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Reports



Nutrition Security. Enhanced Resilience.
Success stories from ProSecAl Togo.

ProSecAl
(Food and Nutrition Security and Enhanced Resilience Project in Togo)
2015 – 2023

Nutrition Security. Enhanced Resilience.

Success stories from ProSecAl Togo.

by Susanne Bauer (Alteri)

PREFACE

The Multisectoral Programme for “Food and Nutrition Security and Enhanced Resilience” (ProSecAI) is implemented in 127 villages in rural Togo that are served by 65 peripheral health centres. The target group of ProSecAI are women of childbearing age and their children between 6 and 23 months. It is precisely at this age that food security and nutrition interventions have the greatest impact on health – even later in life. Including those living in the beneficiaries’ households, the project directly affects nearly 200,000 people.

The objective of the programme is to improve the food and nutritional security of beneficiaries and their households through capacity building of partners at all levels and the introduction of high nutritional value crops and technologies for increased agricultural productivity, soil

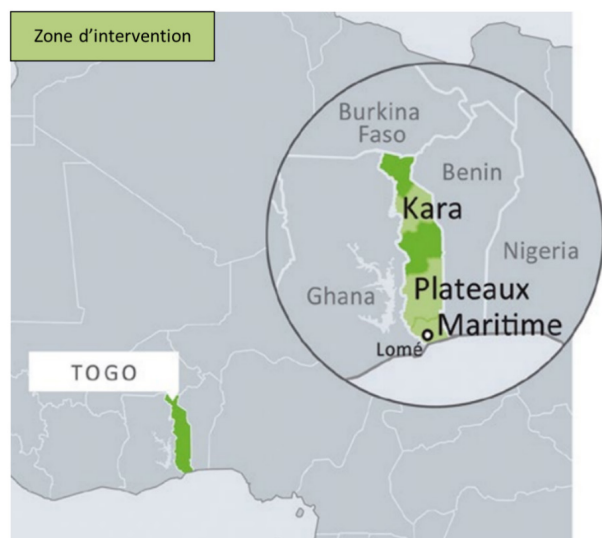
fertility management, storage and processing. The programme raises awareness on good practices regarding healthy and diversified diets as well as basic hygiene. It trains women in entrepreneurship and product processing so that they can start income-generating activities with the support of microfinance institutions and thus increase the economic resilience of their household.

The implementing partners of ProSecAI are government agencies of the agriculture and health sectors at the national, regional and community levels, as well as local NGOs. Alongside them, community actors (lead farmers, community health workers and women leaders) who are the agents of behavioural change for the beneficiaries have played and will continue to play a central role.

In this booklet, testimonies of these actors have been collected to describe the decisive roles they played in ProSecAI and in implementing the programme activities and what effects these activities had on their lives, their household, and their community. Finally, they share with us the major lessons they have learned from ProSecAI and the activities they will pursue and undertake for sustainability. The testimonies were recorded in local language and translated into French, then into English. The language used is that of the interviewees and reflects the thinking of the typical rural ProSecAI beneficiaries. Through these stories, we hope that readers will discover the benefits ProSecAI brought for the lives, empowerment, and well-being of the 200,000 people who have been reached by the programme.

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PROSECAL SUCCESS STORIES



Context

Within the framework of the special initiative AGER sponsored by the German Federal Ministry for Economic Cooperation and Development (BMZ), the Multisectoral Programme for Food Security and Resilience Building (ProSecAI) is being implemented in 127 villages in three regions of Togo: Maritime, Kara and Plateaux. The programme aims to improve the dietary diversity of women of childbearing age and to increase the number of infants and young children (6-23 months) receiving sufficient and diversified meals. The adoption of basic hygiene practices according to 15 identified practices is also a progress indicator.

The programme has achieved success on several levels since its inception:

- improvement of the food and nutritional situation of a large proportion of the beneficiary families;
- improved agricultural production and use of food products;
- better food access for households;
- increased knowledge of nutrition and basic hygiene;
- increased household resilience through saving groups and income-generating activities (IGAs);
- participation in the project even outside the project area.



Objective

This booklet presents a collection of selected testimonies of beneficiaries and community actors for whom ProSecAI's activities have led to more food security, but also to an overall improvement in their lives and well-being. By documenting the impact of the programme's activities in rural Togolese communities at the individual and family level this booklet strives, in particular, to give a voice to the beneficiaries and community actors involved in the programme's activities.



Geographic coverage

The testimonials were collected by the Technical Assistants of the programme in the rural communities of Togo where ProSecAI is implemented. Statements were collected in different prefectures within three regions, namely: the Kara region (Kozah, Dankpen, Doufelgou, Binah), the Plateaux region (Ogou, Haho, Moyen-Mono) and the Maritime region (Zio, Yoto, Vo, Bas-Mono, Avé).



