

**Project topic: Give bread to the hopeless children in  
Cameroon**



A rural child not letting go his empty play

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## **Executive Summary**

More than 80% of children in rural community are malnourished. Inadequate diet supplement, education and livelihood support options are some of the main challenges in providing balance diet to children. The project will support about 1500 children in Manyu division, Cameroon suffering from malnutrition by training and supporting 500 women on how to ensure nutritive diets for children well-being.

## **Problem Description**

Malnutrition is a threat to children and pregnant women worldwide (UNICEF 2016). In Manyu division south west region Cameroon, more than 80% of pregnant women and children are malnourished. Malnutrition accounted for high infant mortality rate and related health issues. Our field study revealed that more than 95% of local food is composed of starch. Malnutrition in our project area is limited by awareness, entrepreneurship skills and knowledge on home gardening as a means to sustain protein-rich food.

## **What will the project do to solve the problem?**

The project primary target is 500 women, reaching 500 households and 1500 children. Home gardening training will be given through workshops and will focus on vegetables and legumes crops and on poultry and piggery farming. Education on healthy diet compositions will be given through seminars and entrepreneurship training in food processing, preservation will be given through workshops.

## **Main objective**

To improve on the health of pregnant women and children through diet education and technical supports

## **Specific objectives**

- To raise awareness among women on appropriate diet for pregnant women and infants.
- To train 500 women on home gardening and entrepreneurship skills
- To support 500 women on inputs and capital to engage in home gardening and intensive farming

## **Long term impact**

The project will go a long way to reduce malnutrition across 10 communities in the project area by at least 10%. It will ensure long term food security and improve the health situation of about 1500 children and about 5000 secondary beneficiaries. Entrepreneurship skills obtained will increase household income and thus standard of living. The local communal nature of the beneficiary communities will ensure the replication effect of the project and women beyond the primary circle to also benefit.

## **Implementation strategies and plan**

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The project will kick off with a meeting involving all stakeholders (the local authorities, women and women groups' in manyu and other NGOs) in the project area. This meeting will raise awareness on the important of the project and enable effective collaboration of all local actors. Awareness raising about the project will also be carry out through the local radio and by the use of posters, flyers and local meeting groups. Awareness raising will focus mainly on the important of diet on health and the means and strategies for improving and sustaining diet intake in poor households

The implementation team will be composed of 2 project directors and 5 field assistants. Expert and field extension workers will also be engage during the project implementation. A handbook will be developed for by the project directors to assist the field assistant and field extension workers to accurately deliver their training and education session in the field. The hand book is developed based on the availability of local food and the potential of the local people to improve and sustain balance diets for the household. The hand books will also help in educating the whole committee as it carries information on the important of a balance diet to their health, the different type of diet/recipe for sustaining the health of children, pregnant women and lactating mothers. This hand books will also be used as a tool for evaluating the outcome of the project. The first phase of the project will target 500 household as describe above.

Awareness raising and sensitization will be in the form of seminars and focus group discussion lasting for 5 days each per community. This will be followed by a second round of training on agricultural practices and entrepreneurship skills that will enable continuously support a balance diet for their households. Training will focus on the establishment of home gardens and farming techniques that accommodate mixed coping. Focus on home gardens will be on cultivation of protein-rich cereals to substitute the high intake of carbohydrate that is the custom of the community members. Two nurseries will be set up per village and use as the training site for the project. Beneficiary will be supported but technically and financially to set up their own respective home gardens. Support will also cover the raring of livestock in a small scale. However, entrepreneurship training will be given to the beneficiary, to enable them to sustain the support received from the project.

Entrepreneurship training will focus on building skills on post-harvest processing of local food and on strategies on how to start and grow in a small scale business. This will ensure the sustainability of income for local people to maintain a healthy eating habit. Entrepreneurship training will be through workshop. Workshops will involve expert from the agriculture and nutrition field and will last for a week per community. The beneficiaries of the workshop will be supported with finances to set up a self-sustainable business, under the mentor-ship of the

project directors. Project beneficiary will be trained as trainers of trainees and will be expected to have passed on the knowledge to at least two other persons before the end of the project.

