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About us

Issued on a monthly basis, The Hummingbird offers insights into the latest projects, publications, technical assistance missions and research carried out by ECLAC Caribbean. In addition to these, sneak previews are provided of the most salient upcoming events, alongside enriching followups to previously covered issues. With a view to featuring a variety of facets of Caribbean life and lifestyle, The Hummingbird also zooms in on cultural activities and landmark occurrences through an eye-opening regional round-up.

EDITORIAL TEAM

Editor: Johann Brathwaite Copy Editor: Denise Balgobin Publication Design: Blaine Marcano

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Please see our contact details on the back cover of this newsletter.

International Days

9 August

International Day of the World's Indigenous Peoples

12 August

International Youth Day

19 August

World Humanitarian Day

23 August

International Day for the Remembrance of the Slave Trade and Its Abolition

Upcoming Events

29 September

The burden of unpaid care work on Caribbean women in the time of COVID-19

27 - 30 September

Eighth Global Conference on Statistical Data and Metadata Exchange (SDMX) - Data without barriers

7 September

ECLAC participated in the ISARM Americas Symposium



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ECLAC Caribbean

Posted Aug 31

The International Day for People of African Descent was celebrated for the first time today, 31 August 2021. Read the news here: https://news.un.org/en/story/2021/08/1098872



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ECLAC Caribbean

Posted Aug 20

Representatives of countries from the Latin America and Caribbean (LAC) region participated in the Extraordinary Meeting of the Committee on South-South Cooperation.

Find out more here: bit.ly/3gkxF5y



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ECLAC Caribbean

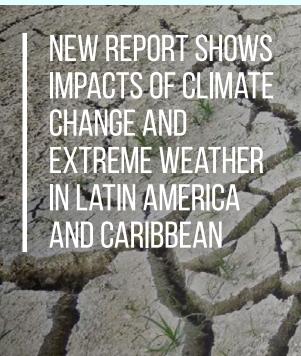
Posted Aug 14

Would you like to know the measures and actions in course to address the pandemic, organized by country and region? More here: https://bit.ly/2SdWx5T



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The International Day for People of African Descent will be celebrated for the first time on 31 August 2021. Through this observance, the United Nations aims to promote the exceptional contributions of the African diaspora around the world and to eliminate all forms of discrimination against people of African descent.

As stated on the official UN observance page for the day, (https://www.un.org/en/observances/african-descent-day), international days reflect the values that society shares.

All human beings are born free and equal in dignity and rights and have the potential to contribute constructively to the development and well-being of their societies. Any doctrine of racial superiority is scientifically false, morally condemnable, socially unjust, and dangerous and must be rejected, together with theories that attempt to determine the existence of separate human races.

The official UN observance page (see link above) states that the organization strongly condemns the continuing violent practices and excessive use of force by law enforcement agencies, against Africans and people of African descent and condemns structural racism in criminal justice systems around the world. The organization further acknowledges the Transatlantic Slave Trade as one of the darkest chapters in our human history, and upholds human dignity and equality for the victims of slavery, the slave trade and colonialism, in particular people of African descent in the African diaspora.

Climate change and extreme weather are threatening human health and safety, food, water and energy security and the environment in Latin America and the Caribbean. The impacts span the entire region, including Andean peaks, mighty river basins and low-lying islands, according to a new report from the World Meteorological Organization (WMO). It also flags concerns about fires and the loss of forests which are a vital carbon sink.

The report, entitled "State of the Climate in Latin America and the Caribbean 2020" provides a snapshot of the effects of increasing temperatures, changing precipitation patterns, storms and retreating glaciers. It includes transboundary analyses for the drought of the South American Pantanal (one of the largest wetland areas) and the intense hurricane season in Central America and the Caribbean. It provides a detailed regional breakdown of worsening global climate change indicators.

The report was released on 17 August, at a virtual high-level conference on "Working together for weather, climate and water resilience in Latin America and the Caribbean" convened under the auspices of WMO, ECLAC and the UN Office for Disaster Risk Reduction (UNDRR).

ECLAC Executive Secretary, Alicia Bárcena,



reaffirmed the seriousness of the climate crisis in the region and the urgency of addressing it. She called for the international community to prioritize the financing of adaptation measures. "The global governance system has not been effective in mobilizing resources for developing countries. There is a lack of financing for climate action, especially for adaptation. This exacerbates the vulnerability of countries, reducing their capacity to finance their own actions", she stated.

