



# AFIKEPO / NAPE NEWS

## Our Children – Our Future



Dear Readers,



It is with great pleasure and excitement that we are publishing this first issue of the Afikepo/NAPE News! Afikepo/NAPE is about bringing the numerous stakeholders together: Schools, communities, political stakeholders, donors and implementing partners are working hand in hand towards providing high quality home grown school meals (HGSM). The quarterly newsletter will promote the principles of HGSM and share updates and success stories – and hopefully serve as an inspiration to follow the best practices! Let me express our gratitude to the SHN Department as the main political partner in realizing this project and all the authors who contributed to this issue. We are looking forward to your feedback and future contributions to bringing this newsletter to life. Enjoy reading!

Wolfgang Hesse, Team Leader, GIZ/NAPE

### The Afikepo/NAPE Component

Poverty and low levels of education and development are predominant problems in Malawi. Although free primary education has resulted in relatively high primary school enrolment rates, repetition and drop-out rates remain extremely high. Hunger and malnutrition have a detrimental effect on the school attendance and performance: Many children are affected by an insufficient, unbalanced diet at home and usually do not eat breakfast. They are often hungry, feel lethargic and are unconcentrated at school eventually resulting in absenteeism and high dropout rates. The NAPE project contributes to reducing malnutrition by working towards providing high-quality school meals and thus, improving health and performance of learners. → Continued on page 2

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### Upcoming Events

- Procurement of grain and legumes for academic year 18/19 is on the way
- Groundbreaking ceremonies at construction sites
- Monitoring visits of selected schools
- National SHN Coordinator Meeting

### Quote of the Month

“We need to make sure that all kids are given the opportunity to learn about food and good eating habits while they are still young, so that they’re sorted for life.”

—Jamie Oliver, British Star Cook

# The Afikepo/NAPE Component Continued

By Wolfgang Hesse, Team Leader, GIZ/NAPE



*The cooks committee presents home-made Moringa powder, a nutritious vitamin A supplement.*

Since 2012 the Nutrition and Access to Primary Education (NAPE) project through the promotion of the so-called Home-Grown School Meals (HGSM) approach, has enabled communities to grow legumes and to cook high-quality school meals for their learners.

Due to its positive outcomes and high acceptance among stakeholders and beneficiaries, the Governments of Malawi

and Germany decided to fund another phase which started in March 2016.

Within the framework of the recently launched Afikepo Programme (see our article on page 3) NAPE received substantial funding from the European Union in order to upscale the approach to a total of seven districts namely Karonga, Chitipa, Mzimba, Nkhata Bay, Kasungu, Nkhotakota and Mulanje.



*SHN Logo*

In cooperation with the Department of School Health and Nutrition (DSHN) of the Ministry of Education, Science and Technology

(MoEST) the NAPE project is currently implemented at 150 schools with app. 120.000 learners. To improve the nutritional status among learners holistically

and sustainably, schools and communities do not only learn about the HGSM approach. The project also includes nutrition and hygiene education as well as a construction component (see our article on page 6).

An extension of the project and further upscaling to the districts Chiradzulu, Salima and Thyolo is in the pipeline.■



*SHN Coordinator Rachel Mziya (right) explains how feeding takes place in front of a temporary kitchen at an Afikepo/NAPE school in Ekwendeni, Mzimba. Permanent kitchens are yet to be built at all 150 schools.*

## Intervention Areas

1. Increasing the availability of high-quality foods for the preparation of school meals including the construction of 150 kitchens and storerooms.
2. Improving nutritional knowledge and hygiene practices among primary school learners and community members.
3. Developing the capacity of stakeholders such as School Health and Nutrition (SHN) Coordinators, members of the District Nutrition Coordination Committees (DNCC) or members of the various committees at school level.



