



AFIKEPO / NAPE NEWS

Our Children – Our Future



Dear Readers,



Welcome to the third issue of our Afikepo/NAPE News! December is always the time of the year to look back: Our project has made huge progress—looking at the organic school gardens established, School Health Clubs formed and kitchens and storerooms that are currently being finished. These are the foundation stones of our Home Grown School Meals approach. However, we also want to look ahead and see how we can get even better. That is why we share a lot of good practice examples from our project schools in this issue: We would like to inspire every reader to take action and help making sure that every child can reach its full potential. Of course, you can also try the good practices for growing vegetables at home. Enjoy reading!

Wolfgang Hesse, GIZ/NAPE Team Leader

A Zero Hunger World by 2030 is Possible

Established by the United Nations World Food Day is commemorated annually on the 16th October to raise awareness for hunger and malnutrition that still affects 821 million people around the world. This year's World Food Day was commemorated under the theme 'Our Actions are our Future: A Zero Hunger World by 2030 is Possible' – highlighting that ending hunger plays a key role in sustainable development.

Since 2012, The Africa Union Day of Food and Nutrition Security has been commemorated on the 31st October when the African Union Commission Chairperson, H.E. Dr. Nkhosazana Dlamini-Zuma, called for enhanced efforts in Africa to fight hunger and malnutrition.

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Upcoming Events

- Seed distribution to schools
- Handing over of newly constructed school kitchens and storerooms
- Afikepo/NAPE field visits to Karonja and Chitipa
- Christmas break

Quote of the Month

"By providing the poorest children with the catalyst to attend school, we open up a range of other opportunities for them."

- Ertharin Cousin, Former Executive Director of WFP

A Zero Hunger World by 2030 is Possible - Continued

By Catherine Mfitilodze and Yohane Fabiano,
GIZ/NAPE, Advisors

This year Malawi commemorated the two days jointly on the 23rd October 2018 at Mphonde Extension Planning Area (EPA), Tradition Authority Mphonde in Nkhotakota district. Presiding over the event was the Minister of Agriculture, Irrigation Water and Development while the Chief Nutrition Officer and District SHN Coordinator showcased a selection of activities that are implemented by the Ministry of Education, Science and Technology (MoEST) with their development partners. They presented the contribution that Afikepo/NAPE makes to the promotion of school nutrition and health – thus supporting Zero Hunger. Among the displays were some healthy snacks, nutritious breakfast and examples of possible



Honorable Minister Joseph Mwanamvekha learns about Afikepo/NAPE activities.

combinations of school meals and success stories from the project. When visiting the MoEST stand, the minister was very happy to learn about the Home

Grown School Meals approach and recommended the approach as it is sustainable. The minister was then given a gift: a diet diversity promotional chitenje.■

Youth Voices: World Food Day Debate at LUANAR

By Catherine Mfitilodze and Yohane Fabiano,
GIZ/NAPE, Advisors

What is the role of students in achieving zero hunger? – This question was discussed at the Lilongwe University of Agriculture and Natural Resources (LUANAR) NRC Campus on 26th October.

Funded by the European Union Delegation (EUD) to Malawi, students and guests could learn about the EUD's and its partners' commitment to end hunger.

Before the debate, the Guest of Honor, the new EU Ambassador to Malawi, Mrs

Sandra Paesen, visited the different stands of food and nutrition security projects. The Afikepo/NAPE project also showcased its nutrition education materials and gave an overview of how the project is contributing towards SDG 2: to achieve zero hunger—focussing on school level.

In her remarks, the EU Ambassador thanked the organizers for a very educative and eye-opening debate and she tasked the students and college depart-

ments to raise awareness for the challenge and what needs to be done in order to meet the goal of no hunger by 2030 among communities.

Students from different academic disciplines engaged in the debate contributing nutrition, agricultural and economic perspectives – and it became very clear that they have the potential and a huge chance to contribute to Zero Hunger by collaborating and carrying the message further.■

Good Practices: Sharing Knowledge among Cooks

By Teresa Mlangani & Franz Fischer, GIZ/
NAPE, District Coordinators

In spring 2018, school cooks were trained in preparing nutritious meals, for example using six different food groups for their dishes. Of course, this also included nutrition and hygiene practices to make sure learners get a high-quality healthy meal that helps them reaching their full potential.

In the first round of trainings only 30 cooks of each school could be trained. However, looking at a number of up to 120 cooks per school, participants were encouraged to share their new knowledge making sure that as many people as possible benefit from the trainings.