Stakeholders

Beneficiaries: the target group of the programme, i.e. women farmers aged 15 to 49 and their children.

Women leaders: dynamic, motivated women farmers who are accepted by their peers. They are trained by ProSecAI and responsible for preparing, organising and leading the awareness-raising and cooking demonstration sessions.

Community health workers and lead farmers: community actors supporting the implementation of the programme; they support the Women Leaders in the mobilisation and management of beneficiaries during activities.

Health center staff and midwives: they play the primary role in the close monitoring and supervision of Women Leaders and Community Health Workers, especially through monitoring meetings.

Village chiefs and other community leaders: they are actively involved in the mobilisation of beneficiaries by providing support to community health workers, lead farmers and women leaders through announcing dates and places of upcoming meetings and promoting them in the village.

TESTIMONIALS RECORDED IN THE KARA REGION



Since the arrival of ProSecAI, everyone has enough to eat until the next harvest.



Name: KATADI Atiyota
Village: Landa
Profile: Mayor
Age: 47 years
Household: 6 adults, 6 children

ACTIVITIES TOGETHER WITH PROSECAL

In Landa, a village in the Kara Region in northern Togo, women have been participating in ProSecAI activities since 2020. Through the farmer field schools, the women have learned good agricultural practices, i.e. flat ploughing, line sowing, technical itineraries, maintenance periods, making and using compost and mineral fertilisers to increase yields. Our women have learned about good hygiene practices and preparation of meals and the composition of foods in order to eat well and be healthy. Hygiene practices have improved significantly.

In terms of income-generating activities, the women have benefited from equipment that allows them to carry out their activities on their own, so that each woman has started an activity that brings her an income.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Before ProSecAI, women only worked in their husband's field. They did not have access to land. Especially after the first year, men gave land to women and started helping them with the field work, because the promoted crops are for the whole household's consumption and for its welfare.

Before the arrival of ProSecAI, the children suffered from many childhood diseases. The problems of stomach aches, of diarrhoea no longer exist. We no longer have any cases of children dying from anaemia. Children don't get sick as much anymore. They are getting fitter. They are getting smarter.

People used to have difficulty getting food during the dry season. Since the arrival of ProSecAI, everyone has enough to eat until the next harvest. I have noticed that our women are

flourishing, there is harmony in the homes and there is more cohesion in the village.

Before ProSecAI, men and women did not like to participate in the activities I initiated. With the arrival of the programme, there is a change. Men and women participate in the meetings so that they don't miss the event. Women speak freely and are consulted in decision-making. They have put in place strategies to collect money so that they can buy inputs at the beginning of the season. Many things have changed, I can't mention them all here.

LESSONS LEARNED AND SUSTAINABILITY

At first, we thought that the project had left us men out. After some explanation, we understood the strategy. What struck me was the involvement of everyone, i.e. the chief and the Village Development Committee, the Women Leaders and the Community Health Workers. The close monitoring which is ensured by our Women Leaders and the Lead Farmers. The team of ProSecAI technicians comes to the village regularly to support the women and monitor the beneficiaries. They take our concerns into account.

I was not growing more than 0.25 hectares after my husband had died. Since the arrival of ProSecAI, I grow 0.75 hectares of orange maize and 0.5 hectares of soya.



Name: NABEDE Waldebelo, called "Cash"

Village: Bèbèda

Profile: Woman Leader, IGA beneficiary

Age: 52 years

Household: 4 adults, 4 children

ACTIVITIES TOGETHER WITH PROSECAL

The other women in the village and I started with ProSecAI activities in 2018. As for agriculture, I have always participated in the meetings called by the Lead Famers. Now I grow maize, soybean, papaya, orange-fleshed sweet potato and moringa.

As for Income Generating Activities, when ProSecAI distributed the mills to us 3 years ago, I was the first one to pay. I myself knew how to make soya cheese but not soya doughnuts, milk and meat. Since I received the training, I now know how to do everything. I grind the soybeans and make the sauce for myself and for others too.

When it comes to health, as I am a Woman Leader, I do cooking demonstrations and I also help the women to correctly prepare the dishes we taught them for their husbands and children.

When I go to the market, I talk about the fortified porridge to women who have children. They have to feed them well.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

What I will say is that, before ProSecAI, what we harvested was not enough for us. Our husbands were farming, but the production was not much. There was no money because the soil was poor. There were also children's diseases. We didn't even know we had problems. It was only when we followed the explanations of ProSecAI that I knew that children's diseases also depend on the food we eat.

As for myself, with ProSecAI my life changed gradually. I have learned many things, I can't mention everything. I have learned good agricultural practices, how to handle the mill, how

to save money, I know how to prepare ProSecAI dishes. I also learned to speak up in a group. I respect myself and my peers respect my views too.