Bárcena specified said that, in the last 30 years, the number of natural disasters tripled in the Caribbean while the associated economic losses increased fivefold. For example, the destruction caused by hurricanes Irma and Maria in 2017 resulted in losses equivalent to 250 per cent of gross domestic product (GDP) in countries like Dominica, she noted.

She stressed that one of the unexpected effects of climate change - the solution for which is multilateral - is the downgrade of risk ratings by rating agencies, which consider climate vulnerability as criteria for downgrading a rating. This has very severe consequences because it unfairly increases the cost of sovereign debt and interest payments for developing

countries that are highly vulnerable to climate change.

"This worsens, for example, the capacities of the Caribbean, Argentina and Ecuador, which already have a very heavy burden due to high debt levels rooted in external shocks, aggravated by the impact of disasters and social and economic structural weaknesses," she warned.

Attending the virtual launch for ECLAC Caribbean was Sustainable Development Officer, Artie Dubrie, who noted that the report and an accompanying story map show how marine life, coastal ecosystems and the human communities that depend on them, particularly in small island developing States (SIDS), are facing increasing threats from ocean acidification, heat, and rising sea levels.

The report follows the release of the Intergovernmental Panel on Climate Change's document on Climate Change 2021: the Physical Science Basis, which said that temperatures in the region have increased more than the global average and are likely to continue to do so. It also projected changing precipitation patterns, more sea level rise, coastal flooding and marine heatwaves.

Between 1998 and 2020, climaterelated and geophysical events resulted in the loss of 312,000 lives and directly affected more than 277 million people globally.

The multi-agency report is based on a standard methodology for assessing the physical aspects of the climate system. It incorporates input from National Meteorological and Hydrological Services (NMHs), WMO Regional Climate Centers (RCCs), research institutions, and international and regional organizations. It provides science-based information to support countries and communities, in their efforts to adapt to a changing climate and build more resilience to extreme weather. It identifies areas for improvement in the management of hydrometeorological risks.

The report highlights that adaptation measures, particularly multi-hazard early warning systems, are underdeveloped in the region. It stresses the need for greater political commitment and more financial support, to strengthen Early Warning Systems (EWS) and operational weather, climate and hydrological services to support risk management and adaptation.





Costa Rica hosts high-level Forum to RECOGNIZE COMMITMENT TO AFRO-DESCENDANT POPULATION



o commemorate the first International Day for People of African Descent, the Government of Costa Rica will host the High-Level Political Forum: Reaffirming the Commitment to the Population of African Descent for their Recognition, Justice and Development. Given the implications of the COVID-19 pandemic, the event will have a mixed in-person/online format with the participation of Governments, international organizations, representatives of government mechanisms to promote racial equality, civil society organizations and young leaders of African descent from all over the world.



Costa Rica hosts high-level Forum to recognize commitment to Afro-Descendant Population

The meeting, which will be held in the cities of San José and Limón, in Costa Rica, will include a large number of activities to commemorate the International Day for People of African Descent, in addition to discussions around opportunities and actions to implement and accelerate the fulfillment of the rights of people of African descent and, thus, reaffirm the commitment of governments to peoples and communities of African descent amid the pandemic. It will also bring attention to the digital, health, economic, water and sanitation, education and economic inclusion gaps they face.

According to the concept note for the Forum, the reality of millions of people of African descent worldwide, which has been exacerbated by the COVID-19 pandemic, is characterized by a pattern of systemic exclusion and social, economic and political gaps. Structural racism and their invisibility led to the denial of their human rights.

In December 2020, the UN General Assembly approved an initiative promoted by the government of Costa Rica to proclaim the International Day for Persons of African Descent, with the aim of recognizing and promoting respect for the legacy, culture and contributions of people of African descent to the development of societies, as well as respect for their human rights and fundamental freedoms.

The UN member States, the

organizations and agencies of the UN System, other international and regional organizations, the private sector and academia, as well as civil society, are invited to celebrate the International Day for People of African Descent, in particular, by engaging in education and awareness raising activities to promote the extraordinary contributions of the African diaspora across the world, and to eliminate all forms of discrimination against people of African descent.

The General Assembly proclaimed 2015 to 2024 as the International Decade for People of African Descent, with the theme "People of African descent: Recognition, justice and development", and urges the international community to acknowledge that the human



The declaration recognizes people of African descent are among the main victims of racism and racial discrimination.

rights of people of African descent must be promoted and protected.

