

EMULUA FOOD FOR LIFE PROJECT

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The following are the activities that took place during the months of October, November and December, 2025

- 1. Follow up on Kitchen Garden**
- 2. Follow up on Children in Communities**
- 3. Distribution of Enriched Flour for the Porridge and Feeding Programme**
- 4 Follow Up on Dairy Goats**
- 5. Follow up on Poultryes in the communities**
- 6. Follow up on Table Banking and Merry go Round**
- 7. Follow up on Bright and Needy Students**
- 8. Fodder Establishment**

1. Follow up on Kitchen Garden

- *At the Community Level*



Programs Director Abbey Asigi together with the Trainer for Health and Nutrition Roselyn Mbeya inspecting the Kitchen gardens for one of the groups



The County Government of Vihiga donated a water gravity drought mitigation that helps the members of Emuhaya and Luanda now will be irrigating their vegetables during dry season. A test was done as seen in the picture on the left. On the Right is members have their compost

Although Emulua Food for Life has come very far with helping put food on the tables of its target families, the long term goal is to go beyond this and enable the smallholder farmer families to fight poverty and earn a living from what they grow on their land; this not just from the surplus produce from their kitchen gardens, but also from their pieces of land where currently mainly cereal is grown. The activities are closely linked to the income-generating activities

with the monies earned from the surplus grown in the kitchen gardens. And although most participants of this program activity have been women, the men are now taking an increasingly active role in the work of the kitchen gardens and the resulting income-generating options, the participation of the male parents and guardians has improved the family bond and collective incentive to better their lives.

The intended further development is to support the families with technical know how to work their pieces of farmland to generate an income on a commercial level.

At present a total of 300 families members are able to sell and earn money from the surplus from their kitchen gardens.



Above is Emulua Food for Life members inspecting the upcoming of the indigenous vegetables together with Dr. Charlotte during her visit in the Group's farm. Members have hired a farm where they do Kitchen Garden together. They plant different types of indigenous vegetables, sell them and boost their Table Banking whereby they borrow the small funds with a lower interest to go and boost their small scale business. Some have small Kiosks (Canteen/Shops), Omena (Small fish), Bananas, Tomatoes, Onions, Liquid Soaps, Ice Creams



Dr. Charlotte with Finance Manager Mr. George Kweya together with a Community Resource Person on the left and on the Right Dr. Charlotte interviewing a farmers weeding Sukuma Wiki (Coles) for the Group

A group kitchen garden is useful for enhancing food security, improving nutrition, and boosting community resilience through collective food production. It provides a steady supply of fresh, chemical-free vegetables, which lowers food costs for the households involved. Group gardens also promote knowledge sharing, build leadership skills, and create a space for members to support one another financially and socially.

Benefits of group kitchen gardens

- ❑ **Improved food security and nutrition:** Groups gain access to a consistent supply of fresh and healthy fruits and vegetables, which improves diets and can reduce food insecurity.
- ❑ **Cost savings:** Households save money on groceries by growing their own produce instead of buying it from the market.
- ❑ **Knowledge and skill sharing:** Gardeners can learn from each other through meetings, allowing them to share tips on farming, pest control, and composting, as well as discuss local market opportunities.
- ❑ **Community building:** Working together builds stronger social ties and a sense of community.
- ❑ **Economic empowerment:** Some groups use the surplus produce to generate income by selling it locally, and the collective nature can facilitate savings and loan programs like table banking.
- ❑ **Environmental benefits:** Gardens can be managed using sustainable practices, such as composting organic waste and using organic pest

control methods. They also contribute to creating a greener environment.

- **Resilience:** By diversifying food sources and promoting self-reliance, group gardens build resilience against economic shocks, food shortages, and other crises.

- **At the School Level**



Above are the Umer Board Chairperson Gabriel Otieno, Emulua Food for Life Director Abbey Asigi and Co-ordinator Selline Agutu inspecting the raised beds by the 4KClub of Umer Primary School while on the right is the Head Teacher Madam Francesca Odhiambo



Students of AC Ebusiratsi Primary School in front of their Kitchen Garden together with Emulua Food for Life fraternity and Dr. Charlotte during her visit in the communities.