I got more than I expected. I was not cultivating more than 0.25 hectares after my husband died. My children who are in Lomé used to send me money to buy food. Since the arrival of ProSecAI, I grow 0.75 hectares of orange maize and 0.5 hectares of soya. When I can, I make orange-fleshed sweet potato cuttings, too. My children no longer send me money.

When my daughter started university, I used to look after her for her rent and travel. Now, when she comes to the village, she helps me work on the mill and I pay her. I have a mill that I never thought I would have. I am really proud of it. With my mill, my friends have nicknamed me "Cash" because I don't do the work on credit, it's all cash! And my children call me a civil servant because I have an income that I earn from my business.

LESSONS LEARNED AND SUSTAINABILITY

At the beginning, when we started, everybody thought that we will have nothing to gain with ProSecAI. But after 3 years, every woman says that ProSecAI is good. You need to know, if a woman here says you are good, you will have good reputation everywhere. All of us are satisfied with the work that ProSecAI has done for us.

ProSecAI has really helped women to get out of poverty, to have a lot of food, to eat well, to walk with their heads up and to have their own money.

In the village, there are no more cases of anaemia, malnutrition, and other diseases among the children. The children now attend school regularly and stay awake in class.



Name: AWATA Batombatéra
Village: Bidigou
Profile: Community Health Worker
Age: 42 years
Household: 3 adults, 6 children

ACTIVITIES TOGETHER WITH PROSECAL

I have been participating in ProSecAI activities since 2019, to help reduce malnutrition and put an end to open defecation in our village. I have been involved in educational activities, cooking demonstrations, home visits and I follow up with beneficiaries throughout the village.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Before the arrival of ProSecAI, there were many cases of malnutrition in Bidigou, we had sanitation problems and suffered from diseases. Today the village looks better than before. The village is cleaner than before.

There is also more food available in Bidigou. There is no lean season anymore and cases of disease have decreased considerably. Many things have changed: hygiene practices, farming techniques, variation of food, consumption of the dishes taught by ProSecAI, no more use of 'Maggi' [artificial food supplements] in meals.

In the village, there are no more cases of anaemia, malnutrition, and other diseases among the children. The children now attend school regularly and stay awake in class.

LESSONS LEARNED AND SUSTAINABILITY

With ProSecAI, my village has been financially empowered: women do not wait for approval by their men to spend money. There is an increase in yields due to the practice of good farming techniques taught by ProSecAI and the cultivation of richer and more profitable crops in Bidigou village. There has been an increase in the area cultivated.

I am a member of the office of the Food and Nutritional Security Commission (CSAN) in Bidigou. Through this office we will continue to apply everything that ProSecAI has shown us in the village. The project has given us nutritional advice, taught us hygiene measures, good farming techniques, in short: how to be healthy and save money.

TESTIMONIALS RECORDED IN THE PLATEAUX REGION



The atmosphere during our cooking demonstration sessions, full of songs and dances, has given rise to brotherly love and a sense of living together in one community.



Name: GUENOU Yawa
Village: Atchavé
Profile: Woman Leader
Age: 30 years
Household: 2 adults, 1 child

ACTIVITIES TOGETHER WITH PROSECAL

I started participating in ProSecAI activities in 2020. I attend cooking demonstration sessions where I teach the preparation of food and after that I make home visits to see how the women are doing at home. I don't only visit the beneficiaries but also other women in the village. I tell them about the programme and the advice and lessons I have received to get them to adopt good behaviour and eat well for good health.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

What I have noticed is the improvement of my health and that of my whole family. My child, who used to suffer from stomach aches, doesn't get them anymore ever since I started preparing the dishes promoted by ProSecAI and respecting the hygiene measures.

As for my personal behaviour, since the training ProSecAI gave us, I'm not shy like before. Because I can also learn things and teach others. Before, as a woman I had no financial means and I depended on my husband. But ProSecAI helped me to wake up and I joined a savings group. With the small incentives I received from ProSecAI at the beginning, I can now easily afford my contributions and I have been able to create some income generating

activities. So, in the absence of my husband, I can provide for the family.

In the village, many people did not know how to lead a community life or how to speak before a group. But when ProSecAI came, the women formed a group to carry out the project activities. During our cooking demonstration sessions, the atmosphere full of songs and dances has given rise to brotherly love and a sense of living together in one community. The quarrels have decreased in the village.

LESSONS LEARNED AND SUSTAINABILITY

Our village will continue the activities of ProSecAI. We already know that the project will come to an end and for this reason we have transformed the contact groups into savings and credit groups. This is so that after the project, they can continue the cooking demonstrations using the solidarity funds they are setting up. The clean village activities will also continue.

I have seen a decrease in anaemia, especially in pregnant and lactating women who come for prenatal consultations.



Name: IDRISOU Djwéréto

Village: Awagomé

Profile: Nurse /
Health Center Worker

Age: 53 years

Household: 3 adults, 1 child

ACTIVITIES TOGETHER WITH PROSECAI

I have been participating in ProSecAI activities since 2020 and I am actively involved in the implementation of the programme's activities in my villages.