## Achievements to Date

1. 1400t of maize and 270t of legumes were procured from Malawian markets to kick-start feeding.
2. 34t of legume seed were planted on about 580ha of community land.
3. Trainings for committees in food storage, processing and preparation to improve variety and nutritional value of school meals were conducted.
4. Trainings for teachers and school committee members in establishment of school gardens were conducted.
5. 100 vegetable gardens, 60 fruit orchards, 131 woodlots and first Moringa plantations were established.



*Guest of Honor, Hon. Dr. Goodall Gondwe, Minister of Finance, Economic Planning and Development gave a speech recognizing the importance of Afikepo and KULIMA.*



*The theme of the launch: "Building a resilient Malawi through improved agriculture and nutrition security".*



*Impressed by the meals prepared by LUANAR: Beatrice Neri, Team Leader Sustainable Agriculture, EUD (second from the left), Dr. Dagmar Lumm, GIZ Country Director (fifth from the left), Ambassador Marchel Germann, Head of EUD (center) listen to the explanation of Blessings Nkhona, DPD of Kasungu.*

## Afikepo & Kulima Official Programme Launch: Ceremony at BICC and Field Visit to Kasungu

By Christina Krause, Junior Advisor Public Relations, GIZ/NAPE

The European Union programmes "Afikepo" and "KULIMA" were officially launched at BICC in Lilongwe on May 7. The Guest of Honor, Minister of Finance Dr. Goodall Gondwe, EU Ambassador Marchel Germann and invited guests attended the event. All speakers underlined the necessity for agricultural diversification and its link to nutrition. Improving nutrition was highlighted as one key area for development. Ambassador

Ministry of Agriculture, Ministry of Education, Science and Technology, Ministry of Health, the EU Delegation (EUD) and representatives of the implementing partners visited Kasungu on April 11.

They could get an impression of the programmes on the ground at Chinguwo Primary School, an Afikepo/NAPE project school. Members of the Home Grown School Meals Committee welcomed the visitors at their community soy bean field explaining their work and thanking the EU as well as the German Government for

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*„Almost 4 out of 10 children under-five are stunted in Malawi. Stunting irreversibly affects the brain of these children, which means that almost 40% of the future adult population may not reach their full potential.“ - EU Ambassador Germann*

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Germann emphasized the importance of the Afikepo programme: „Almost 4 out of 10 children under-five are stunted in Malawi. Stunting irreversibly affects the brain of these children, which means that almost 40% of the future adult population may not reach their full potential. The attainment of good nutritional status is not only an essential human need, it is also a driver of sustainable economic development.“

As a component of Afikepo, NAPE was presented in a video clip which was produced by the Story Workshop Educational Trust. It gave an insight on the work at school level including interviews with learners, community members and officials.

### **In the Field**

As part of the programme for the official launch, high level representatives of the

their support. At the school's temporary kitchen, a feeding session of standard 8 learners could be observed. On top of that, LUANAR prepared different meals showing what kind of simple but nutritious meals for learners can be made. Thanks to the presentations of the community members the visitors could understand the various aspects of Afikepo/NAPE: It is a community-based approach that fosters local ownership and tackles malnutrition in a holistic way by focusing on nutrition, health and hygiene.

After that, one of KULIMA's Farmer Field School (FFS) and Residential Training Center for Agricultural Extension (RTC) were visited to showcase technologies that are ready to be adopted by farmers to increase productivity and diversification. ■



# Training of Trainers for District Nutrition Coordinating Committee Members

By Catherine Mfitlodze, Technical Advisor, GIZ/NAPE

Increasing knowledge, changing attitudes and improving practices on nutrition, hygiene, sanitation and health are core to the Afikepo/NAPE project. The Lilongwe University of Agriculture and Natural Resources (LUANAR) signed a financing



*ToT participants from Nkhotakota during the cooking session.*

agreement with GIZ to facilitate the roll out of the school cooks manual and School Nutrition Handbook of Malawi. In a Training of Trainers (ToT), member of the District Nutrition Coordination Committees (DNCC) in each of the 8 educational districts were equipped with knowledge and skills to convey the messages of the Nutrition Handbook to various beneficiaries according to the principles of adult learning.

