



## UNPAID CARE WORK

THE BURDEN ON  
CARIBBEAN WOMEN DURING  
COVID-19

## UNCTAD 15

UNCTAD 15 WAS A CALL FOR GLOBAL  
PROSPERITY

## COVID-19 VACCINATION

ECLAC AND PAHO CALL FOR  
ACCELERATING VACCINATION  
PROCESSES



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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 follow-ups 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

Cover Image: Pixabay

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

# International Days

## 1 October

International Day of Older Persons

## 5 October

World Teachers' Day

## 11 October

International Day of the Girl Child

## 13 October

International Day for Disaster Risk Reduction

## 24 October

United Nations Day

# Upcoming Events

## 9 November



COP 26 side event - Protagonist Latin American and Caribbean Parliaments: Announcement of the Parliamentary Observatory for Climate Change and Just Transition


## 5 November

Twentieth meeting of the Monitoring Committee of the Caribbean Development and Cooperation Committee


## 4 November

Seminar on non-communicable diseases and their impact on sustainable development in the Caribbean


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**ECLAC Caribbean**  
Posted Oct 20


The Fourth Session of the Regional Conference on Social Development in Latin America and the Caribbean was organized virtually by #ECLAC, the Government of Antigua and Barbuda, and the #UNDP. See more: <https://bit.ly/3pma9u4>

**Regional Conference on Social Development in Latin America and the Caribbean**  
Virtual meeting, 26–28 October 2021


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**ECLAC Caribbean**  
Posted Oct 14


#ECLAC and the Pan American Health Organization (#PAHO) urge the governments of the region to accelerate vaccination processes, transform health systems, strengthen public investment and consolidate their welfare states, among other measures. Read more <https://bit.ly/3p3y9SW>



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**ECLAC Caribbean**  
Posted Oct 8

Specialists will debate opportunity to restructure education in Latin America and the Caribbean after the prolonged #COVID19 crisis. See more here: <https://bit.ly/2YuAnjl>

**REGIONAL SEMINAR ON SOCIAL DEVELOPMENT**  
**10 EDUCATION IN LATIN AMERICA AND THE CARIBBEAN:**  
THE PROLONGED CRISIS AS AN OPPORTUNITY FOR RESTRUCTURING

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## 20<sup>TH</sup> MEETING OF THE MONITORING COMMITTEE OF THE CARIBBEAN DEVELOPMENT AND COOPERATION COMMITTEE

On 5th November, Member Countries and Associate Members will convene virtually for the 20th meeting of the Caribbean Development and Cooperation Committee (CDCC) Monitoring Committee.

The CDCC, a permanent subsidiary body of the Economic Commission for Latin America and the Caribbean (ECLAC), continues to carry out its various responsibilities which include: the promotion of stronger economic and social cooperation and integration among the countries of the Caribbean and with Latin America; encouraging information and experience sharing among membership; coordinating the discovery of common positions and strategies on economic and social issues; and the presentation of shared Caribbean concerns to international fora and agencies.

Regular sessions of the CDCC are held every two years, in which Ministers meet, and resolutions are agreed on to determine the focus of the Secretariat's work. In the intervening year between biennially convened sessions of the CDCC, a meeting of the Monitoring Committee is held to review the progress being made on the agreed resolutions and the work of the Commission for the benefit of the Caribbean.

The provisional agenda for this year's Monitoring Committee meeting includes a look at strategies to accelerate post COVID-19 recovery; strengthening economic resilience in the Caribbean; supporting recovery through regional solidarity and integration; safeguarding the health of the Caribbean; and presentation of the Multi-Country Sustainable Development Framework for the Caribbean.

For more information on the 20th Meeting of the CDCC's Monitoring Committee, see the upcoming special issue of the Hummingbird, which will be released in the coming weeks. ■

## UNCTAD 15 WAS A CALL FOR GLOBAL PROSPERITY

The 15th World Leaders Summit of the United Nations Conference on Trade and Development (UNCTAD 15), entitled "From Inequality and Vulnerability to Prosperity for All", was recently hosted virtually.

This landmark occasion for the government of Barbados was led by Prime Minister Mia Mottley, QC, MP. For the very first time in UNCTAD's history, the quadrennial forum was hosted by a small island developing State.