It is important to recognise that before the arrival of the programme, we used to see many cases of anaemia during consultations. But with the cooking demonstrations that we do for women, we have noticed that these cases have decreased. What has changed and what I have noticed is the reduction in these cases of anaemia especially among pregnant and breastfeeding women who come for prenatal consultations.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

What we have learned from ProSecAI is enormous. I have to say that before ProSecAI, I didn't know that soya was very important in nutrition, nor did I know about moringa. I hardly ever consumed them. But with the arrival of ProSecAI, I learned how important these foods are and I try to practice what I know and show people the richness that these foods contain. Before, people didn't realise the importance of these foods. But because of ProSecAI, they now know how important they are and consume them.

We have seen during the supervisions that in the ProSecAI villages there is an evolution compared to the non-ProSecAI villages. This is what motivated me to give cooking demonstrations in the health centre so that women from other villages, even those outside ProSecAI,

could benefit from them to improve the nutritional status of their children.

There is a child from a non-ProSecAI village that we saved from the verge of malnutrition. We taught the father and grandmother, who had brought the child, to make flour and fortified moringa porridge. Within two months, when they returned, the child had recovered although he was no longer breast-feeding. The child could have died because he was with an old woman.

It is important to recognise that when moringa and soya are consumed regularly, the health of the child improves. This means that the children do not get sick as in the past and I save money because I don't have to buy medicine for the children all the time. So, I have to say that ProSecAI has helped me to save money.

LESSONS LEARNED AND SUSTAINABILITY

I will say that ProSecAI is a special project compared to others. In addition to what you teach others, you yourself apply and learn. This is the special feature of ProSecAI.

The project has almost come to its end, but we want to maintain the achievements. We are thinking of continuing the cooking demonstrations as if the project still exists. We don't think we will change the calendar; we will maintain it. We will continue to talk about environmental sanitation, hand washing and water treatment.

I can't even estimate the number of people I advised to adopt healthier crops.



Name: EKPE Koffi
Village: Agogomé
Profile: Chairman of the Village Development Committee
Age: 49 years
Household: 7 adults, 7 children

ACTIVITIES TOGETHER WITH PROSECAL

I have been working with ProSecAI for 2 years to implement the project's activities in the village of Agogomé. I am the President of the Village Development Committee, and I am part of the office of the men leaders in the village.

In the collaboration with ProSecAI, what interested me the most was the health brought about by the food ProSecAI promotes. I must be healthy before I do anything else, before I even look for money. Health and hygiene are prosperity.

I advise people to plant the crops promoted by ProSecAI, so that production abounds in our village, and to sell them to other people in other villages who have not benefited from ProSecAI.

When the Lead Farmers distribute the seeds, we make a small survey among the beneficiaries to

see if they have actually sown them and kept their fields well to ensure good results. When we invite the beneficiaries to meetings, we take the opportunity to report on our findings and advise them to maintain their fields to ensure good yields.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

As for my personal change of behaviour, I happily use the orange maize, soybean, and orange-fleshed sweet potato seeds brought by ProSecAI. In the case of orange maize, currently it is more expensive in the market than white maize, in my opinion because of the vitamin it contains. From next year onwards, I will opt to produce orange maize to sell, which would be more advantageous for me.

I used to take my children to the hospital six times a year. But this year, I only needed to take them there twice. That's the difference I've noticed.

What I see is an improvement in the public health of the village and the health of the community. When I walk around the houses, I have noticed that the women in their houses apply the hygiene advice very well. They wash their hands before they start cooking. Before they didn't. The moringa-enriched porridge prepared for the children in the morning and also the moringa and sweet potato leaf sauces and so on keep them healthy.

LESSONS LEARNED AND SUSTAINABILITY

I can't even estimate the number of people I advised to adopt healthier crops. Thanks to ProSecAI, there are savings groups in our village. I have created another savings group myself and there are currently 20 people in it. I visit the savings groups in addition to the one I created to advise people to adopt all the good practices taught by ProSecAI so that it stays in their minds all the time.

Before, when I was working in the field, I got tired a lot. But since I started eating the enriched porridge with moringa, I have the energy to continue.