Cooks have come up with different ways to share knowledge amongst them – here are some great examples:

1. CHIVWAMILA PRIMARY SCHOOL – KASUNGU

After the training, the cooks came up with their own plan to further train those who

were not able to participate. The group led by the HGSMC and the food committee chair organised themselves and came up with a training timetable. So far, the group has trained 8 communities using locally available resources contributed by the community members. A total of 250 more cooks have been trained through the 30 cooks initially trained by DNCC members.

2. MANTHULU PRIMARY SCHOOL - MZIMBA NORTH

At Manthulu Primary School, a cook who attended the cooks training in May 2018 is present during the preparation of school meals every day. The SHN teacher and the Mother Group agreed that the knowledge about hygiene, nutrition and good preparation of meals for the school-children should be spread among the Manthulu school community. The trained cook ensures that the standard and quality of school meals is improved through continuous mentoring and supervision.■

Second Round of Cooks Trainings Started

By Christina Krause, GIZ/NAPE, Junior
Communications Expert

A lot of schools and cooks committees already asked the Afikepo/NAPE Team for another round of cooks trainings to be offered to cover more community members and equip them with all knowledge needed to offer simple but delicious nutritious school meals. In almost all districts, DNCC members have already started more training sessions.■



Photo Gallery



Learners with their ideas written on cards during the Day of Ideas in Salima.



Harvest time at Mazungumika School, Karonga: The bananas from the orchard complement the school meals.



For a productive school environment: learners watering beds in the organic school garden at Tilora Primary School, Karonga.

A Day Full of Ideas

By Christina Krause, GIZ/NAPE, Junior Communications Expert

Good Practice Example

Community Contributions

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

Chinyera Primary School in Mzimba North got maize from the community that they could use to prepare school meals when opening the school in September 2018 after the break. Each village donated a few buckets of maize, which sustained the school feeding programme during the first two months of the school year. The community understood the importance of the school meals for a good learning environment and the success of their children.■

As part of this year's Lake of Stars activities, the European Union invited more than 1,000 young people to join them at the "Day of Ideas" – a unique platform to present and discuss development projects in the field of agriculture, nutrition, health, education, and others.

Equipped with an instant camera, pin boards, lots of colored paper cards, markers and finger paint, Afikepo/NAPE traveled to Salima to discuss with the students: Why is it important to eat healthy and diversified food? Why should children eat breakfast before they go to school? – These and lots of other questions were part of the discussions. Students were then asked to write their answers on cards and present them on the pin board. Dennis, a 15-year old student, wrote that nutritious food "helps to grow with health and do well at school" – highlighting the importance of nutrition for successful education: Only with the right nutrients children are able to focus in class and perform



"High five": A student making a handprint.

well. This is where Afikepo/NAPE comes in: Providing school meals is a powerful intervention to make sure children stay in school and can actively participate in the lessons.

The young people at the Day of Ideas were very curious to learn about Afikepo/NAPE's work; at the same time, it was great to work on the topics of nutrition, health and hygiene in a creative way. Lots of students left their handprint as a "high five" to support the Mission Nutrition!

Our partner Storyworkshop Educational Trust (SWET) introduced its drama group approach. Interactively, groups of young people could learn how to present pressing issues of their villages in form of drama plays and thus, create awareness for them. Both, participants and SWET had lots of fun interacting and spontaneously create small dramas together.

The Day of Ideas ended with live music and lots of dancing!■



Young people write down their ideas about nutrition and education.

Upcycling: Simple Bottle Drip Irrigation System In Orchard

How to do it:

You only need some sticks and empty plastic bottles – which would be thrown away anyway. Place a stick next to the seedling. Now take the bottle, create a little hole at the bottom and fill it with water. Finally, attach the bottle upside-down to the stick close. This allows water to slowly and precisely drip to specific areas of the tree. At this slow pace, water seeps into the soil and moves beneath the soil's surface. Thus, an adequate section of the root zone of the plant is maintained with moisture close to soil capacity, providing a soil-to-water-to-plant relationship which helps the plant growing. At the same time, you can use the stick to hold the tree and protect against heavy winds.

By Daniel Gamadzi, GIZ/NAPE, District Coordinator Chitipa

The tale of Nkhangwa primary school in Chitipa in the promotion of Afikepo/NAPE activities is quite fascinating and encouraging. To create a productive school environment at the school, Afikepo/NAPE supported each school with guava, pawpaw, orange and mango seedlings.

Nkhangwa primary school has been managing its orchard with an impressive survival rate – only 18 out of 120 seedlings did not make it. How did they do that?

The school came up with a simple innovative drip irrigation system to help keep their orchard constantly watered. Through the system, only the seedlings' roots are kept moist. And the best part: You can build it yourself, with no cost at all!■



A water bottle with a small hole in the cap was attached upside down to a stick—thus water can drop continuously and keep the soil around the plant moist.