As the UN body charged with promoting trade and development, especially as it relates to developing nations, UNCTAD not only provides support for countries to access the full benefits of integration into the international trading system, but also develops solutions to the challenges that come with it.

As this year's host, Barbados turned up the volume on the voices of SIDS, which have struggled in the past to get the unique challenges that they face heard and understood by the international community. As COVID-19 continues to ravage the economies of the subregion, the Caribbean Community (CARICOM)



# UNCTAD 15

## BARBADOS

3–7 October 2021

and other small States were at the center of the global discussion, which allowed for the subregion's unique vulnerabilities and challenges to be considered during the shaping of UNCTAD's trade and developmental policies for the next four years.

The summit highlighted issues faced at this unique moment in time, such as the current COVID-19 pandemic, the climate crisis, the digital divide, and the use of trade protectionist measures which have debarred small States from engaging fully in global trade.

The COVID-19 pandemic has further emphasized the levels of vulnerability and inequality faced by populations of the world. Around the world, varying responses at national level to address a major global challenge has resulted in a widening of the fissures of inequality among states, leaving developing nations more vulnerable than before. Recovery from the ongoing health and economic crisis will depend significantly on greater equity in the production and distribution of COVID-19 vaccines, which remain largely inaccessible to many in the developing world. There

is therefore need for more effective multilateral interventions to support individual country efforts at durable, resilient recovery post-COVID 19.

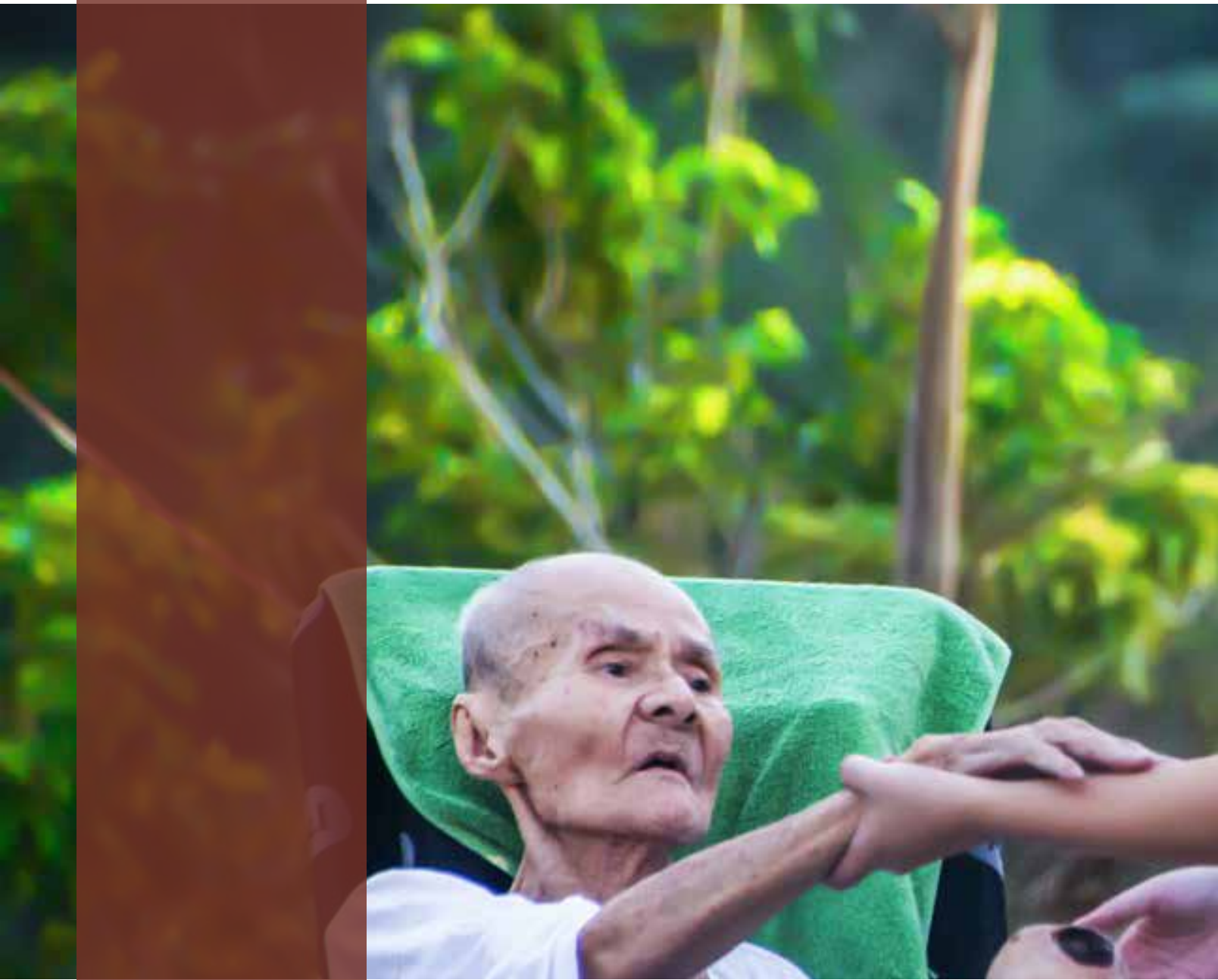
UN Deputy Secretary General, Amina Mohammed has affirmed that "the pandemic has deepened existing and formed new divides within and between countries. As always, women, children and marginalized groups are disproportionately affected. Vulnerable countries see their window of opportunity for recovery, resilience and adaptability narrowed by the day and compounded by the looming climate crisis."

