



Promoting Food Security in Schools through School Farms.

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INITIATIVE BY



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1.0 Project Summary

Project Title	School Farms: Promoting Food Security in Schools through School Farms.
Project Number	ROFLM/GH/17/001
Name of implementing organization	Reach Out to Future Leaders Movement (ROFLM) Registration Number: CG040722013
Principal Implementing Officers	Contact Information <p>Alfred Godwin Adjabeng is the Executive Director of Reach Out to Future Leaders Movement. He holds a bachelor of science in Environmental Science from the University of Cape Coast. He is a 2015 Mandela Washington Fellow.</p> <p>alfredadjabeng@gmail.com +233203304128</p> <p>Richard Glalah is the Policy and Programs Director of Reach Out to Future Leaders Movement. He holds a bachelor of Science in Planning from the University of Development Studies.</p> <p>richard.pablo54@yahoo.com +233542646244</p> <p>Augustina Sena Afordofe is the Administrative and Finance Director of Reach Out to Future Leaders Movement. She holds a bachelor of science in Commerce from the University of Cape Coast and a Certificate in Basic Banking.</p> <p>aafordofe@gmail.com +233265525065</p> <p>Josephine Agbeko is the Program Coordinator of School Farms. She holds a bachelor of science in Agriculture science from the University of Cape Coast.</p> <p>joxiexornam@gmail.com +233500023446</p>

Project locations	<ol style="list-style-type: none"> 1. Tanyigbe Senior High School, Tanyigbe, Ho Municipal, Volta Region, Ghana. 2. Sokode Senior High Technical School, Sokode-Lokoe, Ho Municipal, Volta Region Ghana.
Proposed starting date	24 June 2017
Project duration:	24 June 2017 to 25 June 2018
Project total amount (US\$)	10179.77
Amount requested from US Embassy Ghana (US\$)	9700
Implementing agent inputs	2081.57

2.0 Executive Summary

School Farms is a rural community-based school feeding support program that empowers local community schools to grow their own food whilst creating a space to help students gain practical skills and explore opportunities in Agriculture. School Farms is an initiative of Reach Out to Future Leaders Movement, a youth-led community development-based organization that creates opportunities for young people engagement for community development.

2.1 US-GHANA RELATION

As part of my Mandela Washington Fellowship experience at the University of California-Berkeley in the United States of America, I was privilege to volunteer on the Edible Schoolyard project. The Edible Schoolyard builds and shares a national edible education curriculum for pre-kindergarten through high school. They provide a sustainable, delicious, and free lunch for every student in Berkeley.

School Farms and Edible Schoolyard project share the same goal of ensuring that no schoolchild studies on hungry stomach. It is for this reason that I found the volunteer experience a rare opportunity to learn and collaborate. Since I left the United States after the Mandela Washington Fellowship in 2015, the Edible Schoolyard and School Farms collaborated to adopt the Edible Schoolyard's nutrition curriculum into School Farms project. This nutrition curriculum provides a guide for child nourishment.

The Edible Schoolyard's founder and Executive director, Alice Waters serves on the Advisory Board of School Farms. The relationship between Edible Schoolyards in the United States of America and School Farms in Ghana continue to deepen as the two projects collaborate on knowledge and experience sharing.

3.0 Introduction

Community schools are increasingly faced with the challenge of funding school meals due to limited government support, rise in food cost and market failures. School Farms seeks to ensure the availability, utilization and access to school meals. It recognizes the link between education, nutrition and skill development and is improving access to all.

School Meals increases school attendance, retention and active teaching and learning activities in schools by more than 25 percent. School Farms provides a cost effective and sustainable solution to school meals. Its core elements: Farms, Meals, and Skills help achieve its goal.