There are some 200 million people identifying themselves as being of African descent, who live in the Americas, and many millions more live in other parts of the world, outside of the African continent. They represent the significant potential of the African Diaspora.

The International Decade for People of African Descent, is a great opportunity to promote the protection of the rights of people of African descent, and acknowledge their contributions and the importance of preserving their rich cultural heritage.

Considering populations of African descent, are highly vulnerable to the impacts of climate change, the purpose of the seminar is to produce outputs in line with the International Decade for People of African Descent, mainly to promote actions and measures to ensure the full exercise of the economic, social, cultural, civil and political rights of people of African descent, as well as their full and equal participation in society.

In the report, "Afrodescendants and the matrix of social inequality", ECLAC and UNFPA affirm that the midpoint of the International Decade for People of African Descent offers an opportunity to bring attention to the importance of its objectives and principles, and the urgent need to ensure their implementation.

During the World Conference against Racism, held in Durban, South Africa, from 31 August to 8 September 2001, the Durban Declaration and Programme Action Plan were approved. The declaration recognizes people of African descent are among the main victims of racism and racial discrimination. Their reality has not changed significantly in 20 years, considering that, in 2001, it was recognized that people of African descent have been the victims of racism, racial discrimination and slavery for centuries and have been historically denied many of their rights. The declaration also affirms they must be treated with equality and respect for their dignity and should not be the target of any form of discrimination.

The Forum will articulate the voices of people of African descent and key stakeholders across the world to accelerate commitments made to the population of African descent. As it commemorates the first International Day for People of African Descent, it will promote recognition and respect for the diversity of the legacy, culture and contributions of people of African descent to the development of societies, in addition to promoting respect for their human rights and fundamental freedoms.

It will also review existing challenges and achievements made to advance the realization of the rights of people of African descent, such as the 2030 Agenda, the International Decade for People of African Descent, the International Conference on Population and Development, the 20 years of the Durban Declaration and Programme of Action, and the World Conference against Racism, Racial Discrimination, Xenophobia and Related Intolerance, among others.



NEW CARICOM SECRETARY-GENERAL TAKES OFFICE

On 16 August 2021 Dr. Carla Barnett, an economist born in Belize, became the new — and first female — Secretary-General of the Caribbean Community (CARICOM).

Dr. Barnett, the eighth to serve as leader of the Secretariat of the Community, succeeds Dominican economist, Ambassador Irwin LaRocque.

The Chairman of CARICOM, Gaston Browne, Prime Minister of Antigua and Barbuda, welcomed the new Secretary-General and brought greetings from the Conference of CARICOM Heads of Government. In her response, Dr. Barnett outlined her vision for the Community and the Secretariat that serves the subregion, signaling some of the matters that would occupy her immediate attention.

"I take up this position against the backdrop of a devastating earthquake in Haiti, the impact of which will be made worse by the rains, associated with Tropical Depression Grace, which is already affecting the country.

"I reiterate the Community's condolences to the government and people of Haiti, and to the relatives of those, who lost their lives, in this terrible disaster. I also wish a speedy and full recovery of those, who were injured. Haiti can be assured that the Community will do all it can to assist in this time of national crisis," the new Secretary-General promised.

She added: "I begin my tenure with no misapprehensions about the severity of the challenges that our Community faces economically, socially, environmentally and financially. The thrust to build resilience against the existential threat of climate change in all its dimensions, and the urgency of constructing a recovery from the adverse effects of the COVID-19 pandemic demand our continued focused energy."

Dr. Barnett noted that, even as the Community addresses the critical tasks that confront it, "we cannot afford to neglect youth unemployment, which has led the explosion of the jobless in the wake of COVID-19, a troubling rise in crime, especially violent crime in the home and on the streets, the need to strengthen food security, reduce the incidence of noncommunicable diseases, and more effectively address the issue of blacklisting by the major industrial countries and the consequential loss of correspondent banking relations.

"All of these affect the lives and livelihoods of each and every one in our Community. It is, therefore, incumbent on all of us to be engaged in finding solutions and taking action to overcome these obstacles in our path to a secure, viable and ultimately sustainably prosperous Community for all."





CCRIF TO MAKE HUGE PAYOUT TO HAITI FOLLOWING MID-AUGUST EARTHQUAKE

No stranger to female firsts and barrierbreaking, Dr. Barnett has served, in the past, as: the first woman and the youngest person appointed as Deputy-Secretary of CARICOM (1997-2002); the first woman appointed as Deputy Governor of the Belize Central Bank; and the first female Financial Secretary of Belize.