In terms of the climate crisis, the forced confinement and enforcement of travel restrictions caused by the pandemic have led to temporary decreases in air pollution and greenhouse gas emissions. In fact, NASA recently noted that "The COVID-19 pandemic and resulting limitations on travel and other economic sectors by countries around the globe, drastically decreased air pollution and greenhouse gas emissions within just a few weeks". Nonetheless, meeting the emission reduction targets

outlined in the Paris Agreement under the UN Framework Convention on Climate Change is still a long way off.

While no country is spared from the global climate threat, developing countries undergo more devastating effects from climate change. SIDS, in particular, are geographically and financially the most vulnerable group, while contributing the least to global warming and CO<sub>2</sub> emissions. ■





*The  
Hummingbird*



## THE BURDEN OF UNPAID CARE WORK on Caribbean women during COVID-19



**A** virtual side event for the recent 61st Meeting of the Presiding Officers of the Regional Conference on Women in Latin America and the Caribbean discussed the specific challenges faced by women in the subregion, with special attention being paid to identifying their needs, based on their dual role as workers and caretakers.

[READ MORE](#)



# The burden of unpaid care work on Caribbean women during COVID-19

The side event highlighted some of the best practices of programmes and initiatives in the subregion, the way forward on issues of measurement of unpaid work, and the need for time use surveys.

The interactive session involved a series of short presentations on the burden of unpaid care work in the Caribbean within the context of the pandemic, and was followed by an interactive dialogue on measuring unpaid care work and adopting a care lens across all areas of public policy.

The session highlighted that the COVID-19 pandemic has brought further devastation to an already challenged subregion, with nearly 1.5 million confirmed cases in

the Caribbean as of 23 August 2021. Even with mass vaccination drives underway in all territories, the prolonged restriction and lockdown measures in place since the beginning of the pandemic in early 2020, have exacerbated the existing economic and social vulnerabilities and inequalities in the subregion.

Overwhelmed healthcare infrastructure, fragile air and sea transportation systems, as well as, citizen security and food security have increasingly felt the brunt of the current crisis.

Furthermore, vulnerabilities associated with high exposure to climate change and climate-induced hazards, continue to put Caribbean countries and their people at greater

risk of aggravated impacts of the pandemic. These effects have highlighted pre-existing inequalities and have been more pronounced among the subpopulations that possess fewer resources and are more vulnerable. This is especially true for women, youth, older persons, persons with disabilities, and migrants.

The session noted that women in particular faced specific challenges, since not only are poverty levels higher in female-headed households, but the greater number of unpaid care activities are performed by women, including the newly emerging additional burden of supporting the education of children at home due to the closure of schools - as a result of







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the pandemic.

