

EMULUA FOOD FOR LIFE PROJECT

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The following are the activities that took place during the month of February, 2025

- 1. Follow up on Kitchen Gardens at the community levels and at the schools**
- 2. Follow up on all 150 Target Children in the Communities**
- 3. Follow up on Schools Kitchen Garden in the Communities**
- 4. Follow up on Poultryies**
- 5. Follow up on preparation of farms in the Communities**
- 6. Follow up on Dairy Goats**

The following are the activities that took place during the month of February, 2025 and March, 2025:-

- 1. Follow up on Kitchen Gardens at the community and at the Schools levels**
 - At the school level**



Now that we have started the first semester for the year, as an organization we now have started to build our own training eco-farms, where we can work continuously without any interruptions. The demonstration gardens, where we will be able to show many nature-friendly agricultural methods and to introduce various new suitable crops. These gardens will be open for students from more schools surrounding the project location and even for the neighboring communities. We have a piece of land, but we are yet to put it into good practice.

It is also expected that the demonstration farms in schools will help introduce new profitable crops which will not just encourage food security within the schools and local communities but also make agriculture one of the income-generating activity within the local community. The students will make frequent visits to the farms and learn by doing and through sharing their knowledge and experiences. Because the students will be expected to establish their own home kitchen gardens after training, the project also intends to train a few community members and teachers as extension workers who will assist with project supervision and facilitation. The extension workers and teachers will monitor the students' kitchen gardens through home follow-up visits and report the progress back to the organization quarterly, we shall also do home visits and follow ups

Besides training and promotion of new crops, the project also aims to produce and protect local crops from loss and extinction and to preserve

and document them in order to provide the students from within the local community with improved local seeds for two seasons annually (during the long and the short rains seasons) maintain seed bank so that they do not lack seeds for continuous replanting of Kitchen Gardens.

For the project's sustainability, sales from the harvest and local seeds will be used for project maintenance so as to support the proposed project. Once the project establishes a name, other youths out of school willing to learn may be allowed to apply for training but at a fee. This will ensure that the whole communities surrounding benefits from the project in the future.

- **Kitchen Garden at the Community Level**



Venturing into growing profitable vegetables can be a low-capital investment and relatively simple undertaking for target families. However, the success of the venture relies on various factors, such as market demand and optimal production

The four indigenous vegetables – Black Night Shade, Spider Plant, Amaranth and Kales are important business ventures for farmers in our groups to invest during the dry season because they give high returns with less supervision over a very diminutive period of time. The nutrition components yield from each also aids in marketing of these products. The piece of land required to grow the vegetables is relatively small, making it easier for a farmer at any level to undertake. Target farmers should invested in the above vegetables because they are sure of a constant market for their produce and there is less competition during the dry because many farmers tend to engage in annual crops like maize that grow over a long period, and they will be concentrating on harvest season. All what they need is a constant waters supply to ensure their crops don't dry up from the harsh weather conditions, like the one being experienced this month. Growing these vegetables during the dry season fetches a higher price in the market because of demand therefore farmers will enjoy high gains.

2. Follow up on Children in the communities



Above is our Coordinator Selline Agutu with the Director and a Community Health Promoter weighing children and on the right are Madam Roselyne Mbeya, Director-Abbey and Finance Manager checking the Salter Scale to make sure the weights are well read.



On the Left is a group photograph after training on table banking while on the Right is Falaria with her twins we met in the community in Vihiga while following our children. When we interviewed her she said she is a widow the husband died and left her with the twins in December, 2024.

Falaria's baby was very sick and we referred her to the hospital and since the doctors were on strike, we called one of the doctors we know and requested him kindly to attend to the baby since she was in a very devastating condition.

Dr. Dickens Lubanga, a pediatrician at Vihiga County Referral Hospital says that these are signs of stunting, one of the most common form of under nutrition in children.

“Under nutrition in children occurs when the body does not receive sufficient macronutrients and micronutrients. Macronutrients refer to carbohydrates, proteins fats and vitamins while micronutrients mainly refer to minerals like iron, copper and zinc. The deficiency of these essential nutrients in a child's diet over a period of time results to under nutrition,” says Dr. Lubanga.

This condition according to Dr. Lubanga results to children being underweight (weighing less than the normal amount for one's age and height), wasted (general reduction in vitality and strength of body and mind), stunted (abnormal slow growth and development or low height for one's age) and contracting vitamins and minerals deficiency diseases like rickets and scurvy.

The doctor examined the baby and prescribed medications which we purchased for her. Falaria and many other target families will be walking with other members of the group to copy what they are doing to improve their livelihoods.

In order to increase access to medical care, we are working closely with the Ministry of Health to conduct medical outreaches in remote communities benefitting over 800 people.

Caregivers who attended these outreaches were sensitized on nutrition, exclusive breastfeeding, complementary feeding, balanced diets, growth monitoring, immunization and family planning, while all children received Vitamin A and deworming tablets.