She also worked at the Caribbean Development Bank, first as Country Economist and then as Vice President of Operations; and she has been a longtime advocate for gender-equality, "not only because it is the right thing to do to create a more stable and equitable society, but also because gender equality is good economic policy". ■

CCRIF SPC (Caribbean Catastrophe Risk Insurance Facility segregated portfolio company) will make a payout of approximately US\$40 million to the Government of Haiti following the devastating magnitude 7.2 earthquake that struck Haiti on 14 August 2021, significantly impacting the city of Les Cayes.

According to Haiti's Minister of the Economy and Finance, Michel Patrick Boisvert, "The payout from CCRIF to the Republic of Haiti will help finance rapid and tangible government activities, geared towards supporting the poor and vulnerable affected by the earthquake in the Grand Sud region. Given the proliferation and recurrence of natural disasters, access to insurance policies offered by CCRIF and other risk financing mechanisms makes it possible, to better manage the impact of these disasters on public finances, and strengthen financial resilience in the medium term. For a country like Haiti, which is exposed

to multiple natural disaster risks, it is imperative for us to adopt preventive measures to reduce vulnerability to shocks, while improving disaster preparedness and response."

The 14 August earthquake was centred near Petit Troup de Nippes, approximately 78 miles to the west of the capital city Port-au-Prince, and released approximately twice as much energy as the 7.0 earthquake that affected the country in 2010. Both quakes occurred on the same fault line, but the 2010 earthquake occurred nearer to the capital – about 15 miles west of Port-au-Prince.

In 2010, the Government of Haiti received a payout of US\$7.8 million from CCRIF following that earthquake. This current payout to Haiti will represent CCRIF's largest single payout to date. Since the start of the 2021 Atlantic Hurricane Season, Haiti has been impacted by both tropical cyclones Elsa and Fred.



ECLAC EXPERT GROUP MEETING EXAMINES STUDY ON EDUCATION **UNDER PANDEMIC RESTRICTIONS**

"COVID-19 has severely disrupted the education of all children in the Caribbean and beyond. The extended periods of school closure or partial closure, and remote learning have affected academic progress; assessment; social and emotional development; physical and mental health, and well-being; and student's future prospects."

This was disclosed by ECLAC Caribbean Director, Diane Quarless, during a recent virtual expert group meeting (EGM), which was organized to discuss a new ECLAC study on "Education during the COVID-19 pandemic: Access, inclusion and psychosocial support".

The study assesses the impact of COVID-19 on the Caribbean school system, focusing particularly on psychosocial impacts on students and teachers, and issues of access and barriers to education for children from vulnerable and marginalized groups.

Director Quarless added: "It is likely that the pandemic has worsened pre-existing educational inequalities in the subregion. Those students who already faced barriers to a quality education such as children with disabilities, those of migrant or refugee status or those from indigenous communities - were less likely to have the tools or the support to participate effectively in remote learning during the last year and a half."

The pandemic has also been stressful and challenging for teachers who have been educating their students in difficult circumstances and, in some cases, conditions which pose a risk to their own health.

Director Quarless stressed the importance of assessing the impacts and learning from the many innovations that have been employed to provide continuous education. She noted that this will help to manage the ongoing pandemic; to assure a more resilient post-pandemic education system; and to achieve SDG4 (a more inclusive and equitable education system, including the elimination of disparities in access for children in vulnerable situations).



PAHO URGES CARIBBEAN TO BOOST DEFENCES AGAINST COVID-19 DELTA VARIANT

The Pan American Health Organization/World Health Organization (PAHO/WHO) Office for Barbados and Eastern Caribbean Countries, is advising the public and health authorities to continue to take appropriate and urgent public health and social measures to safeguard lives, due to an increase in cases and hospitalization related to circulation of SARS-CoV-2 Variant of Concern (VOC) Delta in the Eastern Caribbean.

A PAHO statement noted that several countries - including from Member States in the Americas with high vaccination coverage - observed and reported the emergence of VOC Delta. This Delta variant exhorts the importance of the preparatory process for the expansion of care capacity in the face of the potential increase in COVID-19 cases, hospitalizations, and death.

The statement says that in June and July 2021, Antiqua and Barbuda, Saint Lucia, Saint Vincent, Saint Kitt and Nevis, Virgin Islands-UK, Anguilla, Grenada, Dominica, Montserrat including Barbados have shown a steady increase and surge.

