

EMULUA CHILD DEVELOPMENT PROJECT MASENO FOOD FOR LIFE PROJECT

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The following are the activities that took place during the month of **August, 2022**

1. Kitchen Garden
 2. Child Monitoring and Weighing of Children
 3. Harvesting of Maize
 - 4. Short Season Planting in the Communities**
 - 5. Harvesting of Sweet Potatoes**
 - 6. Fodder Establishment**
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4. Follow-up on Dairy Goats of Pilot Project
 5. Fodder Establishment

1. Kitchen Gardens



Spider Plant:-

Spider Plant for sale



Amaranths



Black Nightshade:



Spinach

The importance of the indigenous vegetables above are as follows:-

Spider Plant:-

It is very nutritious compared to most of the other indigenous vegetables., it is an air purifying plant by removing harmful chemicals from the air such as carbon monoxide and ylene, they reduce depression, anxiety, anger and tension, it contains high level of betacarotene, Vitamin C, Vitamin A and moderate levels of calmuium, magnesium and iron. It also has high level of crude protein, lipids and phenolic acid.

Black Nightshade:-

Immunity boosting, reduces Arthritis gastic pain by consuming the concoction made with this plant to deal with inflammation and morning stiffness and Period Cramps in women (Taking too many painkillers might give you relief from the pain but it also messes with your immunity. Thankfully, black nightshade can help.

Spinach:-

It strengthens the immune system, assists Baby Development, keeps eyes healthy, helps Prevent Osteoporosis, Curbs Appetite and Boosts Hydration

Amaranth benefits:

It makes Strong and healthy bones, Amaranth leaves Heart health – Heart diseases are very common now days and it's worrying

Healthy eyes and hair, Digestive health - Ideal for pregnant women and a Great source of protein.

All the above indigenous vegetables contributes a lot to the health of children and People Living with HIV/Aids.

2. Child Monitoring and Weighing

Target families have been trained to always carry their Clinic Cards whenever any follow-up is done on children as seen below. Those who are HIV Positive also received their Anti Retrovirus drugs through an Outreach meeting in collaboration with the hospitals as seen in the pictures below





Continuous Child Monitoring and follow-up was done in the communities whereby target children were monitoring using their Clinic Cards as seen in the pictures above and those who were sick were referred to hospital and a close follow-up done in the hospital as above.

3. Harvesting of Maize



The target families were very happy this year to have received a bumper harvest as compared to the previous years. This was due to the best Trainings and empowerment of Certified Seeds and Fertilizers they received from the Project.



A section of rotten maize due to heavy rains that is dried and converted with other ingredients to feed animals and poultry

The families have been trained on how to sort out their maize and grade them so that those that were spoilt with heavy rains are kept aside and dried to make the feeds for both Poultry and Animals. Two Sample pictures above where by a target mother is carrying the stale maize and

dry them separately from the good ones. Even the children were not left behind on this important knowledge . When they eat meat of an animal with aflatoxin, or drink its milk they become sick of Broseiosis which is very difficult to treat. So they all know the tread and they are adhering to good practices.



Our target families have been trained on how to curb the aflatoxin in their maize harvested so that it may take them throughout the year or rather up to the next harvest period. Maize that is poorly dried develops molds referred to as aflatoxin.

A separate Excel Sheet where each target families shows the harvests for last year as compared to the ones this received. It shows they received double the harvests because of proper trainings received and empowerment of certified seeds and fertilizer.

4. Short Season Planting in the Communities

The target families out of the harvests received, they were able to purchase Certified Seeds and Fertilizers for planting short season as seen in the pictures below. The Farm inputs are still very high until the new Government is in place i.e. after Election on 9th September, 2022. This is practice is very encouraging if the seeds and fertilizers prices will be reduced to adopt a multiplication Strategy System on the Road to Sustainability.



Target families above from Vihiga County Luanda planting for the Short Season.

5. Harvesting of Sweet Potatoes



Above is Sweet Potato Vines used for Dairy Goat Fodder and its tubers are used as food.

A continuous harvesting of Sweet Potatoes is ongoing in the communities whereby the ones who did a get-together farming are now selling and making some income out of the produce and at the same time use the leaves to feed their goats

6. Fodder Establishment



Bracharia Fodder



Caliandara

Fodder being a very important component for our Dairy Goats, each target family has planted enough of the fodder both for those who have received the goats and those who are in line waiting for Pass-ons. Those who have not yet received the goats are helping the ones with the goats to feed them.

7. Dairy Goats in the Pilot Programme

The first lot of dairy goats of Pilot Programme were passed-on to the second line of target children. We have established that all the ten first goats are in-kid and the third children in line will be able to receive dairy goats early January and February, 2023. We really appreciate so much the Project since it is on the Road to Sustainability and a Multiplication Strategy



Target families with their children and goats happily displaying them

Thank you so much in anticipation and collaboration.

Report compiled by:-

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