entrepreneurship Specialist**

**Johnny Castro Perez,  
Bio-Inputs Specialist**

# MEDIA & OUTREACH

The project has garnered some local and international news for the timeliness and innovativeness in tackling food insecurity in coffee producing communities.

Below are a few outlets and events where our team has published and shared the story about this project:

**Daily Coffee News**

**Barista Magazine**

**Barista League - High Density**

**Manchester Coffee Festival / Manchester, UK**

**Felt Coffee - Event / Seoul, Korea**

**MTL COFFEE - Event / Seoul, Korea**

# TEAM

This project was executed by the following members of Bean Voyage Staff:



**Maria Jose Monge**  
Logistics & Monitoring  
Coordinator



**Adriana Vasquez**  
Project Lead



**Abhinav Khanal**  
Project Logistics



**Fernanda Carrillo**  
M&E Support



**Sunghee Tark**  
M&E Support



**Alice Mee**  
Project Intern

# ACKNOWLEDGEMENT

The success of this project would not have been possible without the guidance and support of our colleagues at **The Coffee Institute of Costa Rica**, and the generosity of **The Starbucks Foundation**.

In addition, we would like to acknowledge the support of **Pollen Keepers** (Maria Jose Mena-Alberto Saénz), **Ecogranja San Lucas** (Luis Mejias), **Huertas Donde Sea** (Alejandro Arango), **Western Union** (Andrea Cuevas, Silvia Lopez, Stephanny Araya, Erick Brenes), Professor Oscar Chavarria (Entrepreneurship specialist) and Johnny Castro Perez (bio-input specialist) for their thought partnership and guidance.

Finally, we would like to thank all of the participating farmers who have been generous in their communication and continue to work towards a sustainable future for the coffee industry and their communities.

# CONTACT

For any questions/comments,  
Please get in touch at [hello@beanvoyage.org](mailto:hello@beanvoyage.org).

You can also learn more about our other initiatives on [www.beanvoyage.org](http://www.beanvoyage.org)