### Activity Schedule

ACTIVITY	Implementation period 2016/2017				
	October	November	December	January	February
Preparation session [printing of T-shirt, posters and hand books]	<b>x</b>				
Awareness raising meeting with local stakeholders	<b>X</b>				
Door to door sensitization campaign	<b>X</b>	<b>X</b>			
Focus groups discussions		<b>X</b>			
Setting up of nurseries		<b>X</b>	<b>X</b>		
Training on vegetables and soya beans cultivation			<b>X</b>	<b>X</b>	
Training and setting up of small scale businesses		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Monitoring and evaluation	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>

### Budget

Items Description	Unit cost XAF	Number of units	Total cost	Amount Requested	Amount contributed
Transportation cost for implementers	\$120	5	\$600	0	\$600
Accommodations for implementers	\$30 x 5=150	30days	\$4500	0	\$4500
Feeding for implementers	\$10 x 5=50	30days	\$1800	0	\$1800
Field guard	\$100	10	\$1000	0	\$1000
Computer for the training session	\$950	1	\$950	0	\$950
Stationeries for workshops and training sessions	\$20	10	\$200	0	\$200

Digital camera	\$100	1	\$100	0	\$100
Meeting venue	\$100	10	\$1000	0	\$1000
holding the meeting	\$500	10	\$5000	0	\$5000
Holding the workshops	\$1000	10	\$10,000	\$10,000	
Printing of posters	\$10	50	500	\$500	
Printing of hand books	\$5	500	\$2500	\$2500	
T-shirts for implementers	\$10	5	\$50	\$50	
Production of banners	\$100	10	\$1000	\$1000	
Constructing poultry farm	\$250	10	\$2500	\$2500	
Soya beans farm	\$50	10	\$500	\$500	
Vegetable farm	\$250	10	\$2500	\$2500	
Start-up capital for women	\$50	500	\$25000	\$25000	
land	\$500	10	\$5000	\$5000	\$5000
Total			\$64700	\$45150	\$19,550

### Logic framework

ACTIVITIES	RESULTS	MONITORING	CONFIRMATION	RESOURCES	PROBLEMS AND SOLUTIONS	TIME NEEDED FOR ACTIVITY
1.A meeting session including all project stakeholders	All community members and the local stakeholders attended the meeting	Using attendants sheet to register the number of participants in the meeting	Signed attendants sheets and pictures	Stationeries  Venue for the workshop  Community members  Implementation team	-All women may not be present for the workshop  Due to their farming activities  -Local authorities helped in calling all women to be present	1 week
2. Awareness raising through posters	All community members are aware of the project	The number of posters distributed	Reports on the number of posters printed and distributed	Papers, printing of papers and field assistant/guard	Poster may not be enough and villages may not be willing to accept posters  Pre field survey considering the numbers of house hoods in 10 villages in manyu	2 weeks

3. Door to door sensitization on the appropriate diet intake among the women and their children and the effects of unbalance diet intake to their health using handbooks	500 households in the manyu community are sensitized on the appropriate diet intake during pregnancy and breast feeding	Pictures and registration list covering the number of children in a family during the door to door sensitization	Signed and filled registration list and pictures	Feeding allowances for the implementer handbooks and the field assistant	Some women may not welcome us in their home, some women may not be in their homes and some may not be able to understand us.  Field assistant will be use as interpreters  Door to sensitization will be done only in the evening after farming hours and early in the morning	2 weeks
5. Assembling of improved seeds and setting up of as technical supports to the women	8 nurseries are set up in the community	Reports on the visit to the nurseries and pictures of the nurseries	Reports and pictures of the nurseries	Improved seeds, Cameras and writing materials	No land for setting up of the nurseries  Local authorities will mobilise for lands	1 month
6. 4 training workshops on how to cultivate the nest seeds	500 women are trained on vegetables and soya beans production	Attendants sheets during the 4 workshops	Signed attendants sheets and pictures	Facilitator, stationeries and computer and camera	No venue for the workshop and no electricity for the computer  Local authorities will assist in the setting up of a venue and a generator will be arranged for	2 weeks
7. Planting of improved vegetables and soya beans seeds	500 women have cultivated vegetables and soya beans farms	Agriculturist will visit the farms on weekly bases during planting and after planting	pictures of the farms and reports on the progress of the crops	Writing materials and Camera		1 months
8. Monitoring and evaluation of the cultivated crops	All cultivated crops are harvested and consumed	Implementation team will visit the farms and households on weekly bases during planting and after planting	Pictures of the farms and families  Reports	Camera and stationeries	Some farms are not cared for  women will be encouraged and assisted in caring for their farms	4 months