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**PROJECT PROPOSAL ON MATERNAL NUTRITION FOR SUSTAINABLE HEALTH IN KAFUMU PARISH IN MPIGI DISTRICT**

**Name of the organization:** Mountains of Hope Children’s Ministries

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**Mission of the organization:** Empowering communities who work to ensure that children growing up in poverty get good health and an excellent education

**Purpose of the grant request and how it relates to the project Mission:** To empower the community to ensure improved health & nutrition condition of children under 5 and pregnant women of Kafumu parish through raising their awareness and supporting them with health services.

The empowerment of the community is our mission, this project will ensure that the community especially women, men and local leaders are empowered to ensure pregnant women and children under five have improved health, this will ensure adequate growth by strengthening services and increasing community involvement in health and nutrition education activities.

Total amount of the proposed projects budget: $ 5,000

Total dollar amount committed from other funding sources for the project: $ 980

Beginning and ending dates of the project: January 4th to March 4th 2017

**Back ground of the project and why it is needed:**

Meeting the nutrition requirements of pregnant mothers and children under 5 has become a major global challenge. Nearly half of all deaths in children under 5 are attributable to under nutrition. This translates into the unnecessary loss of about 3 million young lives a year. (UNICEF data 2014)

Poor nutrition in the first 1,000 days of a child’s life can also lead to stunted growth, which is irreversible and associated with impaired cognitive ability and reduced school and work performance.

The current malnutrition levels hinder Uganda’s human, social, and economic development. Although the country has made tremendous progress in economic growth and poverty reduction over the past 21 years, its progress is reducing malnutrition remains very slow.

In Kafumu community in Mpigi District, the majority of the households sampled had high calorific diet which included root tubers and cereals but greatly lacking in vitamins and proteins, 80% of the families had a poor meal without proteins in their diet, 20% had maize and matooke. The sample results above depict that most families do not have a balanced diet in their nutrition.

The habit of selling off nutritious foods instead of consuming it at home therefore puts people especially infants at risk of malnutrition and its effects.

Mothers and other care takers have not been sensitized on the values of food that they have in their home stead. They seem not to know which foods are the glow, the go and the grow foods; they simply feed the children so that they are not hungry, not with the purpose of attaining a balanced diet.

Mothers therefore need to be educated about complementary feeding, this is where the child is breast feeding but along with breast milk and other solid foods are given.

**Aims/ Objectives of the project:**

To provide health check up information for the pregnant mothers & the children.

To create facilitates for sanitation & pure drinking water in the community

Establishment of vegetable kitchen gardens (back yard gardens)

To improve the skill of mothers and care takers on how the locally available food is prepared and served in order to maintain its nutrition content and value with their full participation and involvement.

To increase the knowledge of mothers and care takers about the different food groups and how they can be combined to make a balanced diet.

**Methods to be used and what procedures will keep it on track:**

The project will be implemented in the primary focus area which is 6 villages in Kafumu parish, below are the methods which also double as procedures to keep us on track:

1. **Project area:**

This project will be carried out in Kafumu parish, in Mpigi town council, Mpigi district; the project will be carried out in 6 zones in the parish.

Most of the occupants go for low income generating activities like peasant farming; they grow food like cassava, sweet potatoes.

1. **Target population:**

Mothers and care takers of children under 5 years in 6 zones/ villages of Kafumu parish

1. **Ethical approval:**

Approval will be obtained from the District Health Officer and local leadership

1. **Project duration:**

This project will run for three months

1. **Quality control:**

The implementers have met a District nutritionist who will help teach about complementary feeding. The nutritionist together with the implementers has already had one session with the community on how to prepare and serve a balanced diet to children of complementary feeding age.

**Plan of the analysis of the data:**

**Evaluation:** this will enable us to assess the level of awareness gained about the importance of balanced diet to children under 5.

We will use both qualitative and quantitative methods of evaluation to assess the impact of the project.

**Quantitative methods** will involve issuing of questionnaires about nutritional knowledge specifically about balanced diet to house hold care takers especially mothers of households with children under 5 years.

**Qualitative methods** will involve interviewing key informants such as Village Health Teams, local councils of the area using the key informant interview guides about attitudes and knowledge of the locals on the importance of a balanced diet.

**Plan for making results available to appropriate health agencies:**

The data obtained from qualitative data shall be analyzed using frequency distribution tabulations measures of central tendency, graphs and curves.

The data obtained from key informants will be transcribed through attaching a numerical value accordingly to establish significance.

The data will then be shared with the District Health department.

**BUDGET**

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| --- | --- | --- | --- | --- |
| **EXPENSE** | **ITEM** | **UNIT COST IN USD** | **AMOUNT IN USD** | **JUSTIFICATION** |
| Preparatory stage | Meetings with Village Health Teams, DHO and LC1 chair person   * Transport for 2 mobilizers for 2 weeks | 40 | 40 | Preparatory meeting prior to implementation facilitation |
| Purchase of water purifiers | 20 water purifiers for 20 house holds | $24 x 20 | 480 | Required for providing purified water to house holds |
| Sensitizations to the community on nutrition practices | * Demonstration charts * Demonstration videos * IEC (Information Education Communication)material | 80  90 | 760 | Required for demonstrations during the sensitizations and trainings in the community  The IEC material will be distributed to all households bearing nutrition info. Including call to pregnant mothers to go for health checkups. |
| Gardening inputs | Garden inputs :   * seeds * 5 spray pumps * Fertilizers * Facilitator allowance * Lunch for the participants | 180  360  180  $200 For 5 days  $2 x 100 people x 5 days | 1,720  1,000 | Required for establishment of kitchen gardens |
| Evaluation | Facilitation allowance to facilitators carrying out evaluation | $40 x 5people x 5days | 1000 | Implementers will randomly sample 50 households where implementation was done. |
| **TOTAL** |  |  | **$ 5,000** |  |