



# Full Belly Times

## Look Out World, Here Comes The Full Belly Project

### CNN International Honors Jock Brandis for its Heroes segment, airing Mid-February.

People all around Wilmington and all around the world will be celebrating the efforts of Jock Brandis and work of the Full Belly Project this February. CNN International sent a reporter from New York to Wilmington to interview Jock at the Full Belly headquarters on December 18, 2007. The segment for which he was interviewed, CNN Heroes, showcases examples of ordinary people who have accomplished extraordinary deeds around the world.

Despite having to stifle a persistent cough from his bout with pneumonia after returning from Haiti, Jock performed brilliantly in the chilly environs of the workshop, wearing his signature

coveralls. CNN interviewed Jock for 3 full hours, while Rob Hill, who is working on a documentary about Full Belly filmed CNN filming Jock.

Full Belly expects the short segment to attract much more attention to our work and that this will create a buzz in the developing world, helping Full Belly garner many more requests from people who need assistance with developing appropriate technologies. With a reach of 200 million households and hotels rounds around the world, CNN International definitely opens up Full Belly to a greater audience of people who will no doubt see the value of simple solutions for problems in developing countries.



## The Mini-Sheller: Good Things Do Come in Small Packages

While the original Universal Nut Sheller (UNS) is small compared to many other nut shelling machines around the world, the Full Belly Project's latest development is a half-size mini-Sheller. At only 20 inches tall and weighing just 22 pounds (the original Sheller is 32 inches high and weighs 90 pounds,) it is the perfect size to fit into the overhead bin of an airplane. Because it uses less material, the mini-Sheller is also less expensive to reproduce. Its light weight makes it easy to transport and less susceptible to breakage.



The initial concept for developing a mini-Sheller was to create a smaller, cheaper machine to shell smaller seeds such as coffee and neem. It is currently in an experimental phase in Tanzania being tested on coffee beans and in India for shelling neem (used as a natural repellent and

insecticide). It is also being field-tested in Guatemala on coffee and pine nuts. In collaboration with the MIT D-Lab, teams are spending one full month in each of these countries, field-testing the mini-Sheller and generating data for us to build on.

Going beyond the initial concept, the mini-Sheller looks promising for peanuts as well. The mini-Sheller can handle about half the capacity as the original Sheller, with preliminary testing suggesting about 60 pounds per hour. With D-Lab, the mini-Sheller is being tested on peanuts and the much larger shea nut in Ghana.

The mini-Sheller may serve the needs of people as is, but it can also serve as the seed for expansion projects. If people like what the mini-Sheller can do they can upgrade to the larger model Sheller, or the (con't Page 2)

**FEAST AGAINST FAMINE**  
 THE 6TH ANNUAL FULL BELLY PROJECT FUNDRAISER  
**SCOTTISH RITE TEMPLE**  
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 sustaining rural communities in developing countries with appropriate technology

## Letter from the Executive Director

Happy New Year to everyone! The Full Belly Project ended 2007 with a pleasant surprise from local Wilmington publication, Encore Magazine. Encore listed the act of establishing our new headquarters in Wilmington as the #1 event of 2007. Wilmington has a lot going on already, and the film industry is picking up here. So for us to have even been considered for the list was exciting, but to have been selected as the #1 event is an incredibly humbling honor for us.

It's also an honor to welcome two new board members to the Full Belly Family. Karla Thompson is a former professional fundraiser. She has over 20 years experience in a variety of fundraising campaigns. Jack Slattery is a retired USAID worker with over 30 years experience in development work and has lived abroad on four different continents. He brings to us his Peace Corps roots and large scale development experience.

As you read through this edition of the Full Belly Times, you will see that Full Belly is expanding our reach of operations into three new countries this year. There are many exciting developments happening in our shop locally and being tested out in

the field, where every day people are benefiting from the work we do.

As Full Belly continues to gain international support and recognition, we are gearing up for Feast AGAINST Famine: our 6th Annual Fundraiser to be held on Saturday, February 22th at the Scottish Rite Temple in Wilmington. This year I am very happy to announce we have partnered with Three Hounds Gallery and have art to auction off from well-known artists including Wayne McDowell, Jeff Chase and Dick Roberts. We also have a variety of other interesting items including vacation packages and even acupuncture therapy! Tickets are on sale now at locations around town. Check our website [www.fullbellyproject.org](http://www.fullbellyproject.org) for ticket location information, and if you are travelling to the event please reserve your tickets by calling 910.452.0975. Buy your tickets now, as we anticipate tickets selling out this year! And of course, if you would just like to make a donation to Full Belly you can do so on the website.

Thank you for your continued support of the Full Belly Project, and for making our mission your mission!

*Jeff Rose*

## 3 New Countries in 2008

**The Full Belly Project is expanding its reach of operations into Mali, Sudan and Cambodia this year.**

In Mali, the Full Belly Project is getting involved with a farm cooperative that works with Jatropha seed, typically used to produce the non-edible Jatropha oil for making candles and soap, and as a feedstock for producing biodiesel. Prior to pressing, the seed can be shelled with the Universal Nut Sheller which reduces the

arduous task of removing the seeds from the shell. The Mali cooperative is currently making lamp oil and candles and selling Jatropha cakes, made from depressed seeds.