Name: IDJAKPA Videva

Village: Djidjandonou

Profile: Beneficiary

Age: 45 years

Household: 3 adults, 1 child

ACTIVITIES TOGETHER WITH PROSECAL

I have been attending ProSecAI activities for three years now. At the beginning, no one believed that I could do the same field work as the other participants because I use a mechanical wheelchair. All the women in my village confirmed that I work more than anyone else, and I proved it. I participated in all the activities of ProsecAI: I planted orange maize, orange-fleshed sweet potato, soybean, papaya and moringa. I am a farmer, I don't try to sell what I produce, it's just for consumption. I preserve it so that it doesn't perish so fast. Before, I only knew about fertiliser, but with ProsecAI, I learned to make compost. I used it on orange maize this year.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

I also attended the cooking demonstrations of the programme. I really enjoyed the ones on the enriched porridge and the preparation of doughnuts, and I am satisfied because now my children and I do not get sick like before. Before, when I was working in the field, I used to get tired a lot, but since I started eating the enriched porridge with moringa, I have the energy to continue. My health is good. I advise the women to cook the enriched porridge and the moringa sauce, which gives strength, for their children and to do it regularly.

LESSONS LEARNED AND SUSTAINABILITY

Before the programme arrived, there was no cleanliness in the village, and I didn't even notice it! Thanks to ProSecAI, cleanliness, hygiene and water protection have become part of my habits and those of my village.



TESTIMONIALS RECORDED IN THE MARITIME REGION



I am in great demand in the village and beyond for soybean seeds, orange-fleshed sweet potato vines and young papaya plants.



Name: DEGBEVI Kossi
Village: Tchekpo deve djigbe
Profile: Lead Farmer
Age: 56 years
Household: 3 adults, 2 children

ACTIVITIES TOGETHER WITH PROSECAL

Je participe aux activités du ProSecAI depuis 2020. J'ai reçu une formation comme animateur endogène et deyears la multiplication des lianes de patate douce à chair orange.

Aujourd'hui, je suis le point focal de production de semences du soja et de boutures patate douce à chair orange deyears notre village.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

The change I have seen in my life is that first of all I am very much in demand in the village for soybean seeds for planting, orange-fleshed sweet potato vines with orange flesh and young papaya plants. Even those who are not beneficiaries we advise them: they come to ask me and I give them to go and plant. Everyone has found satisfaction.

For me and my family, in terms of health, I have seen that the illnesses that used to bother us are no longer so much of a problem. Also my children, who used to get sick regularly, are no

longer sick. And that's just thanks to what we eat. When I eat the soy-based meals, it makes my health better, it makes my blood vessels work well, it gives me strength.

LESSONS LEARNED AND SUSTAINABILITY

Before ProSecAI came, I was growing crops but it wasn't of much use to me, I couldn't sell the products. When ProSecAI arrived, working with them, I saw that growing soya benefited me. I started selling soya and orange-fleshed sweet potatoes.

What I liked most about my relationship with ProSecAI is the fact that you can use food to heal yourself, that's why the relationship with ProSecAI is so dear to me.

Name: AFODAGNI Hélène
Village: Gboto zogbe
Profile: IGA beneficiary
Age: 54 years
Household: 2 adults, 3 children

I got the soybean mill and I'm saving a little bit, which allowed me to build a house and cover it with metal sheets.



ACTIVITIES TOGETHER WITH PROSECAL

I have been participating in ProSecAI activities for 6 years now.

Through the programme, I have learnt how to create income generating activities, I have learnt about hygiene and how to eat well to be healthy. I have been shown how to prepare green leafy vegetables. On the crop side, I was also shown how to sow soybeans and plant orange-fleshed sweet potato cuttings in rows, which we didn't do before. But using the system of planting in rows that ProSecAI showed us I cultivate only a small field and harvest a lot from it.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

For myself and my family, life has changed: I observe hygiene well and we are all healthy now. My last child was sick and she got a transfusion at the health centre in Kouvé. Afterwards, she was not always in good shape. When ProSecAI came, they showed us how to make soya and moringa porridge, which I now make every morning and she takes the milk too. Now, when you see her, she is healthy and so are her brothers and sisters.

In terms of income-generating activities, before, I wore the same cloth every day, but now I have a small business and I earn some money, so I change my clothes and I look after myself well. Before, when I produced soya, I only ate it, but with the arrival of income-generating activities I now make soymilk and cheese to sell. I put the profits with a savings group and at the end of the year I get the savings to solve my problems. Or if my children have schooling problems, I

take out loans to solve them. Now that I have some income, I use it and there is peace in the house. I don't always have to ask my husband for money.

LESSONS LEARNED AND SUSTAINABILITY

I also got the soybean mill and I am saving some money, which allowed me to build a house and cover it with metal sheets. I have my house. This year when I receive my share out of the savings group, I will plaster it and write ProSecAI on it, since it is thanks to ProSecAI that I built it.

Name: DOGBA Kosi
Village: Avédjéta
Profile: Community Health Worker
Age: 50 years
Household: 2 adults

Before, children used to get sick a lot and they were brought to me and sometimes I felt ashamed and I wondered why these children were getting sick and I went to the health centre to make a report. But for some months now, I haven't received any children to report.