Maria Fernanda Robles with bee keeping suits /Fernanda Carrillo Chacon

# APPENDIX I: DEMOGRAPHIC DATA ON PARTICIPANTS



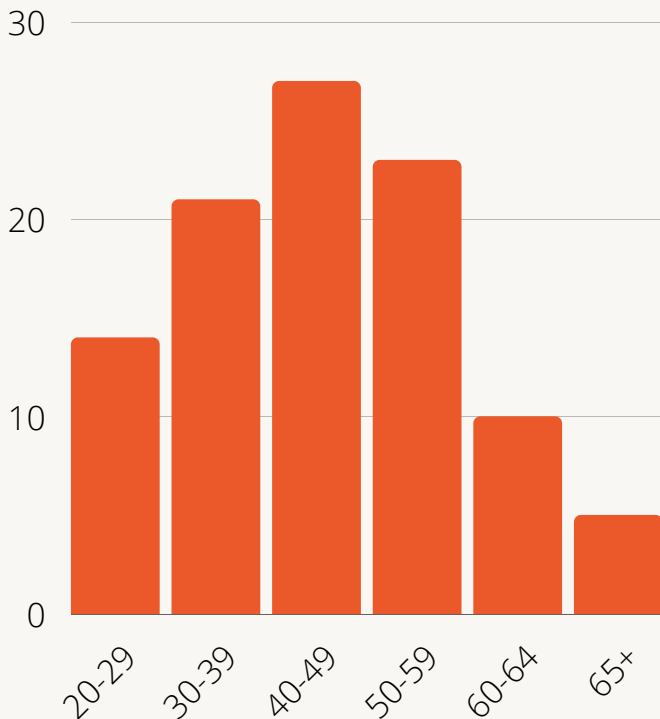
## Distribution by Sex

**men : women**

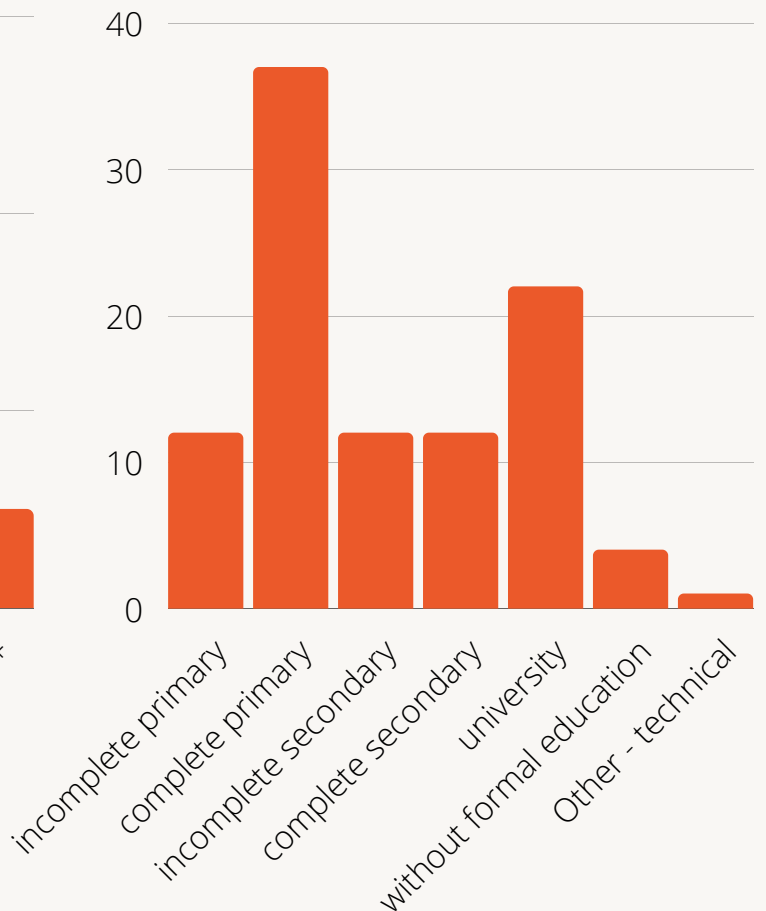
**28 : 72**

While Bean Voyage's work primarily targets smallholder women coffee farmers, upon recommendation from The Coffee Institute of Costa Rica (ICAFFE), we've broadened the target audience to also work with male coffee farmers for this project, as representative from their farms.