Tourism, services and sales as well as domestic sectors have been most impacted in terms of output and employment levels by the pandemic in the Caribbean. These sectors are dominated by informal sector workers and account for the highest proportion of female workers (54.3 per cent compared to 38.7 per cent of male workers).

This has led to increasing levels of female unemployment and underemployment. This has significant implications for the welfare of the most vulnerable populations, since many mothers inevitably face limited or no means to feed their children and sustain their care responsibilities. Women are also more likely than men to be employed in essential services such as the healthcare sector, where workloads have skyrocketed in the face of the increasing demand for COVID patient care, even as they manage already challenging work responsibilities and new care demands at home.

With school closures, social isolation and the increased number of sick people, the unpaid work burden has become more onerous. Before the COVID-19 pandemic, women spent on average between 22 and 42 hours per week on unpaid domestic work and caregiving tasks. However, regional data showed that with schools being physically closed, they have had to spend considerably more time entertaining, feeding and supporting their children's online learning.

The World Food Programme (WFP) and CARICOM estimates that 54 per cent of women as against 47 per cent of men experienced an increase in unpaid domestic work, while 46 per cent of women compared to 35 per cent of men increased their childcare duties.

Participants noted that the issue is of great concern and interest in the Caribbean, given the overwhelming increase in responsibilities that have fallen at the feet of women in the subregion. In addition to attempting to find the space to work from home,

where possible, women must now deal with the added responsibilities of caring for the entire family. This includes school-aged children attempting to learn from home.

Women are also expected to safeguard the health and wellbeing of all persons in the domestic space in the midst of a virulent pandemic. This has major implications for women's productivity beyond concerns for their own physical and mental health.

Very few measures have been put in place by Caribbean governments to mediate this burden. Even where flexible working arrangements were possible, it was relegated more to those workers in middle- and high-income households. This therefore has become a reality of increasing concern for low income and female-headed households, more so for single parent households (the majority of whom are women) where family/friend support units may no longer be accessible due to COVID-19 movement restrictions. ■



## PANDEMIC OPENS OPPORTUNITY TO RESTRUCTURE EDUCATION SYSTEMS IN THE REGION

Experts from across the region have agreed that the COVID-19 pandemic has created an opportunity to rethink and restructure education systems in Latin America and the Caribbean (LAC). Insightful policy responses to the pandemic can tackle the profound “silent crisis” that the sector is going through and prevent negative impacts across generations.

The First Regional Seminar on Social Development was organized by ECLAC in collaboration with the United Nations Children’s Fund (UNICEF) and the United Nations Educational, Scientific and Cultural Organization (UNESCO) under the theme, ‘Education in Latin America and the Caribbean: The prolonged crisis as an opportunity for restructuring’. ECLAC’s Executive Secretary, Alicia Bárcena, further emphasized the need to pay attention to the education sector,

stating that “Education has not been at the center of the public policy agenda debate to confront the prolonged COVID-19 crisis and Latin America and the Caribbean’s recovery”.

Bárcena went on to explain that this was unfortunate, since, as of May 2021, as many as 99 per cent of students in the region had experienced a total or partial interruption of face-to-face classes, due to the control measures related to the global health crisis.

“It is urgent that we promote the gradual and safe return to schools in broad coordination with the health sector. Returning to school is of the utmost importance, especially for the most at-risk sectors. Schools play a role of protection and monitoring that reaches far beyond academic purposes; they provide socialization, health and prevention of violence”,

Bárcena stated.

After opening the seminar, Bárcena gave a presentation on the health and social crisis in LAC, the impacts observed in children, adolescents and youth during the pandemic, and the challenges and opportunities for restructuring education in the region.

One of the issues discussed during the seminar was how the negative economic effects of the pandemic on household income has contributed to the lack of continuity of classes or virtual access to ongoing classes. This, in turn, threatens to increase the risk of school dropout and child labor, and generates setbacks in the learning processes, as well as deepening existing gaps.

Seminar participants took note of available statistics, which showed



Photo of blue lights on public building in Jamaica.

## LIGHT JAMAICA BLUE

that, 20 months after the beginning of the pandemic, the total or partial closure of schools continues to affect two out of three children and adolescents in LAC. They agreed that the situation has resulted in the worst education crisis in the history of the region, and that the cost is overwhelming for children and adolescents and for the future productivity of the countries.

