

REPORT

Healthy Diet for Women - NUTRITION STUDY



Introduction

Nutrition training is expanding in the Akwaya region through hands-on training. This project helps to equip local women and communities on the health benefits of a balanced diet. It also educates the women on how to ensure one's diet is balanced and nutritious, and the health benefits of eating organically produced food crops.

Demonstrating the cooking of vegetable during training

This project started in 2011. It has covered 30 villages in Akwaya and Buea Sub-Divisions and reached more than 500 women and 1000 children. Many women that have received training demonstrate already how they use locally produced food items to prepare balanced diet for their children and families.

Nutrition Study



Recently, FORUDEF initiated a study to be able to gather information in areas of Akwaya that she intends to extend the project activities. There is much more to be done that is why FORUDEF began this study to identify malnutrition cases in some villages of Akwaya. With our volunteers we were able to identify cases of malnourished mothers and children. This study took the team to twelve (12) villages of Akwaya Sub-Division. Though results of the study are still being analyzed, early indications show that the problem of poor nutrition is acute in this part of Cameroon

This nutrition project that FORUDEF is implementing is attracting other villages of the South West Region of Cameroon and the results are encouraging as more already-trained families of beneficiaries practice balance diet with locally produced food items.



Egbe's health has improved

Testimony

“Thank you for the information you gave us about our food. It has helped me to better for my children and I see a change in their growth”. Egbe’s mother – Mrs. Diana Mbeh

Conclusion

The problem of nutrition is serious in our communities. The far-to-reach communities are most hit by this ordeal. Single mothers are more in the critical bracket of malnourished mothers and children. Indeed, the problem of poor nutrition is acute in this area of Cameroon. We are grateful to our donors who have changed lives and improved health of families through their generous donations to this project. Your generosity remains indelible in the annals of FORUDEF.

Early nourished children and mothers

able to train these women. We owe gratitude to our Global Giving donors. Expansion of this project to other local communities is our desire. We are grateful for your continuous support.