**Participants by Age**

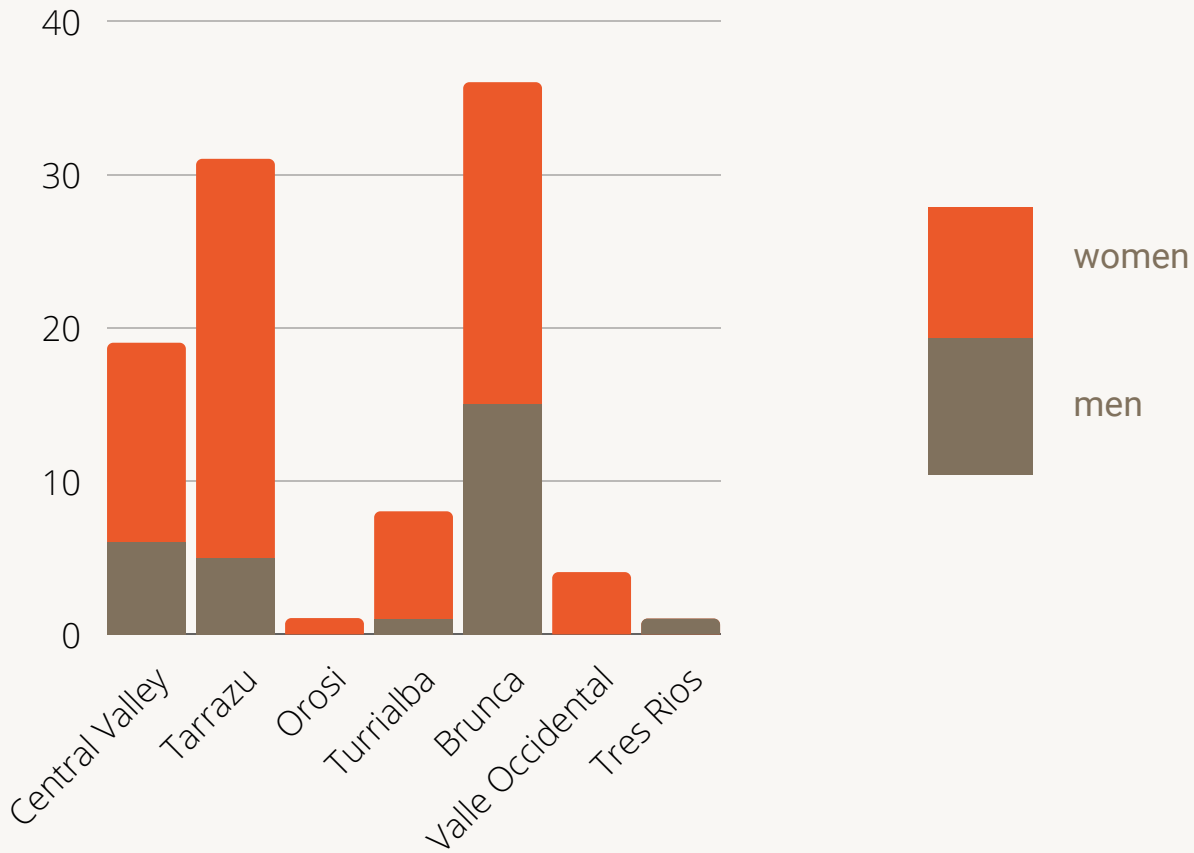


**Participants by Educational level**

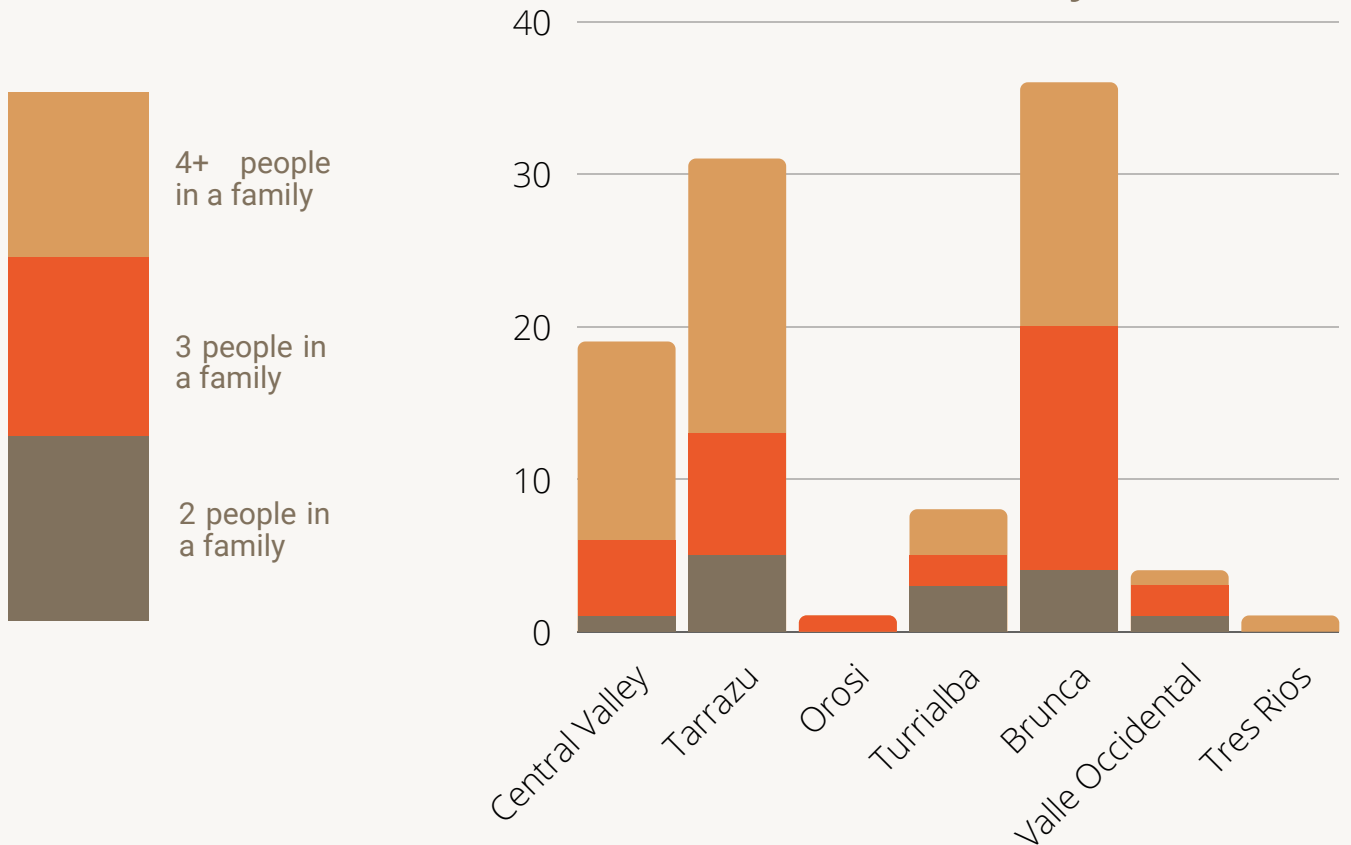




## Distribution by region and sex



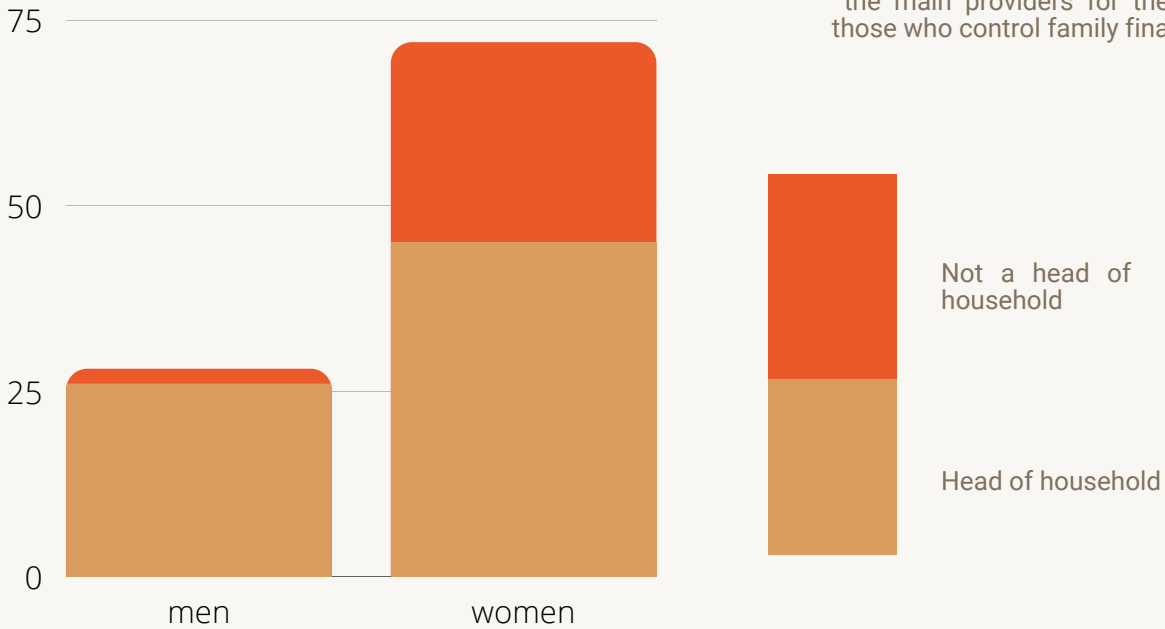
## Distribution by region & number of family members