The success of this project will contribute to Achieving Zero Hunger (SDG2), Reducing Inequality (SDG10) by promoting access to opportunities to gain agricultural skills, promote access to Quality Education (SDG4) and promote good health and well-being (SDG3)

4.0 Situation Analysis

4.1 Stakeholder Analysis

Local Partners	Responsibility
Local community leaders/School/Local government	Free Land provision, supply of cost effective manual labor, traditional support fin planning and implementation.
Local Ghana Education Service, Conference of Heads of Assisted Secondary Schools (CHASS)	School selection process, sector support for program and practical agriculture curriculum development
Local Ministry of Food and Agriculture	Provide free Agriculture extension services, technical assistance and access to subsidize seedlings.
Parent-Teacher Association	Ensure local support for the project, aid in Monitoring and Evaluation, engagement in decision making or planning and volunteer for communal work.
Local Ghana Health Service	Nutritional value of food analysis, advisory and technical assistance.

4.2 Problem Analysis

Community schools are increasingly faced with the challenge of funding school meals due to;

- a. Inadequate and delay in the release of government feeding grant to schools.
- b. Continuous rise in food cost.
- c. Market failures that affect access and availability of food.
- d. High cost to education.
- e. Perennial problem of schools closing down over some period or delay in reopening after every academic break.

4.3 Objectives Analysis

- a. To ensure the availability, utilization and access to school meals.
- b. To ensure highly nutritious meal is offered to schoolchildren.
- c. To ensure schoolchildren gain practical agriculture skills for future prosperity.

5.0 Strategy Analysis

In order to ensure School Farms achieve its objectives, the following strategies are adopted.

- a. Community schools are supported to grow their own organic food. School Farms prioritizes the growing of staple crops, vegetables and fruits.
- b. With produce from the farm, schoolchildren are offered sustainable in-school nutritious meal for healthy growth and mental development.
- c. Schoolchildren are offered the opportunity to gain practical agricultural skills for future prosperity. To achieve this, schoolchildren are signed-up to School Farms Club for training and mentoring. The training kit is School Farms Manual. Schoolchildren get the opportunity to undertake an independent agriculture project during school vacation to enter into School Farms' Best Student Farmer Award Program.

6.0 Logical Framework Analysis

Narrative Summary	Objective Verifiable Indicators	Means of Verification	Important Assumption
<p>Goal:</p> <p>To ensure the availability, utilization and access to nutritious in-school meals for schoolchildren.</p>	<p>Measurable:</p> <p>The percentage reduction in the school's feeding budget will also reflect the percentage reduction in the cost of accessing education.</p> <p>The anthropometric and clinical methods of assessing nutritional status to assess the students with collaboration from the local Nutrition Office and the local Ministry of Health.</p> <p>Increase in enrollment, interest and attendance to school.</p> <p>Number of Jobs the Program creates.</p> <p>The number of Students trained as agriculture entrepreneurs through our School Farms Club.</p>	<p>The research unit of School Farms will conduct research and develop reports, publications and research findings.</p> <p>School Farms will collaborate with key research institutions to conduct this research.</p> <p>Parents and other stakeholders will help in the monitoring and evaluation through discussions in community or Parent-Teacher-Association meetings and students surveys.</p>	<p>Climate Change impact and mitigation/adaptation.</p> <p>Community development and awareness about local food system and economic development.</p>

<p>Project Purpose:</p> <p>To collaborate with key stakeholders in providing a cost effective and sustainable access to nutritious in-school meals from the school farm whilst using the same space to help schoolchildren acquire practical agriculture skills in agriculture.</p>	<p>Feasible:</p> <p>School Farms provides a cost effective and sustainable access to school meals through it stakeholder collaborative approach.</p> <p>Access to free land and low cost labor from the community.</p> <p>Access to extension service from the local Ministry of Food and Agriculture.</p> <p>Ghana Health Service will design nutrition program at no cost.</p> <p>Community and stakeholder participation.</p>		
<p>Output/Results:</p> <p>Provision of Nutritious in-school meals and practical agriculture skills acquisition.</p> <p>Reduce the feeding cost of schools that will eventually result in the reduction in the cost of accessing quality education.</p> <p>Effective teaching and learning activities.</p>	<p>Beneficiaries:</p> <p>Direct Beneficiaries:</p> <ol style="list-style-type: none"> 1. Schoolchildren 2. Teachers <p>Indirect Beneficiaries:</p> <ol style="list-style-type: none"> 1. Parents of these schoolchildren will pay relatively less in accessing quality education. 		