Experts also stressed that education of youth must play a central role in the recovery of countries in the region. A strong education sector will provide the basis for overcoming the economic and social dilemma caused by the COVID-19 health crisis, and also set the foundation for a transformation of society toward more equitable and sustainable development schemes across the region. ■

UN agencies in Jamaica recently organized a Jamaica Partnership Forum, a three-day virtual event, which included local and international development partners, academia, the private sector, non-profit and philanthropic organizations, civil society and community-based organizations.

The event recognized and celebrated the contribution of frontline workers on the heels of Jamaica's Heroes Day and Heritage Week, and promoted increased awareness of UN programmes that continue to support recovery from the pandemic. One of the special moments was the Light Jamaica Blue Initiative, from 17 October to UN Day on 24 October. The event was encouraged by the Ministry of Culture, Gender, Entertainment and Sport, to especially recognize frontline heroes at this time.

Public and private sector organizations across Jamaica showed their appreciation to Jamaica's heroes of the pandemic by illuminating the exterior of their buildings in blue light. Light Jamaica Blue recognized the wide range of essential staff, who continue to partner with the people and government to help to minimize the impact of and promote recovery from COVID-19. The buildings were lit from 6 p.m. until dawn the following day, highlighting the vigilance and commitment of all frontline and essential workers. ■





## ECLAC AND PAHO CALL FOR ACCELERATING VACCINATION PROCESSES

On 14 October, a joint report released by ECLAC and the Pan American Health Organization (PAHO) urged governments of the subregion to accelerate the vaccination processes, transform health systems, strengthen public investment and consolidate their welfare states, among other measures. The report proposes these measures to control the health crisis in the short term and move towards a transformative recovery with equality and environmental sustainability, in line with the Sustainable Development Goals (SDGs).

Entitled, 'The prolongation of the health crisis and its impact on health, the economy and social development', the report reveals that the pandemic has underscored the need for the formulation of a public health agenda in Latin America and the Caribbean (LAC), with a comprehensive and integrated approach that recognizes the interdependence of the health,

social, economic and environmental dimensions of the response needed.

The COVID-19 pandemic has claimed more than 1.5 million lives in the region, with more than 45.7 million cases confirmed since its outbreak in LAC in February 2020. The region accounts for nearly one-fifth of all confirmed cases of COVID-19 worldwide and about 30 per cent of all related deaths, despite having only 8.4 per cent of the world's population.

In 2020, the health crisis sparked the most severe economic contraction that LAC has experienced in over 120 years, and saw the worst economic performance of all the developing regions.

The region's near-zero growth in the five years prior to the crisis, coupled with the sharp contraction in 2020 (-6.8 per cent), has resulted in an unprecedented rise in unemployment, along with

sharp increases in extreme poverty and inequality.

According to the report, "The structural weaknesses of the region's health systems have hindered their ability to deal with the pandemic. In turn, the prolonged health crisis is closely related to the slow and uneven progress of vaccination campaigns in the region and the difficulties that countries have experienced, in trying to maintain social and public health measures at adequate levels." ECLAC and PAHO emphasize that global asymmetry and the institutional fragmentation seen in LAC, in terms of access to COVID-19 vaccines, demonstrate the need to strengthen regional coordination and integration mechanisms, as well as international cooperation.

Prominent initiatives in this regard are the Plan for self-sufficiency in health matters in LAC — prepared by ECLAC and approved by the countries of



## BARBADOS PROVIDES UPDATE ON WELCOME STAMP PROGRAMME

the Community of Latin American and Caribbean States (CELAC), in September 2021. Another noteworthy initiative is the PAHO Regional Platform to Advance the Manufacturing of COVID-19 Vaccines and other Health Technologies in the Americas, launched in September of this year.

The document stresses that the persistence of the crisis has laid bare the need to transform health systems in the region. Even before the pandemic, these systems were characterized by the weakness of health services' response capacity, their fragmentation, segmentation and underfunding – with spending levels far below the regionally agreed threshold of six per cent of GDP.