## Family member distributions according to particularity (vulnerability)

Family member distributions according to particularity (vulnerability) Vulnerability				
Conditions	2 members	3 members	4 + members	Total
Baby	2	4	5	11
Menstruating woman (MW)	1	5	14	20
Person with disability (PD)	2	2	4	8
Older adult (OA)	4	3		7
All are adults	3	10	6	19
Baby and menstruating woman		4	14	18
Bebe and PD		1		1
Baby and OA			2	2
MW and OA		1	1	2
MW and PA	1	1	1	3
PA and OA		1	1	2
BB-MW-OA	1		2	3
BB-MW-PA		1		1
MW-PA-PD		1		1
BB-MW-OA-PD			2	2
<b>Total</b>	<b>14</b>	<b>34</b>	<b>51</b>	<b>100</b>
FAMILIES WITH AT LEAST 1 member with higher vulnerability	80			

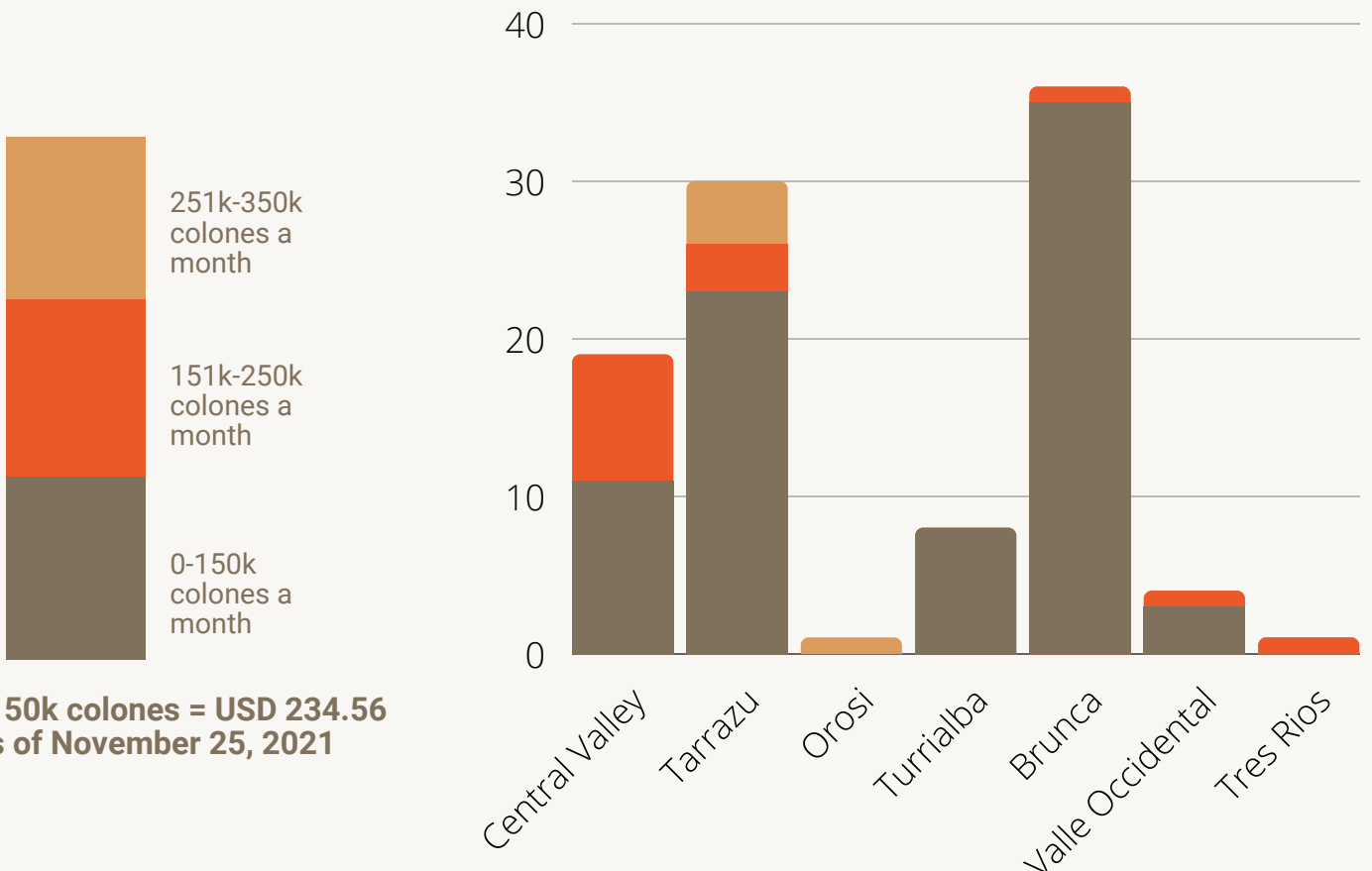
## Distribution of head of household\* by sex



