



**CABARETE**  
SOSTENIBLE

An aerial photograph of a densely populated residential area, likely in a tropical region. The houses are closely packed, with many having corrugated metal roofs in shades of red, grey, and blue. There are numerous palm trees and other green plants interspersed among the buildings. The overall scene depicts a vibrant, established community.

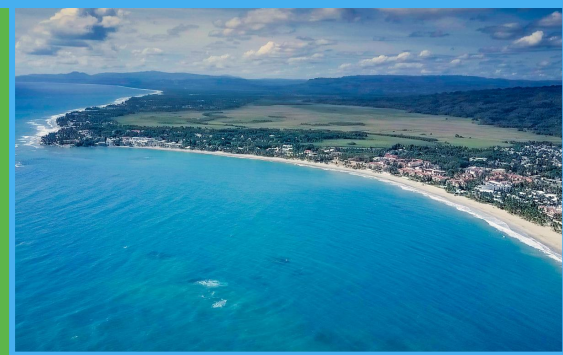
**ANNUAL REPORT**  
March 2020 – March 2021

# INTRODUCTION

---

Cabarete Sostenible (CS) is a Dominican non profit organization which started last year as a coalition of NGOs, community leaders, food providers, and volunteers striving to solve the current food-shortage crisis occurring in the Dominican Republic, triggered by the COVID-19 pandemic. The goal of this grassroots organization is to create a sustainable food sovereignty program by enabling its communities to feed themselves.

Cabarete is a beautiful beach town on the North Coast of the Dominican Republic, the most visited island in the Caribbean. Cabarete is home to a culturally rich population of over 25,000 people, where locals primarily make their living off of tourism, due to some of the best conditions in the world for surfing, kite surfing, and more. Tourism accounts for 65% of employment which provides basic necessities for the majority of the population.





As an international destination, the Dominican Republic was forced to shut down its borders by the COVID-19 crisis on March 18, 2020, leaving Cabarete with no tourism for an indefinite amount of time.

As a result, and in addition to the obvious health and economic consequences, the reality of a food shortage has emerged. In response to this national and local emergency, CS has responded with a plan to work on both short- and long-term solutions that can be shared in an open source manner throughout the country and the world.

This program is two pronged:

- In the short-term, it provides for nutritious food sourcing and distribution to the neediest families.
- In the mid- to long-term, it aims to develop permaculture design and the immediate implantation of civic agriculture through community gardens, urban gardening education and large-scale farming. This provides the local population the means to feed itself moving forward.

# SUMMARY OF 2020 AND Q1 ACTIVITIES

---



# Emergency Food Distribution

Nine food ration pack distributions (April 28 2020, May 12 2020, May 26 2020, June 9 2020, June 23 2020, August 4, 2020 October 10 2020, December 15 2020 and March 9 2021) were successfully conducted to the neediest families.

By working with local supermarkets and farms, we have achieved a high food safety standard. Each food package is designed to provide four individuals with up to two week's worth of necessary nutrition. Our local school has provided the space for our volunteers to package these items for an effective and uninterrupted distribution program.

→ In total we estimate that around 9,000 people benefitted from our emergency food aid over time.





# Community garden

---

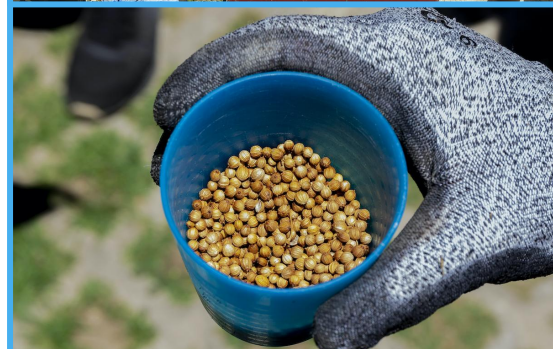
CS opened the first community garden on Kite Beach. Volunteer led, this public space serves as both an information and hands-on educational center. We have hosted nine volunteer orientations, along with group gardening activities and harvest days, following all of the local and national safety and health measures of the COVID-19 pandemic. We have seen over 90 volunteers sign up to get involved through our website. When we were first given access to the site in April 2020, we mobilized quickly to clean up garbage and debris, create paths and sections of garden space.