ECLAC and PAHO warn that these conditions are the structural causes of inequalities in access to health services and the persistence of high out-of-pocket spending. In fact, the two agencies report that “socioeconomic vulnerability is highly correlated with the severity of COVID-19 infection and mortality”. ■

As of 31 August 2021, Barbados' 12-Month Welcome Stamp Programme has received 2,953 applications, 1,987 of which were approved. According to the data, the top five leading countries seeking entry under the programme are the United States of America, the United Kingdom, Canada, Nigeria and Ireland. Of the applications received, 65 per cent were from individuals and 35 per cent from families. A further breakdown of the statistics revealed that 61 per cent of the applicants are male, while 39 per cent are females.

The recent statistics were compiled by the Barbados Tourism Marketing Inc., with data received from the Barbados immigration department.

Prime Minister Mia Amor Mottley, back in July 2020, announced the Welcome Stamp Programme, which seeks to assist in diversifying the island's tourism product, and attract new visitors. The programme also seeks to fill the gap left by decreased tourist arrivals and to generate foreign exchange.

In July, the Remote Employment Amendment Bill, 2021 was passed, which allowed for the extension of the existing legislation governing the Welcome Stamp.

The Remote Employment Act 2020-2023 allows for the Welcome Stamp to be renewed, the fees to be paid, and for the renewal of the stamp itself for those persons who have been in the country for the past year. Over eight million US dollars in fees have been generated via the programme. ■



Photo of buses courtesy Loop News

## RURAL COMMUNITIES IN TRINIDAD AND TOBAGO TO BENEFIT FROM LICENSING MOBILE OFFICE

From December 2021, people living in rural communities in Trinidad and Tobago will be able to have the services of the Licensing Division brought to their places of residence.

The Ministry of Works and Transport launched its mobile office initiative recently, with the unveiling of two buses. The service is presently in its soft-testing phase; the buses will operate from the Caroni office of the Licensing Division for the next few weeks.

Works and Transport Minister, Rohan Sinanan, said the Ministry will be monitoring the COVID-19 situation. "About a year and a half ago, we spoke about getting these mobile buses into rural areas", he said.

"This came out as a result of the transformation we have done over the last couple years, where we have moved from the manual system to a fully-computerized service".

Sinanan said the goal is for customers to only require a face-to-face visit if there is a problem

with the transaction. Customers, in areas such as Matelot, he said, will no longer have to go out of their way to access licensing services. "The buses will go into rural areas once or twice for the month, and residents can make an appointment and access all the transactions from renewal of permits to taxi badges, you name it".

He advised that the buses will not be operating with cash. For now, only LINX transactions will be accepted and, eventually, credit card payments. He said, eventually even driving tests can be done in communities using the buses.

Sinanan said one of the buses will also visit Tobago. He said the idea is to get to the rural communities, without having to open a physical office in those areas. He added that the Ministry also plans to upgrade existing offices to make them more comfortable. ■





## ANTIGUA AND BARBUDA TO DROP ALL COVID RESTRICTIONS IN 2022

Prime Minister Gaston Browne says Antigua and Barbuda will be entering 2022 with most - if not all - of the measures put in place to curb the spread of the coronavirus pandemic removed, whether or not a significant number of people have been vaccinated.

"I want to make a point here, too, that we are moving towards dropping the state of emergency, the curfews and so on, and eliminate most of the restrictions as we can by the end of the year, the latest".

"Now, let's say if we only get 60 per cent of the population vaccinated, or 70 per cent and we decide to drop those restrictions, it means

therefore that individuals would come exposed to those unvaccinated persons", Browne said.

He said that nationals were given sufficient time to get vaccinated to curb the spread of the virus that has so far killed 85 people and infected 3,503 others since March of last year.

"We are not going to go into 2022 limping and creating more stress and strain for the economy. The economy cannot take any more stress, cannot take any more strain and those who may want to suggest that it may be irresponsible for us to do so, well, you know what, our people would have had several months to get vaccinated", Browne said. ■



## THE CARIBBEAN'S TOP RUM FESTIVAL IS BACK

A master class on rare Jamaican rums and how they are bottled. Rum-and-cigar pairing with Davidoff. A blind-tasting competition of the Caribbean's most sought-after rums. A journey through the world of the Rhum Agricole of Martinique and Guadeloupe.