## APPENDIX II: HOUSEHOLD AND INCOME

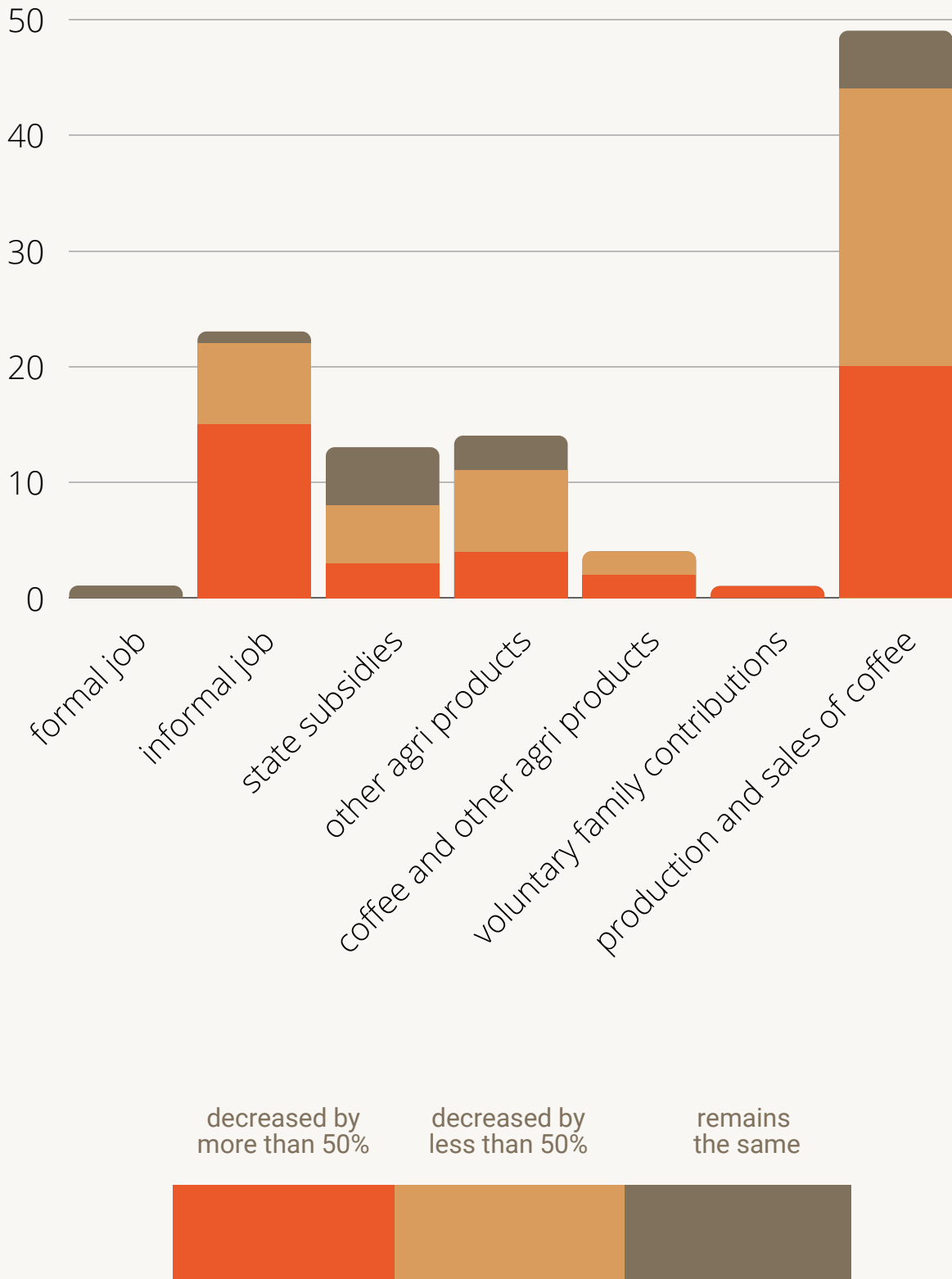
\*Head of household has been defined as the main providers for their families and those who control family finances