PAHO states that it is necessary to maximize efforts to extend full COVID-19 vaccination

coverage, especially in high-risk populations, health and care workers, as well as to reinforce non-pharmacological prevention and protection measures, such as physical distancing, the use of individual face masks, and the use of antiseptic solutions (soap and water, alcohol-gel, and liquid alcohol in disinfectant concentration). It notes that these measures continue to be effective in reducing transmission of this and all variants.

PAHO says the capacity of mobilization of specialized care does not only go through the purchase of equipment, but is also necessary to remember the mobilization or remobilization of teams of health professionals who are trained, and that the services pay attention to the establishment of logistics, flow, use of technologies for provision of care.

PAHO continues to warn the public that unvaccinated persons are the main source of infection to the larger community, and urges individuals to be vaccinated if offered. The organization strongly advises that collective action is required to prevent the loss of lives and livelihood. ■



IMPROVEMENTS TO COME FOR CARIBBEAN TRANSPORT SECTOR

The Association of Caribbean States hosted its 30th Meeting of the Special Committee on Transport recently via videoconference. Participation included 14 ACS Member States, one ACS Founding Observer, five ACS Observer Countries and five specially invited guests.

Attending this meeting for ECLAC Caribbean was Economic Affairs Officer, Willard Phillips, who reported on the sessions held to inform participants of on-going plans for transport recovery post-COVID-19, and to provide an update on the ACS' strategic priorities to be accomplished in the next few years.

First was a Sectoral Meeting for Transport Partners and Stakeholders that included presentations from international transport experts, who discussed key challenges facing the transport sector. They made recommendations on the way forward as the subregion moves toward recovery from COVID-19. These included strategies for rebuilding in a more resilient and sustainable manner.

Secretary General of the ACS, Rodolfo Sabonge, gave an overview and context for the meeting. He highlighted the overall strategic direction of the ACS related to transport. In situating the discussions, he highlighted the changes to the transport sector, saying the recovery of the sector must be underpinned by digital transformation.

Also representing ECLAC Santiago was Senior Economic Affairs Officer of the Division of International Trade, Ricardo J. Sanchez. He highlighted the work that both organizations were undertaking in the transport sector, and provided insights on regional port activity performance in Latin American and the Caribbean, in terms of bulk cargo and containerized shipping, while underscoring the need for digitized processes to increase regional competitiveness and global market access.

In the coming years the ACS will focus its work on transport to accomplish three outcomes: increased competitiveness, maximized market exposure and investment facilitation and promotion.



COVID-19: MARTINIQUE ADVISES TOURISTS TO LEAVE AS LOCKDOWN TIGHTENS

Martinique recently entered a tough lockdown to tackle a COVID-19 outbreak on the Caribbean island. Martinique had already imposed an evening curfew, but the tougher COVID-19 lockdown will force non-essential shops, hotels and beaches to significantly restrict people's movements. Authorities in Martinique have also advised tourists to leave the island.

"We will be entering a second phase of lockdown ... Shops will close, except for food shops and pharmacies," said Stanislas Cazelles, the prefect for Martinique.

He encouraged "all vulnerable tourists to leave the territory. Hotels will be closed – except to professionals and residents of the territory; the same goes for seasonal rentals. Stores useful for the back-to-school period will reopen when the health situation has improved."

Cazelles added that firms and civil services are also encouraged to participate in this lockdown, organizing their services so that a maximum of employees can work from home.

The prefect said culture and leisure facilities would be closed, including beaches, which "will no longer be accessible to the public".

Residents must also restrict their movements to a maximum 1km radius from their homes. Cazelles acknowledged the new rules were "strict" and said they would be lifted as soon as the health situation allows.

French Health Minister, Olivier Véran, recently appealed for volunteer doctors and nurses to travel to the overseas territories of Guadeloupe and Martinique, since hospitals on the two islands were struggling to cope with a spike in COVID-19 infections.

Martinique has one of France's highest COVID-19 incidence rates, with nearly 1,200 cases per 100,000 people, while hospitals are stretched to 227 per cent of capacity. The island's vaccination rate is much lower than mainland France: only 22 per cent of Martinique's population has received a first dose of the vaccine compared to nearly 65 per cent on the mainland.



LOWEST FOREIGN DIRECT INVESTMENT IN A DECADE

In 2020, Latin America and the Caribbean received US \$105.48 billion dollars in Foreign Direct Investment (FDI), representing the lowest amount since 2010, 34.7 per cent less than the amount received in 2019, and 51 per cent less than the record high achieved in 2012.