ACTIVITIES TOGETHER WITH PROSECAL

It was in October 2020 that ProSecAI gave me a training. From then on we started working, that is from February 2021 until today. First ProSecAI gave me a training in Assahoun and I deepened my knowledge in addition to what I knew before. After we came back, they gave us tools to do educational activities in the community. I also attend the cooking demonstrations of the Women Leaders. If the Lead Farmers go to work in the farmer school fields, I follow them. And if the supervisors and agricultural technicians come, I attend their work meetings together with them.

Before ProSecAI came, first of all in terms of health, I knew nothing about the consumption of moringa leaves and soya. Planting moringa, sowing soya, I didn't know how to do it. I didn't know anything at all about hygiene – washing hands, covering jars – until ProSecAI came. On the agricultural side of things, if you go to my field now, you will see a lot of moringa plants,

because I realised its importance, as well as lots of papaya and soybean. I expanded my field with the arrival of ProSecAI. The cropping pattern has changed and the yield is better than before. I sell the soybeans and this money adds to my income.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

The women make moringa-enriched flour which they sell at the health centre and this is a source of income for the household.

Also on the health side, I don't spend as much money on the hospital. Before, my wife and I used to get sick, but with the consumption of moringa, cassava leaves, orange-fleshed sweet potato and mixed flour of maize and soya, I have noticed we stopped getting sick all the time.

So, I have seen that health brings me money and my field also brings me money thanks to the arrival of ProSecAI.

As far as the community is concerned, ProSecAI has helped us so that our children don't get sick like before. We are healthy, including even the old people. The way I used to receive children for consultations has greatly decreased, so it has been a great relief for the whole village. Before, the children used to get sick a lot and they were brought to me and sometimes I felt ashamed and I wondered why these children were getting sick and I went to the health centre to make a report. But some months now, I haven't received any children to report. So now I see that the health of the children has improved.

LESSONS LEARNED AND SUSTAINABILITY

Everything I learned in the programme... The people who benefited from it, I would say, are first of all children, pregnant women, ProSecAI beneficiaries from 15 to 49 years, old women, young people, and men, too. So, I have seen that many things have changed in the behaviour of my village with the arrival of ProSecAI. I will continue activities such as sensitising my community by doing educational activities and practising what I was taught about growing moringa, soybean and orange-fleshed sweet potato.

Before ProSecAI, we could have soya in stock and still be hungry in our households, because we didn't know that we could transform it into different products for consumption. But now it has become part of our diet.



Name: AZIANDIPE Akouvi
Village: Adidokpo
Profile: IGA beneficiary / Lead Farmer
Age: 45 years
Household: 3 adults, 2 children

ACTIVITIES TOGETHER WITH PROSECAL

I have been participating in ProSecAI activities since late 2017. I had decided to join the programme to solve the problems of my children's health and poverty, which were weighing on us. Thanks to ProSecAI's trainings, I now have the necessary tools and I master the financial management and the production practices of the promoted crops: soybean, orange-fleshed sweet potato, orange maize, papaya and moringa.

We had heard about soybeans and we produced them for sale, but we thought that they contain toxins and that eating them is very dangerous for our health. Our children suffered from anaemia and frequently fell ill. When we didn't have the money to take the children to the hospital, we had to turn to the traditional method and unfortunately some of the children died sometimes.

Before ProSecAI, we could have soya in stock and be hungry in our households, because

we didn't know that we could transform it into different products for consumption: fritters, cheese, milk, combined with maize to make dough. But now we have introduced it into our diet.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Thanks to the production and sale of soya and its by-products, I can improve my income. Before, my husband used to spend a lot of money on medical care, especially for the family, and now that our children are not getting sick as they used to, thanks to the consumption of local ProSecAI food, he is saving money and is now relaxed. My relationship with my husband has improved.

For the women of the community, the training and sensitisation that ProSecAI gives us means that each woman now manages to do an activity. Before, women were not financially independent, they only accompanied their husbands in their farming activities.

LESSONS LEARNED AND SUSTAINABILITY

With the arrival of ProSecAI and the consumption of food made from its promoted products, the health problems of our children, in particular, have been reduced. Even pregnant women used to be told that they were anaemic every time they had a little ailment but now it has improved. As far as I can testify, it is the same for any woman who is a beneficiary of this programme in the village. The children do not suffer from anaemia like before.

I would like to say thank you to ProSecAI, because we were like blind people, ignorant about certain things, and they came to open our eyes so that we could see well. They didn't bring us the project just like that, without any support for us to deal with it, but they accompany us in the implementation and follow-up of everything they have brought us.

Being healthy, you and your family, and avoiding medical expenses is in itself a reason to enter this programme and so I'm raising awareness about that.