A group Photograph of AC Ebusiratsi Primary School of Students, 4KClub Teacher and the Head teacher together with Emulua Food for Life Team



Dr. Charlotte together with Students of Umer Primary School on the Left in their Kitchen Garden and on the Right in their Maize farm for Feeding Program whereby they were assisted with Fertilizer for top dressing the maize although the drought has really heat the farm in the country.



A Group Photograph of Umer Primary Schools Students, Their teachers and Emulua Food for Life Team .

Apart from the above two schools, Emulua Food for life collaborates with five more schools in the communities doing the same activities of Kitchen Garden and Maize and beans for Feeding Programme

A school kitchen garden is a hands-on educational program where students grow their own food, learning about nutrition, sustainability, and life skills by connecting with nature, understanding where food comes from (paddock-to-plate), and cooking with fresh produce, boosting health, confidence, and academic engagement across subjects like science, math, and social studies, while also combating malnutrition and promoting environmental awareness. The students takes the knowledge back at home where they implements the same and thus it becomes a multiplication strategy.

Therefore, gardening is one of the best child-rearing practices for shaping positive behavior and development, at the right age.

Here are some benefits of a school kitchen garden:

- Develops motor skills and cognition.
- Fosters team spirit and companionship.
- Encourages healthy and clean eating.
- Shapes a positive, hard-working attitude.
- Builds rationality and scientific temperament.
- Inspires self-esteem and dignity of labor.

- ❑ Improves concentration and focus.
- ❑ Instills patience and perseverance.
- ❑ Sharpens and channelizes inherent curiosity.
- ❑ Builds affinity for the planet and natural environment.
- ❑ Promotes values like love, compassion, sharing, harmony, responsibility, and candor.
- ❑ Discourages expediency, laziness, rashness, and insensibility

Unleash the magic of gardening with where tiny hands sow big dreams! Our specially designed kitchen gardens transforms curious youngsters into green-thumb wizards, making gardening a breeze. Watch their excitement sprout as they nurture nature with fun and easy-to-use tools, cultivating a lifelong love for the green wonders around us.

2 . Follow up on Children in Communities



All our target children were monitored and those who did not turn up their weights were taken from the previous month. We lost one target child out of one hundred and fifty. The remaining one hundred and forty nine are alive.

There are some target mothers/guardians who feed their children on tea. They were advised to take nutrition health trainings serious for the better growth of their children.



On the Left is a Community Health Promoter weighing a child in the community while on the Right is our Health and Nutrition trainer Roselyn Mbeya using a MUAK Tape examines a severely malnourished child in the community who happened to be on the Red scale

3. Distribution of Enriched Flour for the Porridge and Feeding Programme



Child malnutrition continues to be one of the most critical health challenges across the country. It's not just about getting kids enough to eat, but also about ensuring that they get all the nutrients they need as their bodies grow and develop.

With limited resources, our target farmers have been trained to plant and focus on growing just a few crops, such as corn, sorghum cassava, ground nuts, soya beans, beans and millet. This can leave children missing out on key micronutrients like Vitamin A and iron — and potentially facing a lifetime of impacts from those early nutrient deficiencies.

We also work with the crops they already have and enhance them through bio fortification. These methods increase the content of essential nutrients in food, improving nutritional quality and providing a public health benefit — all with minimal risk. This often looks like enriching crops with nutrients they already have, like sweet potatoes with vitamin A, and beans with iron.



A field visit to one of the schools we collaborate with during lunch time for a feeding programme we supported the schools with one bag of Maize and Beans each. On the left is Dr Charlotte interacting with children during feeding programme in their group

One of the exciting aspects of this program is that it's a true partnership. When the feeding program comes to a school, the community joins together to build a kitchen, buy the pots, and hire a cook. The school also provides a storeroom for the maize and beans, secures fuel and water for cooking, and provides all of the on-site labor needed to serve daily school lunches. As an organization with the bumper harvested received during the long rains, we were able to secure one bag of maize and beans respectfully to Mukhungu\ Primary School for the Grade one students as seen in the picture on the left above. The students are able to enjoy a mixture of maize and beans commonly referred to Githeri/Nyoyo in their local language. The parents/guardian to the students participates by purchasing and delivering maize, beans, and cooking fat to the schools. Even the children play a role: they provide their own bowl, and in our rural schools they bring a stick to school each day to fuel the cooking fire.

