



One Meal • One Day

LATIN AMERICA: Meet Miriam and Ruth in El Salvador

Miriam Mejia Granados and her family live in one of the most populated areas in the metropolitan area of San Salvador, an area plagued with crime, drugs and gangs.

Miriam was enrolled in a Compassion-supported Child Survival Program at the age of 21, along with her baby Ruth. Miriam's young family had been struggling under the weight of poverty. "I remember that one day we had nothing to eat," Miriam said. "My husband had been without a job for several months. I told my husband that we should trust God, that he would help us."

As Miriam remembered that situation, her voice broke. "That same day, the sister from the Child Survival Program approached us and we received enough food for all of us for a full week."

When Ruth received her first medical check-up through the church-based Child Survival Program, the results showed the baby was not well. She was just a few months old and severe malnutrition was threatening her development. The Child Survival Program bought the special baby formula and other medications Ruth needed to gain weight. Cost for the special formula averaged US\$30 per month, an unthinkable expense for the family to afford.

Each month, Child Survival Project mothers receive a bag of staples that include grains like beans and rice, oil, and other basic items to help the family. In extreme cases such as Miriam and Ruth's, additional nutritional support is needed. That's where campaigns like One Meal One Day step in, providing the resources needed to supply food and vitamins to babies, children and mothers who are in desperate need of help.

"Now, when I compare my girl to other children, she is different...she walked before the rest of the local children her age," said Miriam, explaining the impact the program made on her baby.

Miriam has witnessed the recovery of her child and sees that her future is brighter now. They still face difficulties, but they face them with hope, knowing they have a church that loves them and supports them. They know the love and help of God is there for them, delivered through the loving hands of the Compassion-supported Child Survival Program.