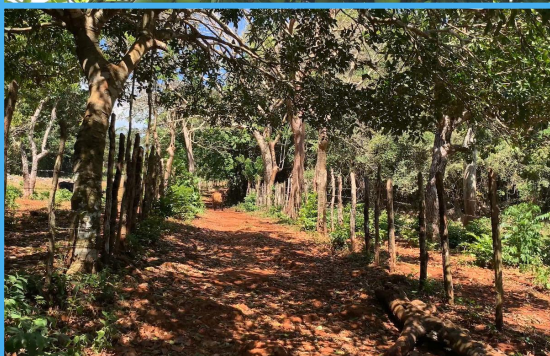
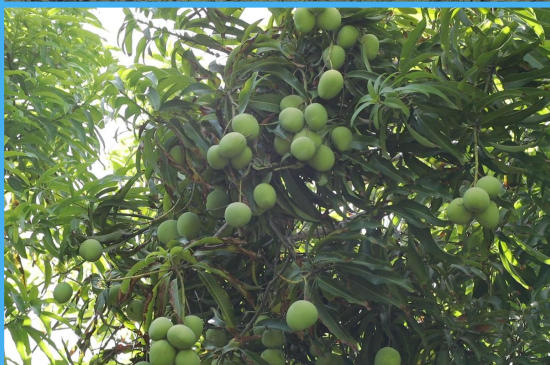
We've recently started to harvest the first round of vegetables and fruits which were included in our emergency food aid rations: 54 LB of Yucca, over 300 green bananas, 13 pounds of pumpkin, and over 6 pounds of a mix of radishes and green peppers, and more.

# Vertical garden instructor training

---

By learning practical urban gardening solutions, instructors will be fully equipped to head to the neighborhoods of Cabarete and teach residents inexpensive, efficient, and accessible techniques to grow their own food. The reuse of plastic bottles also brings a secondary but important benefit: it helps to address the excessive plastic waste in the streets caused by the lack of a national recycling program.





# Community Farm: Laguna Cabarete Eco Farm

---

“Laguna Cabarete Eco Farm” is located on the national reserve El Choco, accessed at the end of Callejón de la Loma and past the Cabarete Caves. CS is collaborating with the landowner of roughly 100 acres designated to growing food for all of the Cabarete neighborhoods.

CS and the landowner have met with representatives of the *Ministerio de Medio Ambiente y Recursos Naturales* to ensure all farming activities meet national environmental laws and guidelines and to acquire adequate permissions. We are now working hand-in-hand with the authorities to develop the Farm according to environment laws and standards.



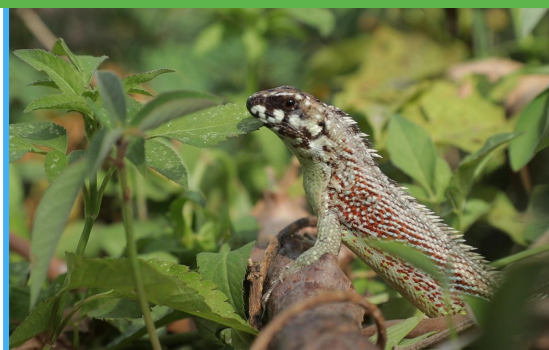
# Community Farm: Laguna Cabarete Eco Farm

---

A long term lease between CS and the landowner of Cabarete Eco Farm was signed at the beginning of March 2021 providing CS with long-term usage rights to 30 acres of land for a period of 10 years.

Our long-term efforts in sustainable gardening and farming are aimed at the entire region of Cabarete through hands-on education. Through the opening of the community garden at Kite Beach and various vertical garden workshops throughout Cabarete, we have taken food sovereignty to the streets.