<p>Increased concentration on schoolwork.</p> <p>Increased enrollment, attendance, retention of schoolchildren.</p> <p>Increased community cohesion for local development.</p> <p>Provision of job opportunity for community members.</p>			
<p>Inputs/Activities</p> <p>Collaborate with Key stakeholders (Community provides access to land & cost effective labor, Ministry of Food and Agriculture provides subsidize seedlings and extension service, funding agencies provide support for other expenses) to ensure the availability, utilization and access to in-school meals.</p>			

7.0 Program Implementation

Activity	Timeline	Supervisor	Note
1. Community Stakeholder Consultation		School Farms	Community and School Farms Program Team
2. Team strategic Planning			School Farms Program Team and Volunteers based on the report from the Community Stakeholder consultation.
3. Purchase of Farming materials & Community collaboration		Local Ministry of Food and Agriculture & School Farms	Subsidize seedlings from Ministry of Food and Agriculture and from Community.
4. Land preparation		Community members	Community will be responsible through communal labor.
5. Cultivation begins		Extension Officer, Local Ministry of Food and Agriculture	This is based on rain fed agriculture, where the expertise of the Ministry of Food and Agriculture becomes important
7. Monitoring and Evaluation	Through entire program phase.	School Farms	All local stakeholders will be involved.
8. School Farms Club Activities		School Farms Team and Teachers	School Farms Club

8.0 Monitoring and Evaluation

Monitoring and Evaluation Plan helps to track whether School Farms' activities are being implemented as expected, to ensure that the strategic plan for the effective implementation of the program is duly followed and whether the program is reaching the outputs we set at the beginning of the program. The fact that resources are limited as against the ever increasing expectations from the community for more and better services are enough reasons to find ways of cost effective means of using resources to do more with less resources.

The Monitoring and Evaluation Matrix provides a broad overview or summarizes of the main features in the monitoring arrangements for the various activities. It provides a clear arrangement for understanding the relationship between the various input, output, outcome and impact indicators (which take inspiration from the core project indicators) and their corresponding activities and targets for the plan period. The matrix therefore provides a means of measuring the success of activities outlined in the project.

This Monitoring and Evaluation Plan for the project period is to serve as an important management tool that is expected to provide a system of accountability, responsiveness and transparency in the allocation of resources for the Ghana School Farms Project.

In this regard, an attempt has been made to consider essential elements required in monitoring and evaluation such as the identification and analysis of stakeholders for monitoring and evaluation, accessing the strengths of conducting monitoring activities and development of a comprehensive monitoring and evaluation matrix to provide a framework for monitoring. Attempts have been made to develop an efficient schedule for monitoring plan achievements.

Table 8.1 Monitoring Matrix

Indicators	Indicator Type	Baseline 2017		Targets (Monitory report)			Data Source	Monitoring Frequency	Responsibility
		Yes	No	2017	2018	2019			
Stakeholder consultation	Impact						Primary	Monthly	Stakeholders
Feeding budget analysis of school	Impact						Secondary	Monthly	School Farms team
School Farms Club activities implementation	Impact						Primary	Monthly	School Farms Club
Cultivable Land acquired	Output						Primary	Monthly	School Farms team
Seedlings Procured.	Output						Primary	Monthly	School Farms team
Crops grown and harvested for schools.	Outcome						Primary	Monthly	School Farms team
Improving food supply.	Impact						Primary	Monthly	School Farms team
Reducing Hunger and Malnutrition.	Impact						Primary	Monthly	School Farms team, Dietician
Improving School participation and attendance.	Impact						Primary	Monthly	School Farms team, School Authorities