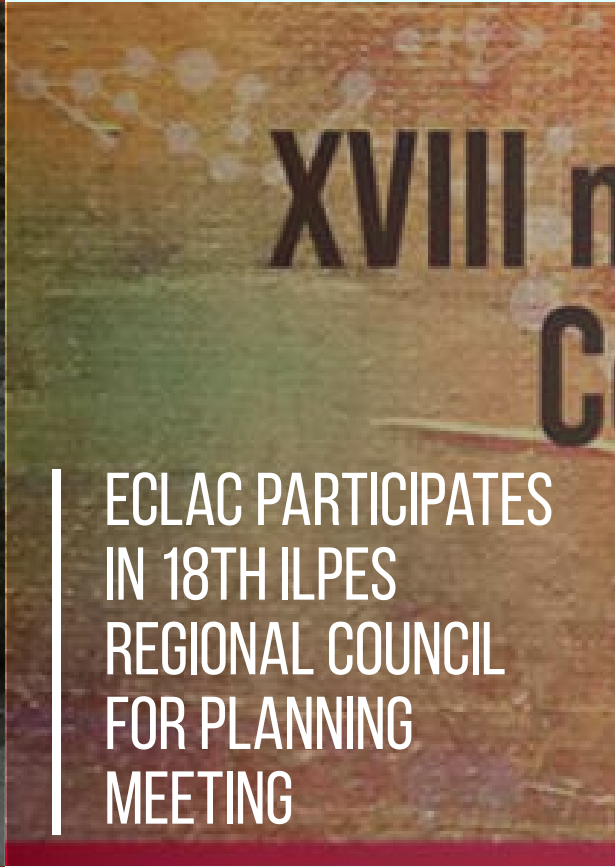
These are the experiences awaiting the guests of the Caribbean's leading rum festival, which is back, once again, on the island of Saint Barth this November.

The Fourth Annual Caribbean Rum Awards Saint Barth, presented by WIMCO and Tradewind Aviation, will be headquartered at a world class top rum bar, the Rhum Room in Gustavia.

"Just when I thought 2020, even with CoPan (sounds better than COVID-19 or Pandemic) was an incredible year for the Saint Barth Rum Festival and Caribbean Rum Awards, 2021 rolled around and we have an incredible line up," boasted Christopher Davis, co-founder of the Caribbean Rum Awards Saint Barth, and proprietor of the Rhum Room and Quarter Kitchen and Cocktail Lab.

"We have Master Classes from Master Distillers, Master Blenders, Ambassadors and the like - from some of the most awarded rum brands, such as Barrilito, Bielle, Depaz, HSE, Karukera, La Favorite, Montebello, Neisson and Velier. The knowledge that will flow with the rum being judged and available at the Expo and Master Classes has never been assembled before in the Caribbean."

The event will be judged by 10 experienced judges from across the Caribbean and the United States for a blind tasting of rums in 10 different categories. ■



## ECLAC PARTICIPATES IN 18TH ILPES REGIONAL COUNCIL FOR PLANNING MEETING

ECLAC has reaffirmed its concern that countries' vaccination schemes, so essential to durable recovery, have been advancing in an asymmetric fashion. Enhanced institutional strengthening to facilitate and promote greater equality and sustainability in COVID response is essential.

ECLAC Executive Secretary, Alicia Bárcena, emphasized these ideas at the recently concluded 18th meeting of the Regional Council for Planning of ECLAC's Latin American and Caribbean Institute for Economic and Social Planning (ILPES).

"The transformative recovery proposed by ECLAC requires an institutional framework that is more resilient, with renewed capacities for interpreting and working in complex contexts with high levels of uncertainty. This will encourage the ability not only to anticipate, prepare for and respond to crises, but also to forge and bring into being projects for the future, proactively watch over the present and reflect on the past, learning from experiences and making the necessary transformations possible," she emphasized.

# Meeting of the Regional Council for Planning

## OCTOBER, 19 TO 21

The high-level gathering – which took place from 19 to 21 October – drew the participation of ministers, deputy ministers and planning directors from 26 countries in the region, including nine from the Caribbean.