Name: ADEGBEKOU Akouvi
Village: Kpévé
Profile: Beneficiary
Age: 44 years
Household: 2 adults, 3 children

ACTIVITIES TOGETHER WITH PROSECAL

I have been participating in ProSecAI activities since 2020 and I have learnt the production practices, to respect the cropping pattern, that is to sow in rows and so on, of different crops, especially soybean and orange-fleshed sweet potato. In the whole village, we used to broadcast seeds, but now every woman makes the effort to sow in rows. We are planting soybean, orange maize, orange-fleshed sweet potato, moringa and papaya fields.

And we have added ProSecAI foods to our diets – especially soya, orange-fleshed sweet potato and moringa foods that we didn't eat before.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Before the programme, we often used to get sick and had to go to the hospital every time. Now my family and I are healthy. Our children don't get sick like they used to and that means we can save on health spending. My husband is now more relaxed than before and our relationship has improved. Through the sale of some of my crops, I manage to earn some money.

LESSONS LEARNED AND SUSTAINABILITY

Being healthy, you and your family, and avoiding expenses for medical care is already a reason to enter this programme and so I'm raising awareness on that. I make them aware of the benefits of ProSecAI and I have already succeeded in bringing 4 women into the programme.

We said to ourselves that even after the departure of ProSecAI, given the benefits of the activities, we would continue the production and transformation activities.

As a women farmer in the first year of ProSecAI I grew 625 m² of maize and 625 m² of soya. In the second year I used my own seeds, and I was very satisfied. Today I have an orange maize field of 10.000m² and 3.700m² of soya plants.



Name: AKABANU Afi
Village: Anyron
Profile: Lead Farmer
Age: 43 years
Household: 4 adults, 2 children

ACTIVITIES TOGETHER WITH PROSECAL

I have been involved in ProSecAI activities since 2020. Before, I was farming but I was not getting the results I expected and I had health problems. In our village we didn't know how to grow soya. Moreover, there was moringa around the houses, but we didn't know how to process it. When ProSecAI arrived, we learned how to grow soybeans in rows, how to grow orange-fleshed sweet potatoes, papaya and moringa. We also learned how to process them for consumption and how to produce and use compost to restore the fertility of our soils.

I was chosen as Lead Farmer and Chairperson of the Management Committee in our village, and I am now able to supervise the agricultural aspects in another project. Before I couldn't speak in public, but now I do it. I was even able to convince the five other lead farmers to make a collective field of soya and orange maize,

the production of which generated a profit of 110,000 CFA francs for the Management Committee.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

What I have experienced is that if you apply the good practices taught, you will reap the fruits:

In the first year of ProSecAI, I grew 625 m² of maize and 625 m² of soya. In the second year I used my own seeds, and I was very satisfied. Today I have an orange maize field of 10,000m² and 3,700m² of soya plants. In March 2022, I sold the orange maize I had grown for seeds for 200,000 CFA francs to beneficiaries in other ProSecAI villages who wanted to expand their production area. This allowed me to buy six bags of fertiliser. I used the rest of the money to plough the land for groundnuts and tiger nut. I also earned some money which I used to build a canopy in front of my house.

LESSONS LEARNED AND SUSTAINABILITY

With the arrival of ProSecAI my life condition and that of my family and the whole village has changed. In addition to the agricultural aspects, we have also learned to keep our village clean. The frequency of anaemia-related illnesses in children has decreased. We have income to feed our children and to ensure their schooling. If the project is finished, the work is not finished for us. We will continue to order seeds for planting. We will continue the activities because the programme has given us a source of income.

Name: KPONVI Akossiwa
Village: Dzrékpo hagou
Profile: Woman Leader
Age: 45 years
Household: 6 adults, 6 children

What has changed for me as a woman is that my life in society has changed. I have realised that I am important.

ACTIVITIES TOGETHER WITH PROSECAL

I started by participating in ProSecAI activities five years ago and I wish it would continue because it has brought good things to my life.

I learned from ProSecAI, among other things, how to make enriched porridge from maize, soya and moringa leaves and I also benefited from the improved seeds.

I now raise chickens, goats, sheep, and pigs. Now I also know how to use compost for farming, especially for our maize crops. Since we now have compost when we do the field, we harvest enough and we are not suffering anymore, we are not in poverty.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Before ProSecAI came, I was poor and things were not going well. When my child got sick and I took him to the hospital, I was prescribed moringa powder. But I didn't know how to make moringa powder, so I bought it. With the teachings of ProSecAI, I now know how to dry moringa leaves, especially on the dryers that ProSecAI brought us, before adding it to other cereals for milling. I no longer go to the health centre to pay for moringa powder.

Besides, I knew how to make soap, but I didn't know that moringa could be added to change the nature of the soap. This innovation brings me income: I make the soap you see here by myself and the profit I make from it goes into my pocket and I pay into a savings group with it. I no longer wait for my husband to come and give me money for expenses. And as there are no more money problems, there are no more quarrels at home. There is a better understanding between my husband and me.

The change I have seen in my family's life is that



we already have the sources of income, we no longer lack food, and we no longer spend money at the health centre for nutrition-related care.