## Distribution of monthly family income according to region

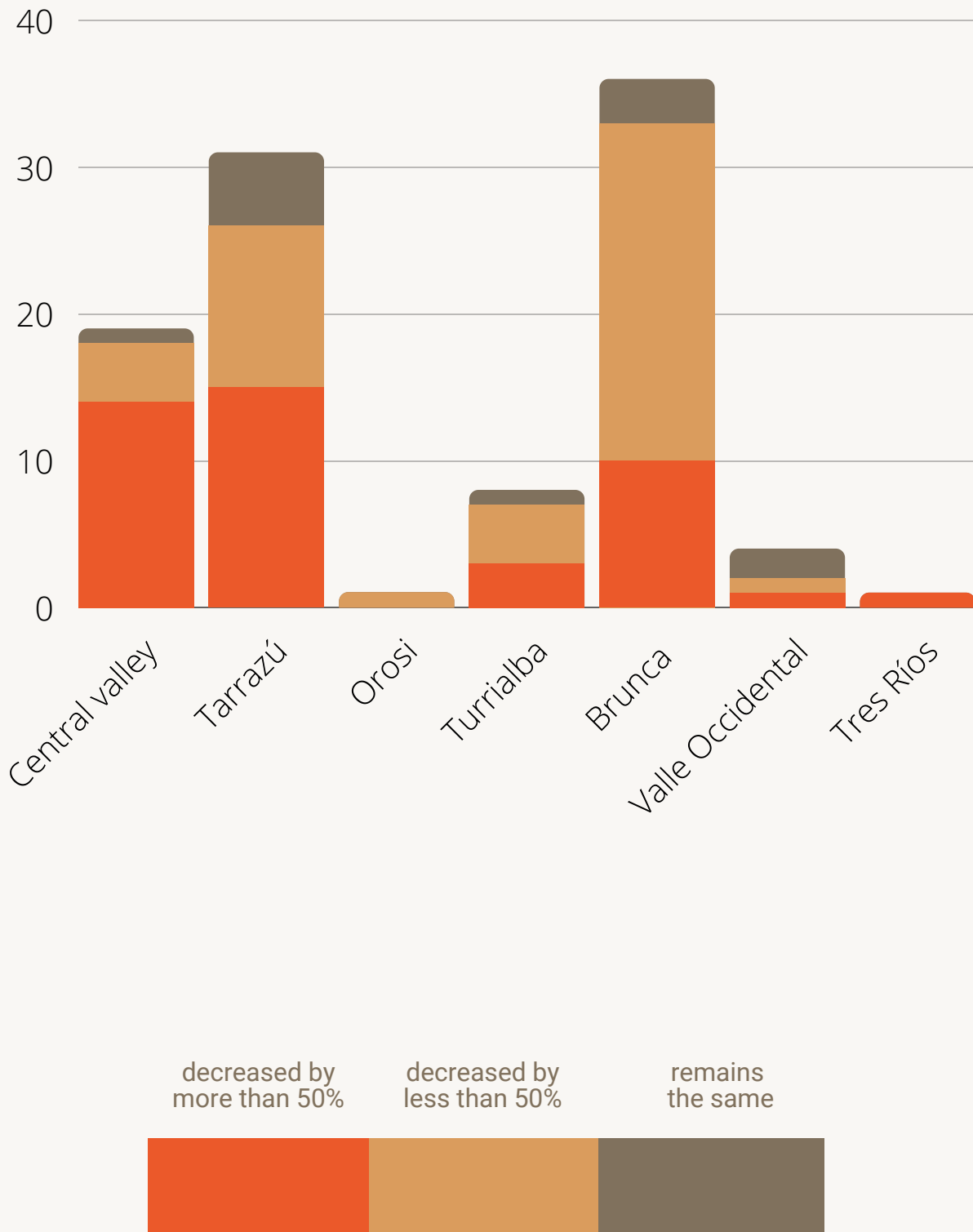


\*150k colones = USD 234.56 as of November 25, 2021

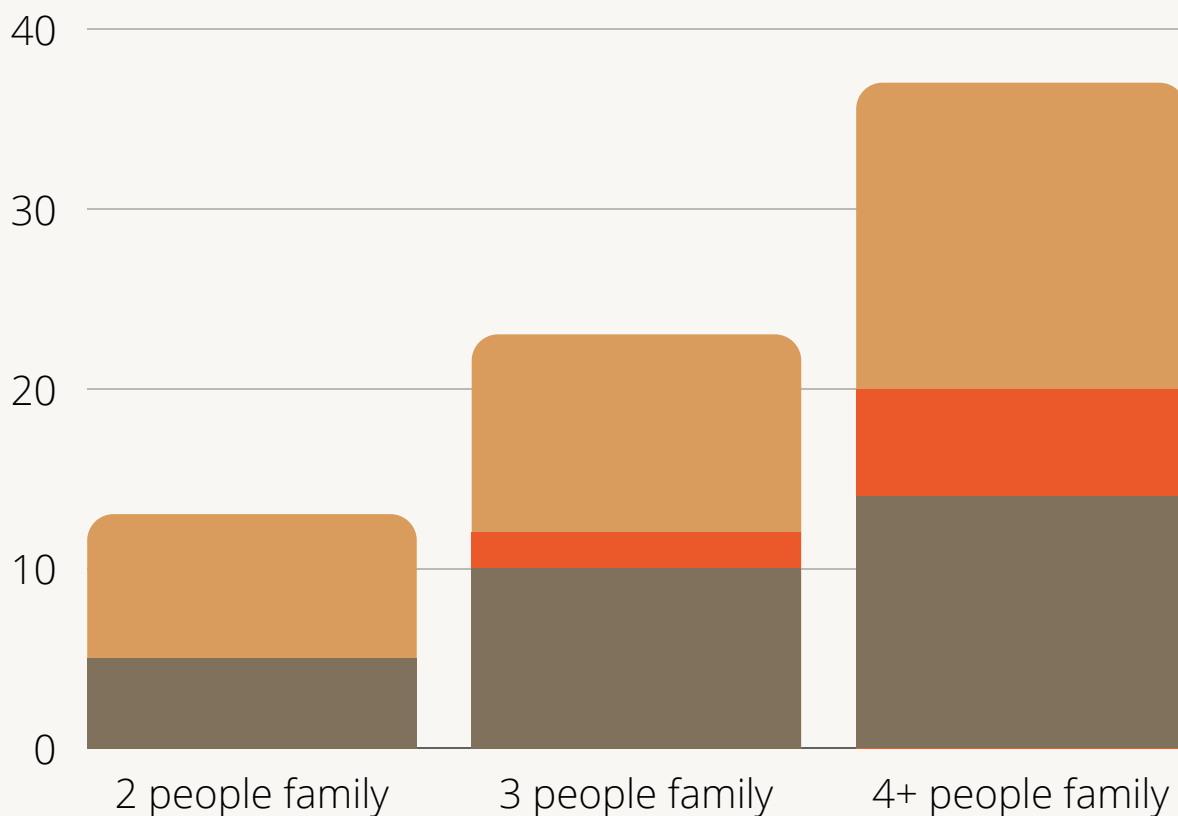
## Distribution of impact on income by primary source of income