The trainees of the ToT also had an opportunity to put into practice what they were learning through peer teaching. Further, they enjoyed hands-on sessions on using low cost ingredients to prepare nutritious breakfast, snacks and school meals for the learners.



*Fun should not come too short: after the cooking session, the participants tasted their food preparations.*

A total of 148 trainees (100 men and 48 women) received their certificates which qualify them to organize trainings for cooks and the Home Grown School Meal Committees at school level. ■

## Validation Workshop

By Christina Krause, Junior Advisor Public Relations, GIZ/NAPE

The Validation Workshop of the School Health and Nutrition Strategy took place in Lilongwe on March 28. Representatives of the departments concerned with School Health and Nutrition participated actively in the discussions. Valuable feedback was gathered from the participants and included in the strategy. The final version is now with the concerned ministries for signature. The strategy will serve as a framework for all actors implementing school health and nutrition programmes in Malawi to ensure high quality interventions.

## GIZ on Tour: A Bumpy Trip to the North

By Wolfgang Hesse, Team Leader, GIZ/NAPE

One week, 2000 km, 11 Afikepo/NAPE project schools: From April 15 to 21, GIZ Country Director Dr. Dagmar Lumm visited primary schools in Mzimba North, Karonga, Chitipa, Nkhata Bay and Nkhotakota. She was accompanied by Wolfgang Hesse, Team Leader of the Afikepo/NAPE component, and the respective GIZ District Coordinators. The events at the schools were very well organised and characterized by an overwhelming hospitality. In Karonga the group managed to visit the Teacher Training Center (TTC) and one Teacher

Practice School (TPS) which are supported by GIZ's Basic Education Programme (BEP). ■



*Learning about nutritious food during a school feeding session: GIZ Country Director Dr. Dagmar Lumm (left).*

## Groundbreaking: Long Awaited Construction Has Started

By Wolfgang Hesse, Team Leader, GIZ/NAPE

After a year of complex and lengthy preparations, construction work for the school kitchens has finally started. Welthungerhilfe selected contractors to build kitchens and store rooms including almost 500 institutional cooking stoves at all 150 Afikepo/NAPE schools. Moreover, construction committees were established at every school to monitor the progress.

During a visit at Malo Primary School in Mulanje the Chair of the Management Board of GIZ, Mrs. Tanja Gönner, used the opportunity to attend a groundbreaking ceremony. The District Education Manager, Mr. Enock Chumachao,

emphasized the importance of the home grown school meal approach for the healthy development of learners and the enhancement of their performance. Mrs. Tubula Ghumba, the Head Teacher of Malo Primary School, appreciated the efforts of GIZ which implements the project with funds from the EU and Germany. She pointed out that attendance rates of learners already increased significantly since feeding has started.

It is expected that construction will take up to three months and that kitchens and storerooms can be handed over to the Department of School Health and Nutrition (DSHN) from early September on. ■



*In the organic school garden (left to right): Mr. Chumachao, GIZ Country Director Dr. Lum, Mrs. Ghumba, Mrs. Gönner, SHN Coordinator Mr. Maruwo.*



*Mrs Gönner (right) places the foundation stone.*

## Story Work Shop Education Trust Training in Mzimba

By Franz Fischer, District Coordinator Mzimba North, GIZ/NAPE

Story Workshop Education Trust (SWET) conducted a Theatre for Development Training workshop for 30 SHN teachers from Mzimba at Ekwendeni. The four days training in March had theoretical components explaining principles of participatory theatre. It also gave an introduction to drama and storytelling, in particular



*First time on stage: The trainees delivered a great performance.*

how it is structured and how keeping the audience's attention high throughout a performance.

To start, participants learned how to identify issues in a community. After collecting information in a nearby community of Ekwendeni Primary School, the two groups developed their storyline with the help of the two SWET facilitators. Then came the hard part, practicing the play for the final performance on the last day of the workshop. Repeating a scene again and again, emphasising on language, movement, facial expression and others. Ten learners from the Ekwendeni Primary School were also part of the play and completely immersed into the highly focused and exciting atmosphere.

