

GlobalGiving Project 2019

Finding the minimal balanced diet for Zambian villagers

Summary

The children of Katete District in Zambia have very high rates of malnutrition. Our previous project tested a nutritional supplement, ONENEPA, with a group of children and found that it promoted growth and added weight while maintaining appetite. But nutrition is a family matter, so we want to work with whole families to find out whether they will actually achieve a balanced diet by growing the necessary vegetables in their gardens.

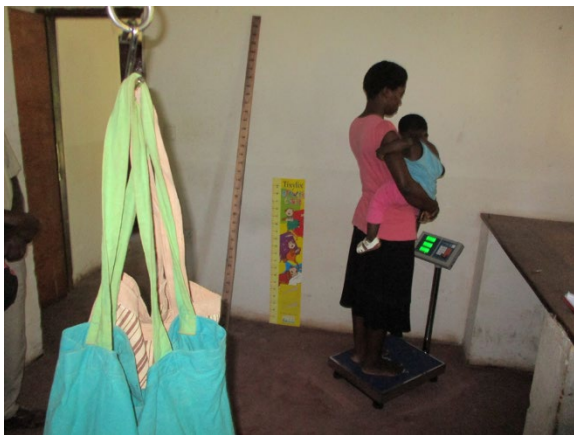


Photo 1 scales help gathering detailed information

The local members of Tikondane Community Centre have agreed to take part in a trial during which the weights and heights of all members of the family will be recorded four times a year. The record cards from the clinics will be used to assess the growth rates and general health of those under five. During the weigh-ins we will ask people about diet and health concerns.

The Challenge



Photo 2 classical rural kitchen

In Katete district it is common for three meals a day to consist mostly of maize. Maize provides energy from carbohydrates, but contains very little of the protein, vitamins or minerals needed by growing bodies. Tiko has been educating people to grow a balanced diet and many of our volunteers are planting more vegetables than ever. They are realising that including Moringa powder and leaves, plus peanuts and other legumes, provides much necessary protein. We hope to reduce the rates of malnutrition by encouraging families to diversify their diet by consistently including various vegetables and

proteins into their diet as well as giving special consideration to the under-fives. These children

need two extra meals in addition to the usual three which, when available, are all freshly cooked.

The solution

As an alternative to maize Tiko will help the participants to plant other drought resistant crops from which to make Nsima, thus preventing malnutrition arising from the lack of food. In addition to encouraging families to change their diet, where appropriate, Tiko will provide ONENEPA, a supplement which works wonders with malnourished children. Special attention will be paid to ensuring that the families grow moringa (a highly nutritious plant food) and ground nuts and we will suggest ways of incorporating local seasonal vegetables. Furthermore, we will ensure that children with malnutrition or other health problems receive special care by providing families with a food box in which extra portions can be kept. After one year our team will assess the direction of their weights, growth rates and dietary intakes to evaluate results of our programme.



Photo 3 Silos for effective storage

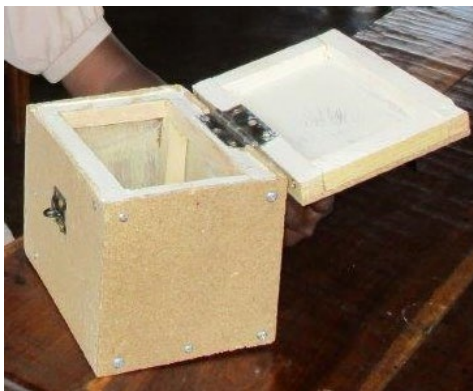


Photo 4 Tiko built food box

Long-term Impact



Photo 5 Compost heaps to generate fertile soils for moringa and other plants

Childhood malnutrition has a negative effect throughout life, resulting in shorter stature, developmental delays, impaired immunity and impaired cognitive function. By providing a supplement where needed and other assistance for extra meals, and maintaining a consistent message about nutrition and diet for the whole family, Tiko aims to reduce the incidence of malnutrition and give the children of Katete district the opportunity to thrive.

Your donation will cover the cost of:

- \$ 15** ONENEPA nutritional supplement to prevent malnutrition in one child for six months
- \$ 30** Three Moringa tree seedlings for ten families that have not yet planted this vegetable
- \$ 40** Photocopies of the clinic's record cards of an estimated 40 under-fives for one quarter
- \$ 50** A ten-minute spot on the provincial radio
- \$ 80** 2 kg of groundnuts for ten families every fortnight for three months
- \$ 85** Moringa leaves or powder for one month for 10 families who are waiting for their seedlings to bear leaves (takes 6 months)
- \$ 150** Seeds for peanuts for ten families for the following year
- \$ 180** 15 food-boxes, where extra helpings can be kept for additional meals for under-fives

Total for the project \$ 5 000