The change I have seen in my village is that my community did not like to participate in meetings before ProSecAI, but now they participate regularly. Although the programme is no longer with us, we still organise meetings and operate the savings groups. And I think that as we are in groups of 25 people, we will all contribute some money to extend the actions of ProSecAI elsewhere.

LESSONS LEARNED AND SUSTAINABILITY

I motivate many people in my community to consume ProSecAI foods: I teach women how to prepare moringa sauce, moringa enriched flour, soy sauce and soy flour, among other things, so that they can make them when they return to their households. I have also taught three women how to make moringa soap and this is a source of income for their households. In other villages, as soon as I see the shape of some children, I teach their mothers some dishes. For

example, one day when I went to Amoussimé, where our programme does not intervene, I met a child who had lost his mother and was in need of milk. I made moringa enriched flour to give to the people to prepare the enriched porridge.

What has changed for me as a woman is that my life in society has changed. I have realised that I am important. Although I did not go to school, I can be a woman leader and I can teach my brothers or sisters.

Before, we spent everything. Now we take part in the programme to put some money aside to pay for agricultural inputs.



ACTIVITIES TOGETHER WITH PROSECAL

I started my activities with ProSecAI in 2016. Before, we had stopped eating what our forefathers, our grandfathers and mothers, used to eat to live a good life. As for the children, malnutrition was rampant. Since I work as a Community Health Worker, this is what we have been wanting to restore. We talk to people about it so that they change and start eating nutrient rich food again to be healthy.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

Especially I myself was not taking care of myself. I was unaware of certain things. How hard it was for me to wash my hands... now it's a regular, daily task and my hands are clean all the time. This is a great asset for me. The change I have seen in myself is that malnutrition used to bother me, but now that I eat the foods promoted by ProSecAI, including moringa, soya milk and orange-fleshed sweet potato, my skin has started to glow nicely.

I started by following the ProSecAI rules and I am harvesting in abundance now. By participating in ProSecAI activities, I have woken up. I now know how to plan my income-generating activities and how my family should benefit.

Name: ATOU Komi
Village: Anévé
Profile: Community Health Worker
Age: 53 years
Household: 2 adults

Before, we spent everything. Now we take part in the programme to put some money aside to pay for agricultural inputs.

I myself now have an enclosure for breeding. I consume some of it and sell the rest on the market. I also have a condiment mill that I use. And all this earns me money.

My family eats well and is healthy. And so the diseases we used to suffer from in the past do not come back often. Thanks to eating moringa and soya, my children no longer suffer from anaemia.

LESSONS LEARNED AND SUSTAINABILITY

Today, children in our community regularly consume soy milk. In schools there are hand washing facilities. You can also find them at the entrance of the markets. People no longer use the bowl already used by others to wash their hands. There has been a change even on the adult side.

The reason why I would advise anyone to follow the advice of ProSecAI is that if I get out of a problem but my neighbour is still in it, in a different sense I am still in trouble. On the other hand, if my brother or sister is in good health like me, then we are moving towards development.

Name: AFFO KOUMAÏ Nayla
Village: Anyron
Profile: Midwife
Age: 29 years
Household: 1 adult, 2 children

Since the arrival of ProSecAI, especially for local children, we have seen a decrease in cases of digestive parasitosis, anaemia, malnutrition and low birth weight.



ACTIVITIES TOGETHER WITH PROSECAL

I have been participating in ProSecAI activities since February 2021. I have attended the educational activities and the cooking demonstrations. Personally, together with others I teach the demonstration technique and the preparation of moringa enriched porridge at the health centre. And we also supervise the Community Health Workers and Women Leaders in the community.

IMPACT THE ACTIVITIES HAD ON INDIVIDUALS, HOUSEHOLDS AND THE COMMUNITY

The situation before ProSecAI's involvement was that we received cases of anaemia, malnutrition, digestive parasitosis, and diarrhoea.

Since the arrival of ProSecAI, I started giving nutritional and hygiene advice to pregnant women at the prenatal consultation and dietary advice at our vaccination sessions. I make moringa enriched flour that I sell to pregnant and lactating women at the health centre and at our vaccination sessions, which has an impact on my income. Participating in ProSecAI activities has enabled me to buy local food, implement good hygiene practices and improve my supervision techniques.

LESSONS LEARNED AND SUSTAINABILITY

Women in the community have changed their behaviour for the better. Since the arrival of ProSecAI and the trainings done by the Women Leaders, we have seen the preparation of fritters, soy milk and orange-fleshed sweet potatoes in the community, which was not done before. We also witnessed the planting of moringa plants in the community.

Since the arrival of ProSecAI, especially for children in the community, we have seen a decrease in cases of digestive parasites, anaemia, malnutrition, and low birth weight. This only encourages us to continue the nutritional and hygiene counselling activities at the health centre.

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