## Impact on Income due to COVID-19 by region



## Distribution of people who contribute *financially* to the household (other than respondent)



I'm the sole  
income  
earner

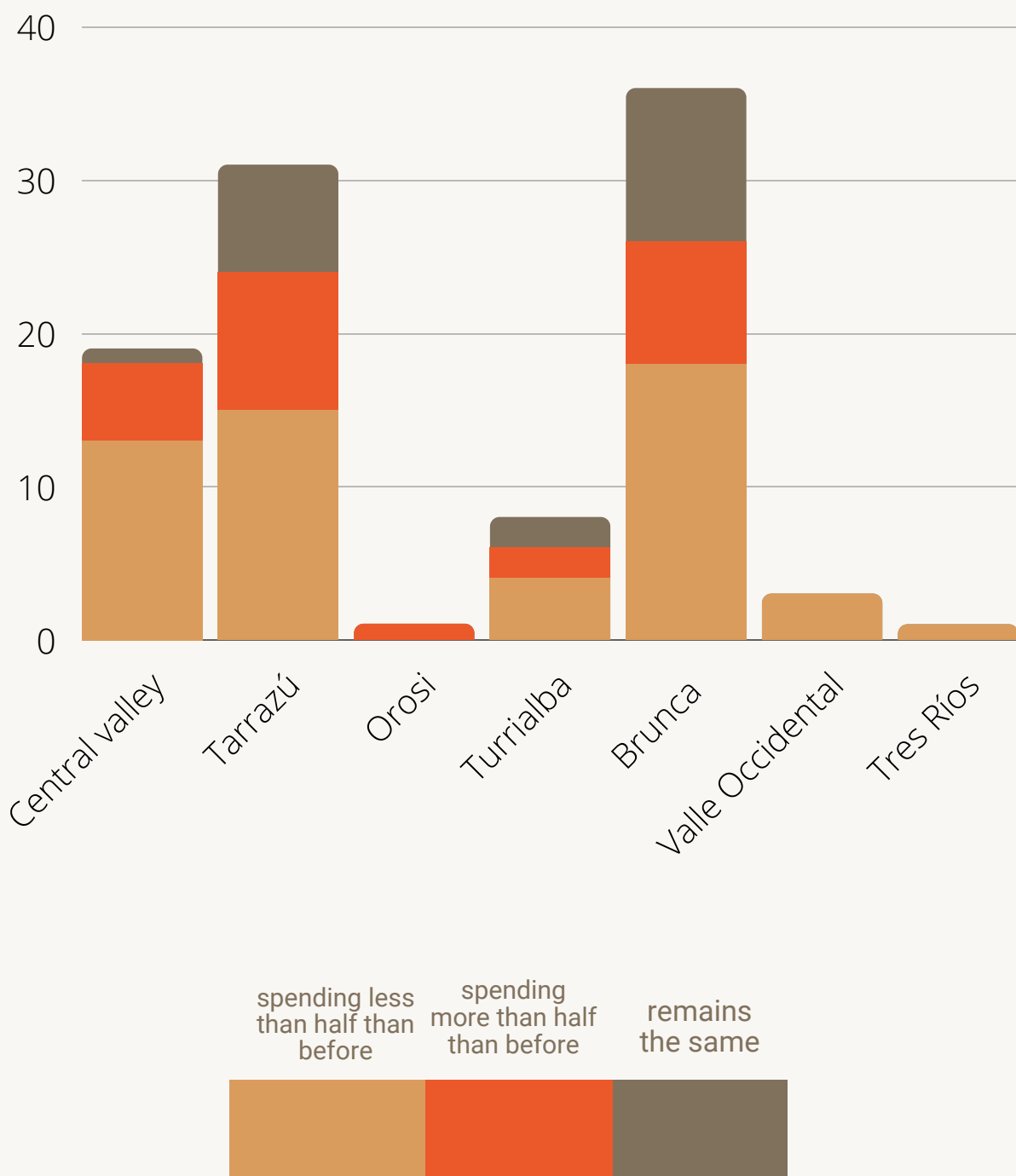
1 other person  
contributes  
financially