This information is included in ECLAC's annual report on Foreign Direct Investment in Latin America and the Caribbean, which was recently released by ECLAC Executive Secretary, Alicia Bárcena, during a virtual press conference in Santiago, Chile.

In the context of the severe health, economic and social crisis precipitated by the COVID-19 pandemic, globally, the amount of FDI dropped by 35 per cent in 2020 to approximately US \$1 trillion dollars, which represents the lowest value since 2005. Latin America and the Caribbean has

experienced a downward trend since 2013, which has spotlighted the relationship between FDI flows and commodity price cycles.

The international context suggests that global FDI flows will recover slowly. In Latin America and the Caribbean, FDI projects experienced a rebound between September 2020 and February 2021; however, from that month to May 2021, it appears that a new drop occurred in the value of the announcements made.

"In this scenario, it is difficult to imagine that FDI inflows into the region could increase by more than 5 per cent in 2021," ECLAC's report states.

Bárcena said, "FDI has made relevant contributions in Latin America and the Caribbean, but there are no elements indicating that in the last decade it has contributed to significant

changes in the region's productive structure, or that it has served as a catalyst for transforming the productive development model. Today, the challenge is greater due to the characteristics and magnitude of the crisis. We need to channel FDI towards activities that generate greater productivity, innovation and technology."

She stated that ECLAC has identified eight strategic areas to drive a big push for sustainability in the region. These sectors which could be bolstered by FDI - are the transition to renewable energy; sustainable electromobility in cities; an inclusive digital revolution; the health-care manufacturing industry; the bioeconomy; the care economy; the circular economy; and sustainable tourism.

The report indicates that FDI increased in just five of the region's countries in 2020: the Bahamas





HAITI'S ELECTORAL COUNCIL ANNOUNCES **ELECTIONS FOR 7 NOVEMBER**

and Barbados in the Caribbean; Ecuador and Paraguay in South America; and Mexico, which is the second-biggest recipient in the region after Brazil. The natural resources and manufacturing sectors, with declines of -47 per cent and -38 per cent, respectively, were the hardest hit in 2020. Renewable energy held steady as the sector in the region that sparked the most interest among foreign investors.

"In addition to maintaining emergency aid for the most vulnerable sectors of the population and smaller companies, the region's countries should set in motion strategic plans both for reactivation and the transformation of production. Governments and the private sector should use their capacities so that the policy for attracting foreign capital, becomes part of industrial policy as an instrument for transforming the productive structure", Bárcena emphasized.

Haiti's Provisional Electoral Council (CEP) announced that the general elections will be held on 7 November 2021, along with the constitutional referendum.

According to a document released via social media, the presidential and legislative elections will be held on that date, in addition to the referendum that plans to modify the Constitution adopted in 1987, following the dictatorship of François and Jean-Claude Duvalier (1957-1986).

The elections were originally scheduled for 26 September, but the assassination of President Jovenel Moïse on 7 July resulted in their postponement yet again.

The opposition Democratic and Popular Sector rejected the holding of elections this year, and advocated for a broad political and social consensus.

However, Prime Minister Ariel Henry, stated that the holding of elections was not negotiable, although it could yield in the formation of a new Provisional Electoral Council.

Sweet potato bread

What you will need:

- 1½ cups white sugar
- ½ cup vegetable oil
- 2 eggs
- 1 ¾ cups sifted all-purpose flour
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1/3 cup water
- 1 cup cooked and mashed sweet potatoes
- ½ cup chopped pecans

How to Make it:

- Step 1. Combine sugar and oil; beat well. Add eggs and beat.
- Step 2. Combine flour, baking soda, salt, cinnamon and nutmeg. Stir flour mixture into egg mixture alternately with water. Stir in sweet potatoes and chopped nuts.
- Step 3. Pour batter into greased 9x5 inch loaf pan (or 2 small loaf pans).
- Step 4. Bake at 350 degrees F (175 degrees C) for about one hour.
- Step 5: Cool and serve. (Can also be served warm with a scoop of ice cream).



CONTACT US

ECLAC Subregional Headquarters for the Caribbean, 1 Chancery Lane, P.O. Box 1113, Port of Spain, Trinidad and Tobago.

> MEDIA CONTACT Tel.: 1 868 224 8075

E-mail: eclac-media-pos@eclac.org

SOCIAL MEDIA