Table 8.2 PROJECT EVALUATION INDICATORS

Indicators	Indicator Type	Baseline 2017	Targets 2017-2018			Data Source	Evaluation Type	Responsibility
			2017	2018	2019			
<p>To estimate the availability, access and utilization of school meals after the intervention.</p> <p>The percentage reduction in the school's feeding budget will also reflect the percentage reduction in the cost of accessing education.</p>	Impact	<p>Limited school feeding grant subsidy.</p> <p>Market failure.</p> <p>Rising cost of food.</p>				Primary	Post Evaluation	M&E Officer and School Farms
Increase in enrolment, interest and attendance to school.	Impact	Low enrolment and poor academic performance.						
To estimate the 20 percent return on investment from the harvest for reinvestment into the farm.	Impact	<p>Sustainability of the School Farms project in the schools.</p> <p>Limited funds to pay for utilities and other extra curriculum activities</p>	Capital from supplementary food sold used to sustain the farms and to finance utility bills and engage in extra curriculum activities			Primary	Post Evaluation	School Farms
Highly nutritious organic agriculture products for feeding students.	Impact	Insufficient nutritious food	Nutritional level of students			Primary	Terminal Evaluation	Project Dietician

Indicators	Indicator Type	Baseline 2017	Targets 2017-2018			Data Source	Evaluation Type	Responsibility
			2017	2018	2019			
The anthropometric and clinical methods of assessing nutritional status to assess the students with collaboration from the local Nutrition Office and the local Ministry of Health.		basket for students	improved by 35%					
To access performance of field workers and extension officers and community support. Number of Jobs the Program creates.	Impact	No baseline study conducted	20% of project target achieved			Primary	Post Evaluation	M&E Officer
To enable students acquire experiential learning and technical training in agriculture. The number of Students trained as agriculture entrepreneurs through our School Farms Club.	Impact	Rudimentary approach and opinion of agriculture	100 students and 60 youths acquired technical training opportunities in agriculture			Primary	Terminal Evaluation	M&E Officer

The table overleaf shows the Monitoring and Evaluation Calendar for the Project

Table 8.3: Monitoring and Evaluation Work Plan

ACTIVIES	TIME FRAME				STAKEHOLDERS / ACTORS	BUDGET (GHC)
	2017	2018	2019	2020		
Evaluation						
Mid-Term Evaluations	10 th November, 2017				Research and Field Supervisor, PTA	
Terminal Evaluations	Project Lifespan				Programme coordinator	
Participatory M&E	10 th Month in every year				Programme coordinator	
IMPLEMENTATION MONITORING						
Quarterly Field Visits	Last week of every quarter				Research and field supervisor	
Quarterly Review Meetings	First Week of Every Quarter				All stakeholders	
Information Dissemination	3 days in the month of May every year				Project coordinator	

9.0 Budget and Budget Narrative

	Project Activity	Unit Cost	Unit Cost	Quantity /Unit	Total	Total	Cost Share	Cost Share	Notes
		GH¢	USD		Cost GH¢	Cost USD	ROFLM (\$)	US Embassy Ghana (\$)	
PHASE 1									
A	Research & Publication								
A1	Monitoring & Evaluation	900	209.30	2	1800	418.60		418.60	
A2	Community Entry	300	69.77	2	600	139.53		139.53	
A3	Data Collection and Analysis	400	93.02	2	800	186.05		186.05	
A4	Documentation & Reporting	400	93.02	2	800	186.05		186.05	
	Sub-Total	2000	465.12	8	4000	930.23		930.23	
B	Land preparation								Cost from Ho Municipal Ministry of Food and Agriculture
B1	Land Leasing	750	174.42	2	1500	348.84	348.84		
B2	Land clearing	1887.5	438.95	8	3776	877.90		877.90	Stumping, Ploughing, Harrowing
	Sub-Total	2637.5	613.37	10	5276	877.91	348.84	877.91	
PHASE 2									
C	Inputs/ Vegetable Planting Materials								Organic farm for sustainable farming and healthy meals.
C1	Cabbage	98	22.79	2	196	45.58		45.58	
C2	Cucumber	137	31.86	2	274	63.72		63.72	
C3	Lettuce	55	12.79	2	110	25.58		25.58	
C4	Sweet pepper	205	47.67	2	410	95.35		95.35	
C5	Okra	45	10.47	2	90	20.93		20.93	
C6	Tomatoes	160	37.21	2	320	74.42		74.42	