Construction Update: Using Stoves Correctly

By Christina Krause, GIZ/NAPE, Junior Communications Expert

As the construction and rehabilitation works are progressing at all 150 project schools, many institutional cooking stoves have already been installed. Depending on the number of learners, the number of cooking stoves needed per school was individually determined.

Until the kitchens are ready, most schools have prepared school meals in temporary kitchens using open fire.

To make sure the new cooking stoves can

be used for a long time, some recommendations on how to use and take care of it need to be followed. That is why the stove builders have trained members of the Home Grown School Meals Committees after finishing the installation. A manual and posters help keeping in mind the most important aspects: for example, during cooking, the stove should not be filled with too much firewood. The more firewood you use, the less air can come in to create a flame. Thus, the flame will remain very small and cooking takes longer.

Another example is safety: After cooking, the pots and stoves will be hot and need to be handled with care to avoid injuries.■



After completing the stoves: The builder trains cooks in Nkhotakota.



Urunji Mezuwa works as District Nutritional Officer (DNO) of Nkhotakota District Health Office (DHO) and is the Focal Person for Nutrition in Nkhotakota District. As nutrition is a multi-sectoral topic, he makes sure interventions are implemented in a coordinated manner.

Interview conducted by Juliane Pfuhl, GIZ/
NAPE, District Coordinator Nkhotakota

What does good nutrition of a school going child look like?

Urunji: Good nutrition of a school going child contains all foods from the 6 Malawian food groups – not just eat them, but eat them in adequate amounts. The child is going to be healthy and can develop cognitively and physically. If children go to school on an empty stomach, they will not concentrate and they are going to fail to attend their potential.

In your opinion, what can schools or in general education do to improve the nutrition among their students?

Urunji: We have to emphasize behavior change not only to the school going child but also to the surrounding communities. We actually have all the nutritious food

Improving Nutrition and Health in Nkhotakota

available, in large quantities and in good quality but we fail to utilize it – as a result our children become malnourished. We should build the school health and nutrition teachers' capacities to sensitize the communities and work with school committees to multiply the messages. In addition to that, schools should also provide quality school meals.

Speaking of school meals, what is important?

Urunji: The food should not be monotonous but there should be a variety of

and the information is not only limited to the community but also reaches the schools and also Early Childhood Development Centers. With our nutrition supplementation programs, we especially target school children.

Why is a healthy child at school so important?

Urunji: A healthy child would first of all go to school and would also continue with school – meaning a healthy child would not drop out of school. This cognitive and physical development is important for

“We actually have all the nutritious food available, in large quantities and in good quality but we fail to utilize it—as a result our children become malnourished.”

food. For example, we can have school meals which contain maize flour and mix it with ground nut and soya flour; then we can include a fruit at the end of the day, e.g. a banana. So, four food groups are already covered at school. When children come home, they can easily add another food group.

When it comes to behavior change and knowledge sharing or campaigns, what does the DHO Nkhotakota do?

Urunji: At the DHO we have a number of programs targeting the community. We promote the “Scaling up Nutrition” strategy and use community structures to target issues of nutrition, hygiene and also malaria prevention. And because the school is a part of the community, the messages

human being as such, and for the development of the nation at large. If we have well-nourished children that continue in school, they are going to be better and more responsible citizens in the future. Responsible citizens build the country.

Strong words. How many children did you reach?

Urunji: In June 2018, we screened almost all children in Nkhotakota District for malnutrition – very important to detect malnutrition early. For the vitamin A supplementation, we managed to supplement 69,498 children. In terms of deworming tablets provision, we covered 65,682 children. This shows that the district wide activity was successful. We even surpassed our target for supplementation.■

Growing Vegetables in Sack Bags

By Colby Kaunda, GIZ/NAPE, District Coordinator Nkhata Bay



Example of a vegetable sack bag.

Land is a scarce commodity in urban areas of Malawi: More and more people do not have enough land to grow food for their families. Some of the Afikepo/NAPE project school struggle to get enough land to grow vegetables to provide meals to all their learners every day.

Msani Primary School in Nkhata Bay has found a creative and innovative solution: they use old grain bags to plant vegeta-

bles. When thinking of the best way to diversify school meals, they came up with this simple but effective idea.

Learners do not only like to participate in planting, taking care and harvesting of the different vegetables – they also enjoy the vegetables in their enriched school meals. 15 other schools have already adapted this method. Impressive!