3. Follow up and Trainings on Poultry



A fleet of poultrices to one of the target families which lays eggs and she takes to the incubator for hatching and she is able to multiply her stock.

Our target families who started keeping poultry two years ago are now have a flow of chicken. They took their eggs to the incubator and were able to hatch the above chicken which they intend to pass on to those families who had been identified among the next fifty but were put on hold



A young boy proudly exposes his hen which has started laying eggs while on the right two weeks old chicks are being fed by the owner



A continuous training on management and treatment of the poultries in collaboration with Luanda Sub County officers from the Ministry of Livestock was keenly followed up in the communities so that to avoid diseases since each family has got between twenty to fifty poultries.

To further enhance harmony, farmers have been trained to factor in gender balance in their flock. One farmer pointed out that trouble in a mixed poultry farm happens

when cockerels outnumber hens. For that reason the farmers says he is keen on the male to female ratio to ensure the birds get along well, chickens need at least eight hens to a rooster, “Keeping these numbers in mind helps keep his flock happy and prevent fighting between the males and over-mating of the females,

He has ensured that all the birds have enough room to forage and rest without feeling cramped for space.

4. Follow up on Dairy Goats/Goat Kids



Target children who received Pass on dairy goat kids enjoy taking good care of the goats above.



A

A Community Health Promoter caring the goat kid with the child whom it was passed on while on the right a mother milking their goat while the target child looks on.



Executive members of Emulua inspects some of the Caliandra Tree Nursery made by the youths in one of the homes expecting a Pass-On of the Dairy Goat

A follow up on the dairy goats and kids was done in the communities with Dairy Goat Coordinators and Community Health Promoters ensuring the waiting list for the pass on is well kept and followed.

A continuous training was done to the new families for them to familiarize with their hands on of taking care of the dairy goat kids although they had been train initially on the how to take care of the goat

and they had already planted fodder in advance to welcome the new pass one.

5. Farm preparation for planting season



Most of our target families are now planting for long season sense the rains are now here with use. Above are target families making lines for planting Maize and Beans using the methods they were trained on Climate Smart Agriculture.



Using the Climate Smart Agriculture of Micro dose Fertilizer, they start with D.A.P fertilizer, then they add Organic Manure then they put their Maize Seed and Beans, while others do another line of beans in-between the two maize seed lines. Each farmer received fifty kilograms of D.A.P and each farmer has their own Compost Manure which is ready for planting since they were all trained on how to make the compost manure as seen in the above picture a farmer using her compost manure to put in the holes in readiness to put seeds.

6. Table Banking and Merry Go Rounds



Above left the Finance Director Mr. Kweya training a section of the group in Emmaloba while on the right group members of Waliera during their Table Banking session in their communities.

The Saving Scheme is an initiative that promotes income-generating activities among the target farmers to teach them how to save and manage money. This activity is called ‘Table Banking’, a group savings and lending programme, to which members make a financial contribution that is used, in turn, to provide them with loans at a small interest rate.

Each member of the group sets aside a portion of the income earned from the sale of the surplus produce from their kitchen garden and eggs

to contribute to the scheme. They learn how to save and how to responsibly borrow (Loan) money from these savings. The funds borrowed are in the norm used to either start small businesses or cater for domestic needs such as medical bills, or repairs to the homes. The core objective of this activity is to enable the beneficiaries to have financial stability so that they can enter into a cycle of earning and saving that will give them economic stability and sustainability.



Challenges:-

Since the withdrawals of the USAID Fund by the American Government, most of our People Living with Hiv/Aids who were on A.R.Vs are undergoing a very difficult situation since when they go to the Clinics they are told the medication is not there or if they are Lucy they get for two week. These affects even the small children who are also on ARVs due to the Mother to Child Transmission

The above outreach was done but no medication was available since the nurses could not access them in their facilities. They gave speeches of encouragement to target families not to give up in life as the government will look for means to supplement A.R.Vs but members should plant and eat indigenous vegetables in plenty to boost their immune system.

Secondly we encountered some problem where by a child in one of the groups had an infection in the community in Vihiga where our target child No. 31 she is Ligton Mbijji and the Auntie is Doreen Ayuma. The girl developed rushes like measles, stomach ache, fever, vomiting and deadhead. She was referred to hospital but unfortunately she could not be attended to sincere the doctors were on strike, even no medication at the hospital. The girl was taken to a private Drug Pharmacy

where they also treat and got medication. Now you can image a situation the vulnerable that does not have money for treatment. The Insurance services given as Social Insurance Fund is not working

For now we can say that actually these outreaches have really assisted us in terms of even improving our indicators especially on immunization and again it has helped us to do some defaulter tracing.

7. Follow up on Napier Grass/Fodder



The fodder for the dairy goats have really been a problem during this month of the dry season, the animals are given dry matter with a lot of water.

The above report was prepared by

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