Full Belly is establishing contact with another cooperative located in Cambodia, where they are working with Jatropha peanuts. In both Mali and Cambodia, the Sheller will help the people working in these cooperatives do their work much more efficiently. (con't Page 2)



## Volunteer Spotlight

Almost two years ago, **Lindsay Morton** introduced herself into the fold and has since become deeply involved in the work of the Full Belly Project both in the shop and in the field. A long-standing Saturday morning volunteer, Lindsay is very comfortable in the workshop setting and trains new volunteers to make parts, molds, and Shellers. "I like being in the workshop because there is something for everyone- from welding to mixing cement, Jock makes everyone feel useful," she says. "The workshop is a living laboratory where I can apply my knowledge of science and my desire to create change in developing countries."



Using her role as a student at UNCW, Lindsay works to connect fellow students with Full Belly, which has a need for people with expertise in many fields, including graphic design, communications, and engineering. "We are trying to get more students involved, by fitting up students with their skill sets to what we need," she explains. Lindsay also helps with Full Belly fundraising efforts.

At 21, Lindsay is currently in her last semester at UNCW and will graduate with a dual major in biology and chemistry. Throughout her college career, she has used her summers to the benefit of others and in doing so has traveled extensively.

Lindsay is also involved locally with the Child Advocacy Commission and Parenting Place where she works with a group of children being raised by their grandparents.

While Lindsay works with Full Belly in several different arenas, it's the work in Haiti with an organization called Meds & Foods for Kids has really crystallized all of her interests. The use of therapeutic foods for children in developing countries combines her interest in health, education, third-world development, addressing the needs of children, and fighting childhood disease. Of all the projects she's been involved with and everything Full Belly does. Lindsay says, "the thing we are doing with Meds & Foods for Kids is the most amazing."

While she jokes that her career plans change every day, Lindsay has a clear idea of her interests. So what would be a good path for someone who loves science, research, problem-solving, tropical medicine, but also wants to learn a foreign language and has always had a passion for international studies and affairs? "International public health merges all of those worlds," explains Lindsay. "I don't have to pick, I can travel, learn about governments, and address health issues and at the same time use my knowledge of science." Lindsay is considering a master's degree in public health upon graduation.

## Update from the Field - Haiti

In November Jock went to Haiti where he worked with an organization whose focus is to treat and prevent malnourishment in children. Meds & Foods for Kids has created a ready-to-use therapeutic food called Medika Mamba, which is in essence peanut butter fortified with powdered vitamins. High in protein, peanut butter offers a way to dispense vitamins without the need for often polluted water. Also, peanut butter is uniquely able to stick in the bellies of children on the brink of death due to malnourishment, who can no longer hold down their food.

The Full Belly Project is helping Meds & Foods for Kids with some of their processing needs. One of the biggest issues with organizations such as this creating their own therapeutic food is processing large quantities of peanuts. Full Belly provided Meds and Food for Kids with inexpensive solutions for appropriate technology increasingly their shelling capacity.

Meds & Foods for Kids now uses our Electric-Powered Agricultural Center (EPAC), as well as a hand-cranked Sheller. The EPAC includes a fan for winnowing, speeding up the shelling process dramatically.

Accompanied by the film crew working on the Full Belly Project documentary due out

next year, Toddler Foods collaborator George Farrell and Jock received high praise from the workers in the form of a kiss blown towards the Shellers and a simple statement; "George and Jock, Bon!"

Meds & Foods for Kids also lacked an efficient means for dispensing peanut butter into individual containers. Previously they were spooning the peanut butter into bags, which was both slow and messy. With only two weeks before going to Haiti to work out a viable plan, the Full Belly team had to come up with a proof of concept quickly. They teamed up with George Farrell, of Toddler Food Partners and modified a stainless steel sausage stuffer to serve as a peanut butter extruder. It works quite well, squeezing the Medika Mamba neatly into bags and ready for distribution. Jock brought the extruder to Haiti and it was well-received.

The modified sausage stuffer as proof of concept was adequate and now our aim is to reproduce something like it but bigger and using local materials. Currently the Full Belly team is looking at how the canister, which is most expensive part of the machine and must be food grade, can be replicated in Haiti.

### Mini-Sheller (cont)

Pedal Powered Agricultural Center, depending on their needs.

The mini-Sheller can also help with fundraising efforts simply because it is small enough to set up as a display model. Feast AGAINST Famine sponsor Three Hounds Gallery is the first local business to set up a Sheller as a display

alongside a fundraiser poster to help educate its clients about the important work of the Full Belly Project.

### 3 New Countries (cont)

Full Belly is beginning to work with a women's cooperative in Sudan that deals with shea nuts. Once shelled, shea nuts are processed into shea butter which makes its way to the European and American markets to be

turned into cosmetics such as lotions and cremes. A number of steps are required to process the seed and obtain shea butter. First, the outer pulp must be removed. Second, the shea nut is shelled; historically, shelling is done by mortar and pestle or by crushing the shell with stones.

The Sudanese women in the cooperative have been hand-shelling the shea by hitting each individual nut with a stick or a rock. Because of the time it

takes, they have been forced to sell the shea unshelled. However, the Sheller is an appropriate technology that reduces significantly the labor involved in shelling shea.

With the introduction of our Sheller, we anticipate the numbers will be dramatic. The women of this cooperative will be able to see a substantial increase in profit from their efforts.



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