



# GLOBAL NUTRITION & EMPOWERMENT

IMPROVING HEALTH THROUGH NUTRITION

## Annual Fundraising Issue



**New Direction, New Look**  
GNE has evolved from a vitamin distribution project in rural Nepal to an international nutrition education and empowerment program as explained here by Dr. Long. With our new direction, we have developed a new look, a new logo, a new brand and a new website. Check it out at [globalnutritionempowerment.org](http://globalnutritionempowerment.org)

### Donations

Your donations are tax deductible and much appreciated. Please mail your check made out to GNE to

3025 NW Hurleywood Dr  
Albany, OR 97321

or go to the website:  
[www.globalnutritionempowerment.org](http://www.globalnutritionempowerment.org)

### Message from Marie Long MD:

Founder and Co-Chairperson, GNE

Our humanitarian efforts began in 2009 with trips to rural Nepal with vitamins and education about nutrition for women of childbearing age. We met hundreds of women – many that traveled several hours on foot – who learned how good nutrition promotes good health. We were learning too. And we went back, twice a year, to see what worked and what could be improved.

In April of 2015 Nepal suffered an earthquake that left many people without food and shelter. We joined with our staunch Nepali network of civic leaders, health volunteers, and local citizens and shifted our focus to provide food, tin roofs, nails and concrete to augment rebuilding Nepal.

We still have nutrition programs ready to go in Nepal. Two years ago, GNE expanded nutrition education to Guatemala. Last year, we added programs in Indonesia and the Philippines. This year, we are engaging a vulnerable population right here in Oregon.

Our approach to education has evolved over the years. Our current teaching tool is a smart phone app that offers nutrition information via interactive questions and games that we are developing. We will begin field testing these programs in February 2018.

Our name Global Nutrition Empowerment (GNE) represented our goal to make women aware that a healthy diet contributes to a healthy life. We endeavored to do that one village at a time.

GNE has come to mean much more. We are still empowering women through nutrition education. We are still rooted in vulnerable communities working with women and children. And we are still a completely volunteer organization. In addition, we now partner with like minded non-profit organizations at home and abroad to expand our impact. We are willing to provide economic opportunities for women within their communities. We have become Global Nutrition and Empowerment.

I hope you approve of our expanded vision – which is really the recognition of how our mission and our work has evolved over the past 8 years. If our efforts at building new education tools are successful, we will announce at least three GNE trips for 2019. Perhaps you would consider being a volunteer?

Thank you for joining with GNE in improving health through nutrition for vulnerable women and children around the world.

Marie