Our volunteer sign-up and participation is at 61% women, reaching an underserved community eager for a safe and healthy space to learn and grow during the pandemic.





# Street survey & voluntary CS community questionnaire

---

Street and home addresses are not updated nor reliable in our region and for most of the island. Accurate government information is limited and/or inaccessible making the targeting of vulnerable families particularly challenging. Relying on word of mouth and trusted community leaders helped propel the initial emergency food relief efforts but brought its own set of conflicts as we moved forward. We were confronted with the reality that our sources of information were often biased and prejudiced.

Our solution: our own version of a census. The “Cabarete Sostenible Questionnaire” aims to gather important demographic data that enables us to identify vulnerable populations such as the elderly, single parents, and persons with disabilities. Our objective is to reach each home, but the questionnaire is completely voluntary and confidential.

The Questionnaire is the heart of our future initiatives and ongoing food relief. Implementing the delegates elected per neighborhood with the Self Help Group method (successful in neighboring Haiti, India, and Africa) will allow us to support a grassroots approach to community organizing and local empowerment.

The “CS Questionnaire” includes:

- Comprehensive census of each home and sketch of each street. Data to be used for emergency plan development and volunteer recruitment. Data also to be integrated with [Self Help Group methodology of the Kindernothilfe Foundation](#)
- A, B, & C rating of nutritional needs given to each home on a case-by-case basis
- Delegates assigned per street, with neighborhood consensus/agreement, as point of contact for CS

So far the results we have gathered through our questionnaire show that:

- 76% of families surveyed indicated being economically / nutritionally affected by the pandemic
- 44% indicated having a high level of nutritional need
- 31% confirmed by us are suffering from severe food insecurity



# Festival de las Mascaras

---

To celebrate the resilience and courage of Cabarete's population, workers and street small-businesses, wearing their masks at all times often in dire conditions, we organized the first "Cabarete Festival of Masks" on October 30th 2020. Our goal was also to officially launch Cabarete Sostenible within the community.

The Festival was comprised of a street photography exhibition, portraits of working members of the community by photographer Dominic Rioual, in different places of town; tables with volunteers engaging the population and answering questions; a fundraiser party at LAX; a fashion show with unique upcycled pieces by Dominican designer Hilary Vicente and of course a dance party.

The fundraising event respected all COVID19 social distancing and health rules and was attended by 150 people.

# 2020 FINANCIALS OUTLINE

---



Between April 1st 2020 and December 31 2020 CS was able to raise over \$90,000 in donations, of which:

- 47% were spent to buy food
- 8% were invested in our community farm
- 18% were spent for operating expenses
- 7% for farming equipment and fundraising activities
- 20% remain in cash