After intense rehearsing all were geared

for the highlight of the training, a performance in front of an audience of several hundred learners, teachers and other representatives of the Ekwendeni School Community.

One group presented a play on hygiene and nutrition issues and the other on why children should attend school. The crowd was very happy and enjoyed the performance demonstrating that participatory theatre is a powerful tool to convey messages.

After feedback from the trainers participants developed the next steps to implement activities back at their schools. All left Ekwendeni with happy faces and looked forward implementing participatory theatre activities with learners and school communities. ■



## Photo Gallery



Leaners at a school in Nkhata Bay wash their hands. The project highlights the connection between hygiene and nutrition.



Leaners queuing to receive their school meals at Nthumba Primary School, Mzimba.




Community land allocated to an Afikepo/NAPE project school in Karonga where the community grows grains for its school feeding programme.

# Afikepo/NAPE — Overview on Activities & Partners

By Christina Krause, Junior Advisor Public Relations, GIZ/NAPE

## 1. Home Grown School Meals

 To achieve the objective of providing high quality school meals, NAPE focuses on promoting the concept of school gardens at community level. The objective is to enrich school meals with indigenous vegetables and legumes that are highly nutritious.

At district level, our partner Slow Food Malawi trains school club patrons and matrons and community members. The participants gain practical and theoretical knowledge on how to establish and maintain school gardens and how to grow indigenous and nutritious crops and vegetables. They multiply the knowledge by establishing school clubs for learners and orienting the community members.

## 2. Construction of Kitchens, Stoves and Storerooms


To store and cook healthy foods, a major part of the action is the construction of kitchens and store rooms at each of the 150 schools including institutional stoves (see page 5). Already existing school kitchens will be rehabilitated. In doing so,

NAPE contributes to making cooking practices more energy efficient while reducing harmful emissions. At the same time storage space is provided to reduce food loss. Welthungerhilfe is responsible for implementation.



## 1. Nutrition and Hygiene Education

Increasing knowledge, changing attitudes and improving practices on nutrition, hygiene, sanitation and health are core to the NAPE project.

 LUANAR provides the Nutrition Key Messages for school children and the school cooks manual through a series of Training of Trainers (ToT). District Nutrition Coordination Committees (DNCC) in each of the seven districts are trained and they replicate the trainings at school level where school cooks and the Home Grown School Meal Committees are trained on how to prepare nutritious breakfast, snacks and schools meals (see page 4).

The Story Workshop Educational Trust (SWET) creates awareness for the Nutrition Key Messages through an interactive radio magazine programme and theatre for development clubs at schools. Theatre plays and interactive radio programmes are created to promote nutrition and hygiene practices among learners in a creative way (see page 7).

Welthungerhilfe carries out nutrition and health education to encourage behavioural change with regard to eating habits and hygiene practices among learners and teachers.■



# The School Garden Experience

By Lara Sander & Christina Krause, GIZ/NAPE

Since November 2017 school gardens have been established with the aim to support the school feeding programme sustainably. By working in school gardens, learners, teachers and community members acquire knowledge and practical skills for organic vegetable gardening and healthy nutrition. At the same time, schools can supplement their school meals with fresh vegetables.

So far, Slow Food Malawi, an organization that promotes local food cultures, trained 521 School Health and Nutrition teachers, members of the Home Grown



*Members of the Garden Club apply a natural remedy for pest control.*

School Meal Committee, Agriculture Extension Development Officers and primary education assistants in concepts on school garden practices.

Which indigenous vegetables can be planted? Where can seeds be sourced? How can crop diversity be ensured? Which natural remedies can be used for pest and disease control? How can manure based on local resources be prepared? These were just a few questions the participants were dealing with theoretically and practically.