C7	Eggplants	40	9.30	2	80	18.60		18.60	
C8	Spinach	10	2.33	2	20	4.65		4.65	
C9	Carrot	45	10.47	2	90	20.93		20.93	
C10	Hot Pepper	82.5	19.19	2	166	38.37		38.37	
	Sub-Total	877.5	204.07	20	1756	408.14		408.14	
	Staple crops (planting material)								
C11	Maize	490	113.95	2	980	227.91		227.91	
C12	Irish Potato	50	11.63	2	100	23.26		23.26	
C13	Cassava	900	209.30	2	1800	418.60		418.60	
C14	Yam	400	93.02	2	800	186.05		186.05	
C15	Cocoyam	3	0.70	500	1500	348.84		348.84	
C16	Cowpea	24	5.58	2	48	11.16		11.163	
	Sub-Total	1867	434.19	510	5228	1215.81		1215.81	
	Fruits (planting materials)								
C17	Watermelon	82	19.10	2	164	38.14		38.14	
C18	Pawpaw	100	23.26	2	200	46.51		46.51	
	Sub-Total	182	42.33	4	364	84.65		84.65	
D	Fix Asset Equipment								Cost of items from Dolyen Enterprise.
D1	Knapsack	200	46.51	2	400	93.02		93.02	
D2	Wellington boots	35	8.14	10	350	81.40		81.40	
D3	watering can	20	4.65	10	200	46.51		46.51	
D4	Garden fork	45	10.47	10	450	104.65		104.65	
D5	Rake	30	6.98	10	300	69.77		69.77	
D6	Hoe	20	4.65	10	200	46.51		46.51	
D7	Pick-axe	25	5.81	10	250	58.14		58.14	
D8	knife	60	13.95	10	600	139.53		139.53	
D9	Shovel	20	4.65	10	200	46.51		46.51	

D10	Cutlass	50	11.63	10	500	116.28		116.28	
D11	Nose and Mouth Mask	60	13.95	4	240	55.81		55.81	20 pieces in each.
D12	Gloves	120	27.91	2	240	55.81		55.81	
D13	Garden line	8	1.86	2	16	3.72		3.72	
D14	Basins	10	2.33	10	100	23.30		23.26	
D15	Buckets	25	5.81	10	250	58.14		58.14	
D15	Labelled Crates	15	3.49	10	150	34.90		34.88	
D16	Measuring scale	50	11.63	2	100	23.26		23.26	
D18	Insecticide (organic)	200	46.51	2	400	93.02		93.02	
D19	Greenhouse	6887.74	1601.80	1	6887.74	1601.80		1601.80	For the vegetable farm against effects of climate change and environmental factors. Made from renewable parts.
	Sub-Total	7880.74	1832.73	135	11833.74	2752.03		2752.03	
E	Fertilization								
E1	Acarp Compost Fertilizer	22.5	5.23	20	460	104.65		104.65	6Kg of organic compost for the nursery.
E2	Liquid Organic Fertilizer/ Super Gro	200	46.51	1	200	46.51		46.51	
	Sub-Total	222.5	51.74	21	660	151.16		151.16	
F	Irrigation Material								
F1	Drip Irrigation System	4000	930.23	2	8000	1860.47		1860.47	
F2	5.5 Horse Power Water Pump	600	139.53	2	1200	279.07		279.07	
F3	PVC	1437.5	334.30	2	2875	668.60		668.60	
	Sub-Total	6037.5	1404.07	6	12075	2808.14		2808.14	
PHASE 3									
G	Farm maintenance								Cost from Ho Municipal Ministry of Food and Agriculture
G1	1st Weeding	250	58.14	2	500	116.28		116.28	