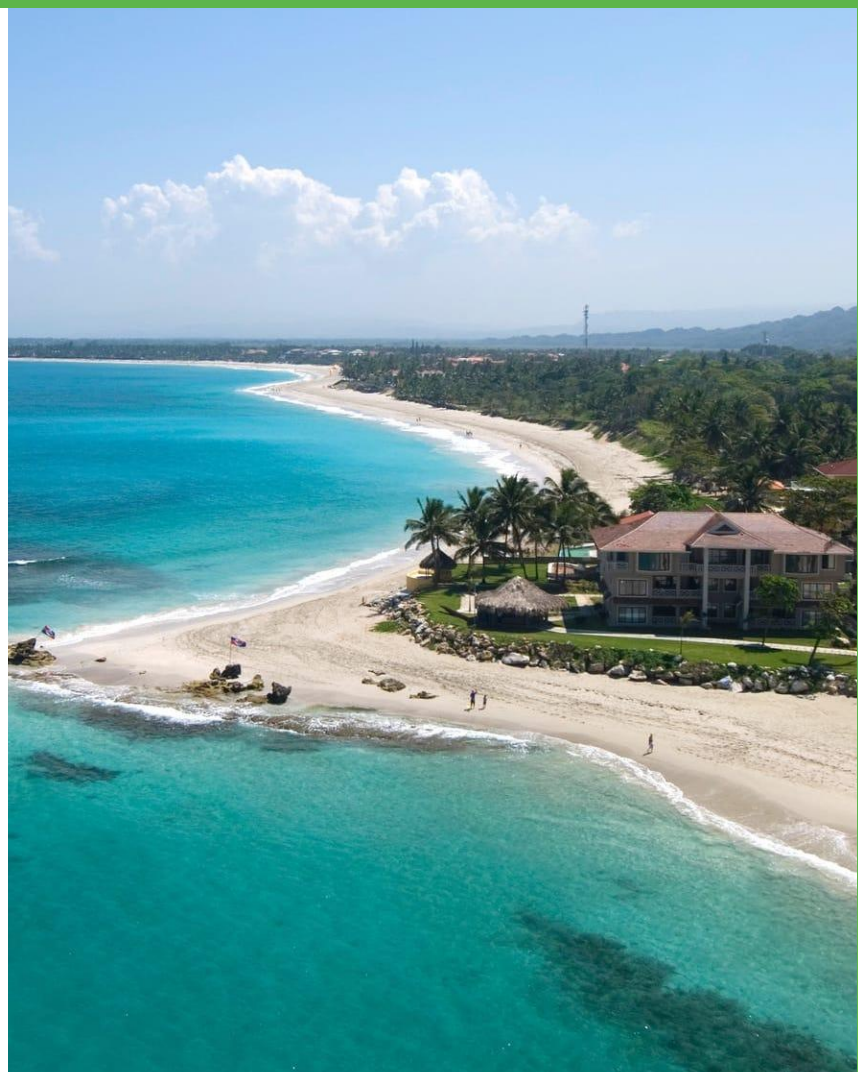
In March 2021 CS was able to secure over \$23,000 in new donations from an European foundation to secure emergency food purchase and distribution until the end of 2021.

Various fundraising projects are in the works to finance our upcoming projects and operating expenses in 2021 and beyond.



# 2021 PROJECT PROSPECTS

---



# Laguna Cabarete Eco Farm at El Choco National Park

---

- 97 acres to be used for agricultural technology: aquaponics and pisciculture
  - Objective: raise 300,000 Nile Tilapia annually using aquaponics
- Self-Help Group: reach 800 local women to organize using the Self-Help Group method, providing trainings in entrepreneurship, leadership, and support for small business ideas through social investments.







# Wellness and Education Program

## In collaboration with Academia de la Costa

---

- CS aims to continue monthly Vertical Garden Workshops and urban gardening techniques.
- Wellness classes at different points through Cabarete
  - Free yoga classes targeting the elderly and mothers.
  - Free fitness and martial arts classes targeting at-risk youth and young men and women.

# Long-Term Sustainability vision

---

- CS aims to eradicate food insecurity in our region by 2025
- CS aims to support and elevate projects focused on environmental sustainability and community empowerment



# APPENDIX

---

Images and videos from Cabarete Sostenible can be downloaded using this QR code or link below.



[MEDIA KIT](#)

# TESTIMONIALS

---



## **Raniel - community garden volunteer**

*"I am a volunteer for Cabarete Sostenible because we need to learn to grow our own food and not rely heavily on supermarkets and other commercial food resources, but learn to grow food ourselves. I really enjoy it and I am learning a lot."*

## **Sahyron – community garden volunteer**

*"I like that I can share with everyone, I can bring plants and get some in return to plant in my house. I like when we are sowing and reinforcing the plant so that it does not fall. I find that plants are like human beings, if you tear off a leaf it is as if you were pulling off a nail."*



## **Catherin – community questionnaire volunteer**

*"I am a volunteer for the Cabarete Sostenible Questionnaire, and I enjoy it a lot because it has helped me develop my public speaking. With Cabarete Sostenible I have learned to share with others, express myself more clearly and work in a group setting to achieve projects"*