



Tania Roa, MSc



Nourishing Communities + the Earth

Sustainable Harvest International (SHI) is an environmental organization that highlights the links between environmental degradation and rural poverty. We partner with family farmers in Belize, Honduras, and Panama as we guide their transition from conventional agriculture to regenerative practices. Our proven model equips low-income farmers with resources to implement alternatives to slash-and-burn agriculture. This approach sustains the land for future generations of farmers and halts tropical deforestation.

Many of our partner farmers notice an improvement in their well-being after shifting away from the use of pesticides and chemical fertilizers. The adoption of regenerative agricultural practices brings about health benefits, improved livelihoods, and a collective contribution to the fight against climate change. Since 1997, we have partnered with 3,850 farming families. By 2030, we aspire to transform one million farms and improve the livelihoods of the families managing them.

Speaker Bio: Tania Roa, MSc, Communications + Outreach Coordinator at Sustainable Harvest International

Tania Roa manages Sustainable Harvest International's social media platforms, website, and content creation. She graduated from Tufts University with a Master of Science in Animals and Public Policy.

For more than 25 years, Sustainable Harvest International (SHI) has partnered with family farmers in Central America to reforest tropical ecosystems and advance food security in rural communities. 3.1 billion people in the Global South live in poverty, and 70% of those going hungry live in rural areas where land is available for farming. Nourishing communities and the Earth requires the adoption of regenerative agricultural practices that restore soil health and foster biodiversity. Through these practices, farmers can grow nutrient-rich food for their families and local community members while playing a vital role in healing the planet.