Because everyone is helping in the ways that they can, the cost of the program is very low. Each hot meal served costs Kenya Kids Can only 50 bob only.

Benefits of a School Lunch Program

- Improves school attendance,
- Concentration in class and around the school improves,
- Behavior of the students changes.



- Many children walk long distances to go to school here...and there are no packed lunches.
- No brown paper bags or lunch boxes, no sliced bread, no sandwich meat,
- In the areas we serve, children would normally either bring chai for lunch (tea mixed with milk and sugar), or leave school at lunchtime to look for food, often not returning to school that day.
- The local community team together to provide lunches for the children,
- The teachers comment that the children have enough energy to not only learn, but also run and play.
- In addition, absenteeism drops, grades go up, and the community becomes stronger.

4, Follow Up on Dairy Goats



A follow up on Dairy Goat was done in the communities with the Director Abbey and Health Nutritionist Roselyne Mbeya as seen in the pictures above



Mr. Alex Omwela Adala

The objective of this case study is to examine how a farmer, Mr. Alex Omwela Adala, has utilized his talent to create self-reinforcing agricultural enterprises to stand on his own feet. This study addresses a gap in past research on entrepreneurship which tended to focus on profiles of entrepreneurs as well as development and outcomes of investment in businesses. Starting literally from scratch, this farmer has currently nine self-reinforcing agricultural enterprises that have enabled him to cater for his family needs and provide technical support to other small-scale farmers. He has played a key role in founding and managing the Dairy Goat Association of Kenya, Western Kenya Branch. The contribution of this chapter is in using a case study method and a transformative story to learn about talent exploitation for individual and community development. The chapter does not only provide an approach of data collection but also experiential insights and wisdom of an entrepreneur who has travelled the path of investment for

30 years. He is the Trainer of Trainees in the communities we are working by proving Capacity building to our target families



Above is Dr. Charlotte interacting with the Programs Director-Abbey together with the Co-ordinator Seline Agutu outside a Dairy Goat Pen of a target family. On the right is Lizz holding their dairy goat outside the pen



Here above is the target family Eunice Atieno giving her story of how her child was diagnosed with T. B but her immune system was boosted by the Dairy Goat Milk. Her following child was born well nourished and she is happy. On the Right is Dr. Charlotte standing outside the Goat Pen.

5. Follow up on Poultrys in the communities



Poultry rearing in the communities we are working with provides crucial income, food security (protein/eggs), to the malnourished children and economic empowerment, especially for women, the target families were empowered with two pullets and one cockerel to start giving malnourished children protein. The families have multiplied the chicken since they received training in management, housing, and disease control like Newcastle Disease, or long-term success, with community-based projects boosting flock sizes and reducing losses through improved practices and local support. The families have now started rearing the chicken as a group, they sell the proceeds and put it back to their table banking to boost their float for borrowing, to expand their small business as seen below.

6. Follow up on Table Banking and Merry go Round

Table banking is a community-based savings and lending system, where members pool savings and loan money to each other at low interest rates, fostering economic empowerment, especially for women, by providing accessible credit for businesses, education, or needs, without needing traditional collateral. Groups meet regularly, place contributions on a table, and then members borrow from the pooled funds, creating a

self-sustaining financial network based on trust and mutual support, distinct from formal banking



The above Kiosk (small shop) selling items in small quantities is a good example of stocks of table banking while next she bakes Mandazis and Chapattis for people to buy for breakfast.



On the Right are target families explaining how they make Ice Cream with Bamboo Sticks and selling the Ice Creams at five shillings each. Next are members during table banking session.

7. Follow up on Bright and Needy Students



From Left to Right are Winnie Tsisika, Florence Apondi Caroline Amisi, Clinton Mkutsa Arnest Nadiva and George Otieno. These are the students in Secondary School receing Sponsoreship for School Fees and Personal Effects.

The students are aming to be among the top ten and they produce good marks. Those who do not perform well are removed on the list so it encourages them to study hard.

7. Fodder Establishment



Fodder Establishment in communities, is a crucial strategy to ensure year-round feed for livestock, build resilience to drought, and improve household incomes. The process often involves community-based approaches, technical training, and specific management practices tailored to local conditions

Report compiled by,

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