Advantages:

- It is easy and cheap to grow different vegetables – especially when land is scarce. One sack can give a lot of vegetables!
- Learners can be involved in the process and easily do it at home, too!
- Sack gardens can be moved in case of heat or rains.
- Vegetables grow quickly.■



Learners at Msani School, Nkhata Bay.

How to do it:

- Fill the sack bag with enriched manure.
- Put stones on the middle of the sack bag and support it with a pole in the centre - stones help water and air to reach plants easily.
- Make holes in pattered lines all over the sack bag to allow air coming in.
- Insert seeds through the holes.
- Place water system conservation in each sack bag e. g. plastic bottles.

... or Banana Trunks

How to do it:

You have to dig small holes in the trunk of the banana with a knife. For proper crop aeration, balanced growth, and avoid clustering, make sure that the spacing between the seedlings is at least between 30-40cm. Fill the holes with good loamy soil before planting the seedlings for good growth of the plants and cover them up with sand.

By Heimo Duttler, GIZ/NAPE, District Coordinator Mulanje

Everybody knows that bananas are loaded with essential vitamins and minerals which contribute to good health and proper functioning of our bodies.

But we can also use banana trunks for cultivating vegetable crops especially during dry season. Banana trunks are known to stay for a long period of time and have a good water retaining capacity.

The ability of banana trunks to retain water makes the growth of vegetables very easy as there is no need to always water vegetables manually.

This technique also helps to minimize



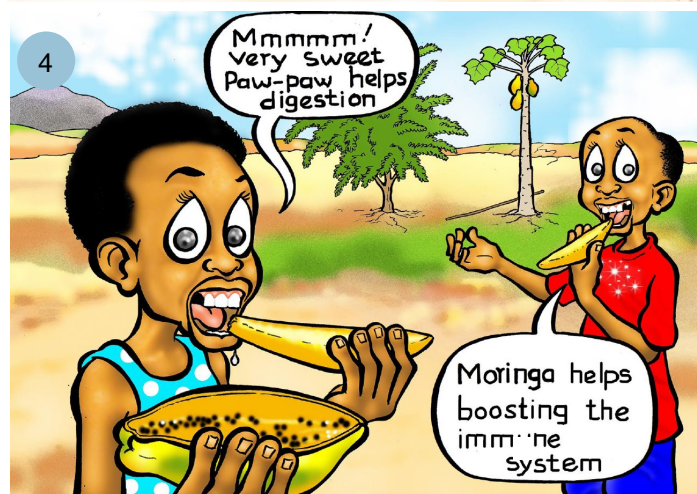
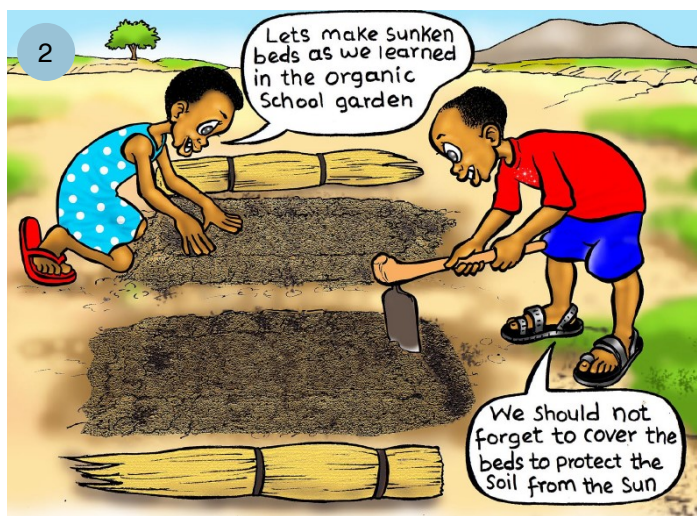
This is how a banana trunk used as a garden bed looks like.

space and resources and encourages the availability of vegetables all around the year either dry or rainy season.

Due to their water retaining capacity, banana trunks once rotten can be used as fertilizers. Just cut them into pieces before using as a fertilizer, so insects cannot hide in them.■



It's Christmas break coming up—
why not create an own organic
vegetable garden at home?



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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
Internet: www.giz.de

Responsible:

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

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Recipe of the Month: Vegetables Mixed with Eggs

Ingredients

- 2 cups pumpkin leaves or any other chopped fresh vegetables
- 5 tomatoes
- 2 eggs
- 3 onions
- Salt to taste

How to prepare

1. Put chopped pumpkin leaves in a clean plate.
2. Break the eggs, cut tomatoes and onions and mix with pumpkin leaves.
3. Mix thoroughly and fry for not more than five minutes.
4. Eat with nsima, rice, cassava or sweet potatoes.

Enjoy your meal!

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