G2	2nd Weeding	250	58.14	2	500	116.28		116.28	
G3	Making of Beds and Mounds	100	23.26	2	200	46.51		46.51	For cabbage, carrot, lettuce, yam, Irish potato
G4	Provision of Stakes	100	23.26	2	200	46.51		46.51	For tomato, cucumber, yam
	Sub-Total	700	162.79	8	1400	325.58		325.58	
H	Harvesting								
H1	Dehasking	60	13.95	2	120	27.91		27.91	
H2	Shelling	25	5.81	2	50	11.63		11.63	
H3	Transportation	200	46.51	2	400	93.02		93.02	
H4	Drying & storage (Mechanized)	30	6.98	2	60	13.95		13.95	
	Sub Total	315	73.26	8	630	146.51		146.51	
PHASE 4									
I	Promotional Items								
I1	Rollup Banner	400	93.02	2	800	186.05	186.05		
I2	Publicity	500	116.28	2	1000	232.56	232.56		
	Sub-Total	900	209.30	4	1800	418.60	418.60		
J	Coordination Cost								
J1	Phone	100	23.26	1	100	23.26	23.26		Estimate, based on past costs.
J2	Internet	250	58.14	1	250	58.14	58.14		Estimate, based on past costs.
J3	Audit	1200	279.07	1	1200	279.07	279.07		From Our organization's Auditing firm
J4	Meals and Incidental Expenses (M&IE)	2000	465.12	1	2000	465.12	465.12		
J5	website + email + photocopies	2100	488.40	1	2100	488.37	488.37		Hosting + Domain name + Design
	Sub Total	5650	1313.96	5	5650	1313.95	1313.95		
K	Total Budget Cost	29271.74	6981.34		50672.74	11781.57	2081.57	9700.00	

10.0 ROFLM Background

Reach Out to Future Leaders Movement (ROFLM) is a registered youth-led organization in Ghana with Organization Registration Number: CG040722013 and seeks to provide a space for young people to be empowered, educated and engaged for local development action. ROFLM adopts a community-based grassroots approach in collaborating with young people as change agents in their respective communities. Our primary focus is in Civic Engagement, Community Development and Leadership Development.

We provide Education on civic engagement and community development participation. We empower young people by creating citizenship awareness that puts them up as change agents to deal with their own local community challenges. We engage young people on our projects to gain practical skills and encourage them to develop sustainable solutions to communities evolving challenges.

10.1 Vision

To see a more proactive and empowered youth that seeks to focus their strength as critical thinkers and problem solvers in creating efficient, productive and independent communities that meet its own needs.

10.2 Mission

To Educate, Empower and Engage young people in implementing practical solutions to communal challenges

10.3 Program Goals:

A Community in which young people are actively engaged towards its development

A Community that seek to integrate young people in their developmental agenda

10.4 Structure

Central Coordinating Secretariat

It comprises of The Patrons, Board of Directors and Executive Director, who is responsible for coordinating the management team of the organization.

10.5 How We Function

ROFLM has the Board of Directors as the highest decision-making authority including policy direction, vision and strategy. The Management Team comprises of an Executive Director, Head of Directorates: Finance and Administration, Projects and Programs, Social Marketing and Research, lead the daily running of the organization. Staff and Volunteers performed tasks assigned by the Management Team in pursuance of achieving set objectives.

10.6 Program Areas

Our core areas of competency include:

Agriculture, Education, Environmental sustainability, Social Welfare

10.7 Key Projects

School Farms, Street School,

10.8 Values

Openness: we cherish diversity

Respect: we believe that all people should be treated with consideration and dignity.

Teamwork: we are committed to effective between volunteers and staff. We seek opportunities to form alliance with others.

Integrity: we are committed in acting in ethical and honest manner.

Caring: we are committed in caring with empathy and compassion.

10.9 Contact Information

c/o P.O.BOX HP 467, HO

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