2 other people  
contribute  
financially

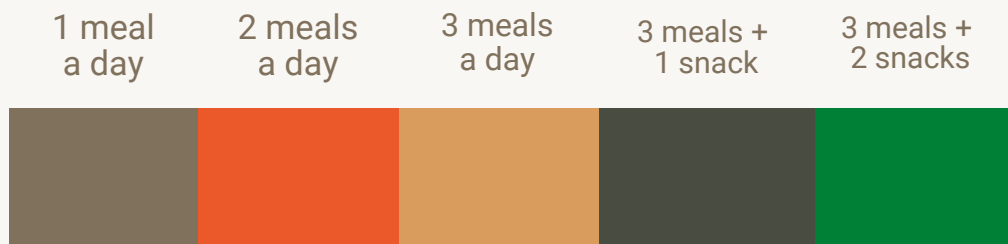
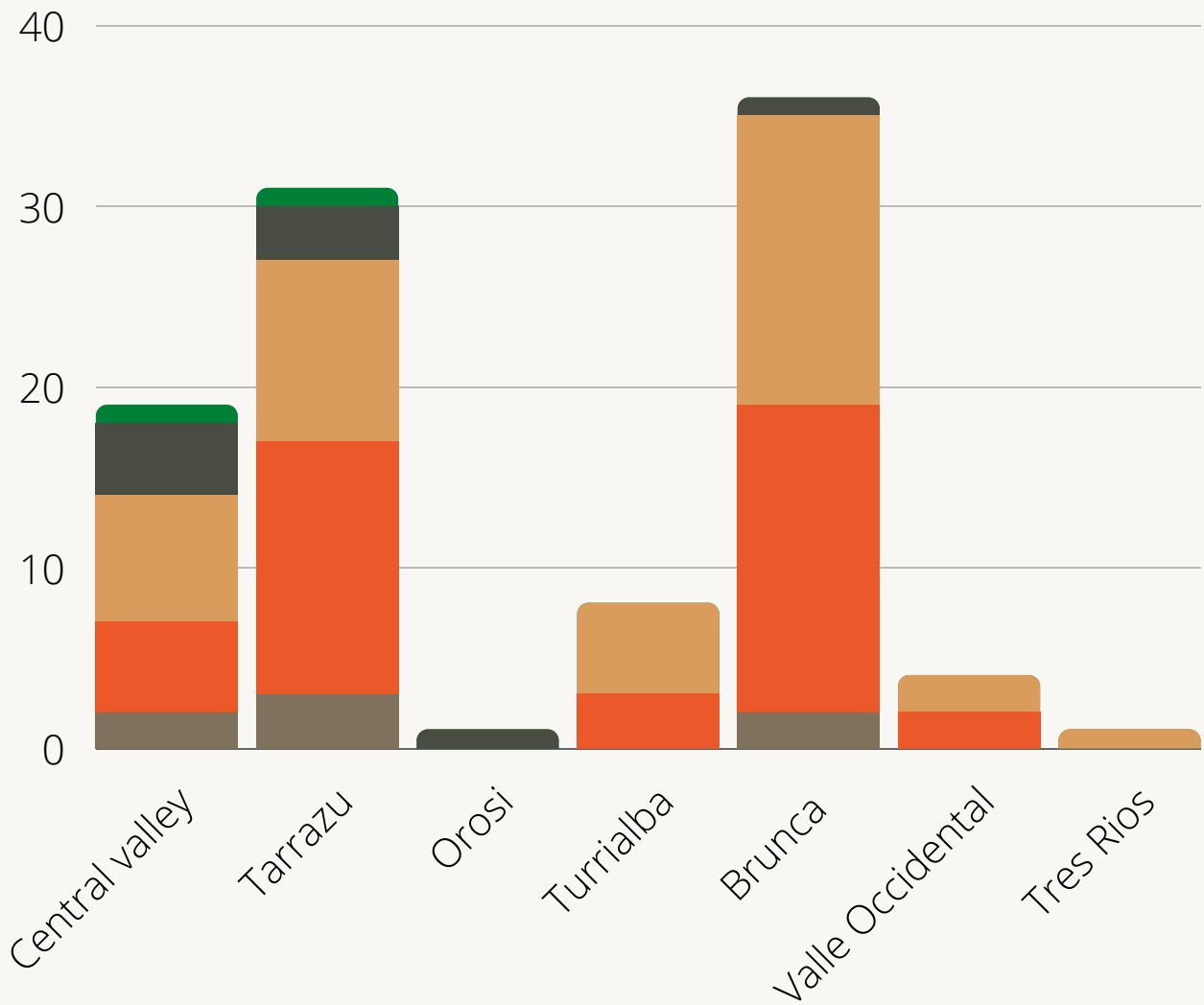


## APPENDIX III: FOOD SECURITY & POVERTY

### Distribution spending on food since COVID-19 by region



## Number of meals per day by region







THIS REPORT WAS PUBLISHED IN MARCH, 2022.

For any questions/comments,  
Please get in touch at [hello@beanvoyage.org](mailto:hello@beanvoyage.org).

You can also learn more about our other initiatives on  
[www.beanvoyage.org](http://www.beanvoyage.org)



A chicken / Fernanda Carrillo Chacon