In December and January, the recently formed School Garden Clubs took action and started to fence their garden plots with local materials, to create sunken beds which keep the soil humid, to collect animal manure and mulching material and to source seeds from the community. Already 100 out of the 150 Afikepo/NAPE project schools managed to establish school gardens.

At the end of the rainy season in March, a great diversity of indigenous and local crops was already growing in many of



*A member of the Cooking Committee prepares leafy vegetables grown in their school garden at Mangombera Primary School, Mzimba.*

the school gardens. Local okra, pumpkin leaves, kamuganje, berekete, and local millet are examples of nutritious crops that can be found in a school garden for learners to ensure food diversification. If sufficient amounts are available, school meals can be enriched once or twice a week with the school garden's harvest. While preparing leafy vegetables from the school garden, one member of the Cooking Committee said that they are already using home grown vegetables on a regular basis.■

## Recent Events

- Afikepo Steering Committee Meeting at Wamkulu Hotel, Lilongwe, on March 20
- Validation Workshop of School Health and Nutrition Strategy at Golden Peacock, Lilongwe, on March 28 (see page 4)
- GIZ Working Group on Food Security, Nutrition and Resilience Meeting at Sunbird, Lilongwe, on April 23
- Europe Day Celebration with Afikepo/NAPE presentation at the Residence of the EU Ambassador, Lilongwe, on May 9
- Project Technical Committee Meeting, Lilongwe, on May 18

## Recipe of the Month: Mashed Sweet Potatoes Mixed With Moringa Leaves

### Ingredients

- 7 Medium sweet potatoes
- 3 Tablespoon Moringa powdered leaves
- 2 Cups groundnut flour
- 1 Cup fresh chopped Moringa Leaves

### How to prepare

1. Wash, peel and chop sweet potatoes.
2. Boil sweet potatoes and add salt until almost cooked.
3. Make a paste of groundnut flour in water and add to potatoes.
4. Cover the pot and simmer for 5 to 10 minutes.
5. Add Moringa leaves, stir and cook for not more than 5 minutes.

### Enjoy your meal!

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#### Registered offices:

Bonn and Eschborn, Germany  
GIZ Country Office  
10/319 Mtendere Drive  
P.O. Box 31131, Lilongwe 3 Malawi  
Email: [info@giz.de](mailto:info@giz.de)  
Internet: [www.giz.de](http://www.giz.de)

#### Responsible:

Wolfgang Hesse, NAPE  
Samala House, City Centre  
P.O. Box 31131, Lilongwe 3  
Malawi

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## Afikepo Woyeeee – EU Blogger Sabina Visited Kasungu

By Christina Krause, Junior Advisor Public Relations, GIZ/NAPE



*Sabina Trojanova*

Sabina, author of the online blog “girl vs globe”, is part of the EU project Fac-es2Hearts traveling through East Africa where she visits EU funded programs. During her stay in Malawi she also spent one day at the Afikepo/NAPE project school.

The arrival was well prepared: Dressed in our Afikepo/NAPE chitenje cloth, learners, teachers and community members welcomed Sabina warmly with a song and a dance performance. Even

“Afikepo Woyeeee” – this is how our visitor Sabina Trojanova was welcomed at Thitimira primary school.

the TA came to greet her. Sabina could see the project's first achievements: a school garden has been established, handwashing facilities have been installed and she could even taste the nutritious meals.

Learners of the school clubs on health, nutrition and school gardening as well as members of the school committees who prepare the daily school meals shared their knowledge and experiences. These activities at school level are key to foster local ownership and enable communities to acquire practical skills about cultivation, nutrition and hygiene in an interactive and fun way. Of course, the highlight was to see how you can make simple but nutritious meals, and how the more than 500 hungry learners received one – Sabina was impressed by all the work the community invests into realizing this project and thus, contributing to enable learners to reach their full potential.■



*Group picture with school and community members.*

Questions, feedback or topic ideas for the next issue?  
Please send us an email: [christina.krause@giz.de](mailto:christina.krause@giz.de)