During the first day of the meeting, the region's authorities ratified the new Presiding Officers of the Regional Council, which will stay in effect for the next two years and is composed of Panama as Chair, along with Dominica, the Dominican Republic, Ecuador, Guatemala, Jamaica and Paraguay. They are joined by Chile, which is a member of the Council in its capacity as the country where ILPES and ECLAC are headquartered.

Among the meeting's resolutions, the authorities recognized the importance of public policy consistency for strengthening the processes, and instruments of planning for development and public management for the implementation of the 2030 Agenda for Sustainable Development

in Latin America and the Caribbean. The countries also requested that ILPES continue to support applied research, technical cooperation, advisory work and training to promote multi-stakeholder, multi-temporal, cross-sectoral and multi-level integration of the 2030 Agenda in planning for development.

They also asked the Institute to continue its work in strengthening planning capacities in Latin America and the Caribbean, by bolstering national planning systems, deepening and systematizing regional and extra-regional experiences.

Capacity building was also emphasized, as it is essential for building institutions more resilient to crises and uncertainty. One potential path for institution building identified by the meeting was through broadening the services of the Regional Observatory on Planning for Development in Latin America and the Caribbean. This could be done specifically through the development

of new analytical products that enabled the region to gain greater knowledge of institutional frameworks for planning for development, public management, and national planning systems, among other measures. ■



# Tres Leches Cheesecake

**Yields: 8 servings**

**What you will need:**

**Tres Leches Cake:**

- 1 1/2 cups flour
- 1/2 Tablespoon and 1/2 teaspoon baking powder
- 1 stick butter, softened
- 1 cup sugar
- 1 egg
- 1/2 cup milk + 1 cup milk
- 6 ounces evaporated milk
- 1/4 cup sweetened condensed milk
- 1/2 Tablespoon lime zest
- Fresh strawberries or raspberries

**Cheesecake:**

- 16 ounces cream cheese, softened
- 3/4 cup sugar
- 1 teaspoon vanilla
- 4 eggs
- 1/2 cup sour cream

**How to Make it:**

**Tres Leches Cake:**

1. Grease and flour a 9-inch spring-form pan. Preheat your oven to 350 degrees.
2. In a medium bowl stir together the flour and baking powder with a whisk.
3. In a mixing bowl beat the butter and sugar until light and fluffy. Add the egg and vanilla.
4. Add 1/3 of the flour mixture and 1/4 cup of milk. Add another 1/3 of the flour mixture and the rest of the milk (1/4 cup). Finish with the last of the flour mixture.
5. Make sure you're periodically scraping down the sides of the bowl and mixing gently; you do not want to over-mix the flour.
6. Pour the batter into the prepared pan and bake for 30-40 minutes.
7. While the cake is baking combine the 1 cup milk, evaporated milk, and sweetened condensed milk in a saucepan and heat till hot and steaming, but not boiling.
8. When the cake is done, cool it in the pan for 10 minutes. Turn it out on a wire rack and sprinkle it with the lime zest, poke holes all over the cake with a toothpick.
9. Slowly pour the milk mixture over the cake, giving it time to soak in before you pour more.
10. Let the cake stand for an hour. Then let it sit in the fridge for an hour.

**Cheesecake:**

1. Line your freshly clean 9-inch spring-form pan with parchment paper. Preheat your oven to 325 degrees.
2. Beat the cream cheese in a mixer until light and fluffy. Slowly add the sugar and beat well.
3. Add the vanilla and sour cream. Add the eggs, one at time, beating well after each addition.
4. Pour the cheesecake batter into the prepared pan and bake for 50-55 minutes, until set. The cheesecake will puff up really high while it's baking, but then it will shrink back down while it's cooling.
5. Let the cheesecake cool for 1 hour and then put it in the refrigerator for one hour.
6. To assemble the cake: Put the tres leches cake on a cake plate. Line the top of the cake with sliced strawberries. Then put the cheesecake on top of the strawberries.
7. Frost the cake with fresh whipped cream (beat heavy cream with a little powdered sugar) and decorate with sliced strawberries or whatever you want. Keep refrigerated.





# 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](mailto:eclac-media-pos@eclac.org)

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